

SHELBY SHUFFLERS

**Calling ALL Students
Let's Learn
to Dance**

What: Square Dance Lessons

When: January 6, 2025 6:30pm

Where: Heardmont Senior Center

5452 Cahaba Valley Rd
(Hwy 119) Birmingham AL

Why: It's Great Exercise Social Fun!
Reduce Risk of Dementia by 75%
Improves balance & endurance!

Only \$5.00 per person – per lesson
(55 and older)

More Information Call:

Ben Glass

205-381-3261

Or Annie Marrs linecuer@att.net