



It's a FACT!

Dancing is a great form of exercise for the heart... also good for balance and coordination.

Try it! You might like it!

Senior Line Dance Classes
Contributions appreciated!

Wednesdays at 9:30 a.m.
downstairs in the Dance Room
at the Covington Senior Center

Mondays at 9:00 a.m.
at the Munford Recreation Center

Juanita Joyner, Instructor