



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

Senior-cize!

Build Your Bones!

Join Us!

**Every Thursday
OCTOBER 8 -
NOVEMBER 19**

10:45-11:30 a.m.

**RESIDENTS
LOUNGE**

**Ernest P. Barka
Assisted Living
Community**

**Contact
Dottie Dow
for class
registration**

**Increase Your Energy!
Have Fun!**

