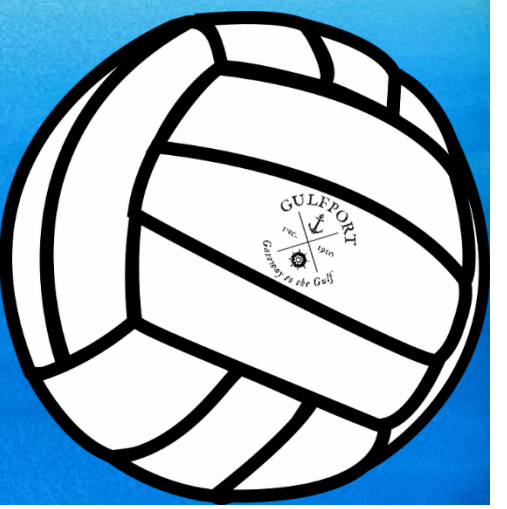
CHAIR VOLLEYBALL



You Got to Try This!

Chair Volleyball is taking American Senior Centers by storm. This game has many health benefits, including … hand-eye coordination, building upper body strength, improving cardiovascular fitness, improving muscle tone and endurance, and relieves stress!

Come see for yourself how much FUN Chair Volleyball is!



Thursdays @ 2:30 pm