

**Virtual Chair Yoga & Slow Yoga with Susie Frank – Wednesdays, 10:45-11:30am (Chair Yoga), Wednesdays and Fridays, 9:30-10:30am (Slow Yoga)**

Chair Yoga is offered virtually on Wednesdays, 10:45-11:30am and Slow Yoga is offered virtually Wednesdays and Fridays, 9:30-10:30am. Chair Yoga is a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling with the use of a chair as support. Slow Yoga also incorporates the use of props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.

An Orcas resident for over 30 years, Susie Frank has been practicing yoga since 2009 and received her yoga teacher training from 8 Limbs Yoga in Seattle in 2016. Susie suggests a \$10 donation per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

**Kathy's Ukulele Kanikapila at Orcas Senior Center - Fridays, 10:30-12:30pm**

Join the Kanikapila, Hawaiian for "play music," led by Kathy Collister, Fridays, 10:30-12:30pm at Orcas Senior Center (OSC). The first half hour will be a lesson or two and then everyone will have the opportunity to play. A rock and roller at heart, Kathy has been playing for a decade and she would love to introduce you to the joys of making your own music. Adults of all ages with all levels of ukulele expertise are welcome, but as per Kathy's request, please be prepared to show your vaccination card at your first session. Masks and distancing are required at OSC. Adults of all ages welcome. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).