

# NEW!

## Groove to the Music Rhythm & Drum Class

**begins Thursday,  
January 23rd!**



**Don't miss out on a brand-new opportunity to experience the therapeutic benefits of drumming!**

### WHY CHOOSE OUR CLASS:

- *Fun, Energizing Activity Suitable for Everyone*
- *Promotes Relaxation and Reduces Stress*
- *Improves Memory and Concentration*
- *Meet New People and Enjoy Great Music*
- *All Materials are Provided*

**Classes meet each  
Thursday from  
1:00pm to 2:30pm**

**Countryside Community  
Center  
9 Sheldon Guile Blvd.,  
Owego**



**Registration is required. Please call 607-687-4120 or  
email [aging@tiogaopp.org](mailto:aging@tiogaopp.org).**

**Tioga Opportunities, Inc. | 9 Sheldon Guile Blvd., Owego, NY 13827**

