



Open House

Friday, September 15th, 8:00 am - 2:30 pm

**"Discover Yours"
here at
Windy Hill!**

8 am - Doors Open

**8 am - 1 pm - Visit with Sponsor tables &
Windy Hill Program tables**

8:30 am - Gift Card Bingo in the Cafeteria

10 am to 12 pm - Flu Shots by Minnich's Pharmacy

10 am - Live Demonstrations in the Auditorium

10:03 - Parkinson's Exercise

10:10 - Yoga Video Presentation

10:17 - Windy Hill Tappers

10:24 - Chair Exercise Video Presentation

10:31 - Line Dance

10:38 - SilverSneakers

10:45 - Chair Yoga

10:52 - Show Me Your Muscles

10:59 - T'ai Chi

11 am - DJ Pebbles in the Cafeteria

12 pm - Lunch (Preregister by 9/7)

1 pm - Raffle winners announced!

**Everyone
is welcome!**