



Orange Beach Senior
Center

26251 Canal Road

(251) 981 3440

April 2021

Dear Friends,

April 7, 2021

As we make our way into spring, we can't help but reflect on where we were one year ago. Our lives were changing right before our very eyes. Covid arrived with a vengeance. Leaving us with a lot of unanswered questions and uncertainty of which direction we were headed. Fast forward one year, and here we are gradually making our way back to a new normal. With Governor Ivey lifting the mask mandate on April 9th we will slowly begin to add activities back here at the center. So beginning Monday April 12th we will start with the following:

Mondays & Wednesdays @ 2pm - Sit & B Fit with Ann Craig

Tuesdays & Thursdays @ 8:30am - Yoga with Sallie Beckes (please bring your own yoga mat)

Wednesday @ 9am - Tai Chi with Rio Cordy

I do anticipate adding additional activities each week moving forward. I want to make sure everyone feels comfortable and safe. So we will be taking the appropriate measures on sanitation and cleaning.

Please feel free to contact me should you have any questions. We look forward to seeing everyone soon. As Always ... Carolyn & Angie