



Feeling Fit & Fabulous at **55⁺!** Coburg Village 

May 2 or May 17 at 11am



Entertained, Energized & Enjoying Life

**May 2
or May 17
11am**

**OPEN
TO THE
PUBLIC**

**Complimentary
Lunch**

Coburg Village offers even more opportunities to enjoy an active lifestyle! Our Nutritional Therapist, Lora Hyde, RDN CDN will discuss fitness and nutrition tips to keep you in peak form and feeling great, no matter what activities you enjoy.

Plus, meet our Activities Team! Learn about our programs, events, upcoming trips, and how our calendar is developed each month to encourage physical vitality, creative expression, and social interaction within all the high variety of fun activities that the community has come to expect from Coburg Village.



One Coburg Village Way
Rexford, NY 12148-1467



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- ▶ Fitness Classes & Aquatics
- ▶ Off-site & On-site Events
- ▶ Tai Chi & Yoga
- ▶ Shows
- ▶ Dancing
- ▶ Continuing Education
- ▶ Nutritional Education
- ▶ Arts & Crafts
- ▶ Musical Performances & Groups
- ▶ Movies
- ▶ Shopping
- ▶ Games
- ▶ Parties & More!

www.coburgvillage.com

NO BUY-INS OR HIDDEN FEES!

**RSVP at (518) 243-6312 or at www.coburgvillage.com/contact
Limited Seating. Call Now! Registration 10:30-11am.**