

May 2021 Coordinator's Corner

Spring has arrived! The flowers and trees have emerged into a beautiful bouquet of colors. Get outside and enjoy them! However, we must maintain safety protocols and stay vigilant, for ourselves and each other. If you are not feeling well, please stay home. In-person program participants must wear masks, keep six feet socially distant and maintain proper hand washing and sanitizing protocols. If you want to get moving, or need a change of scenery, join us for a Friday walk beginning on May 14th at the Cisco Walking Path. If you're in need of a different form of exercise we have two options beginning in June. In-person Yoga classes are resuming at the Community Center. Fitness classes are continuing on the Zoom platform. We hope to move back to in-person classes for Fitness in the Fall. Happy Mother's Day! and Happy Memorial Day! Stay safe and stay well! Kim Dee