

# Tai Chi Foundations



THURSDAY'S  
OCTOBER 9<sup>TH</sup> - NOVEMBER 6<sup>TH</sup>  
7:00AM - 7:45AM  
FOUNDERS MEMORIAL PARK  
\$60.00/\$75.00  
STEPHEN WATSON

FOR MORE INFORMATION OR TO REGISTER,  
VISIT [WWW.OLDSAYBROOKREC.COM](http://WWW.OLDSAYBROOKREC.COM)