



Tai Chi for Better Balance Class schedule 2023

Port Orford Senior Center--

11-12 noon Wed and Fri - Port Orford Senior Center - will resume 9/5/23

North Bend Senior Center

9am - 10am Tues and Thurs

Unity by the Bay - NB

4pm - 5pm Tues and Fri

Create Building - Coquille

3 pm - 4 pm Tues and Thurs

The Barn - Bandon -

3:00pm - 4pm Mon and Wed

Lakeside Senior Center - Lakeside

10:00 am - 11:00 am Tues and Thurs

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