



Trinity Lutheran Church

205 West Grove St., Clarks Summit, PA 18411 ~ (570)587-1088

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**Balance & Strength
Chair Exercise Classes**

By Mindy Hill



**** Wednesdays ~ 12:30 - 1:30 PM****

March - 5th, 12th, 19th, and 26th

April - 2nd, 9th, 23rd and 30th

May - 7th, 14th, 21st

*****Every Wednesday except April 16th & May 28th**

MARCH EVENTS

*****SPRING CRAFT*****



Instructor: Heather Klien

Monday, March 10th

10:30 AM - Noon

"Brain Games" - Cognitive Fitness



Monday ~ March 24th

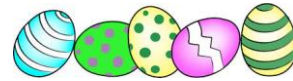
Fun Activities to Exercise Your Brain

Class Led by: Sue Drumgould

11 AM - 12 NOON

APRIL EVENTS

*****EASTER CRAFT*****



Instructor: Heather Klien

Monday, April 7th

10:30 AM - Noon

****Educational Class****

Creating an Inspirational Garden



Wednesday, April 30th

Speaker/teacher

Master Gardener, John Raike

6PM - 7:30 PM

MAY EVENTS

An Old-Fashioned Tea Party



Monday, May 5th

11:00 AM - 12:30



By Dee

Monday, May 12th

10:30 AM - Noon