



Free Tai Chi Classes for Deptford Seniors

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**FREE CLASSES** for Deptford Seniors aged 55 and over. Classes are held every Thursday, 9:00AM, at the Deptford Community Center located at 1219 Delsea Drive. Wear comfortable clothing and join us on Thursday mornings. Tai Chi develops a union connecting the body, mind and soul ~ in essence, it's a whole body tune-up. For the body, it increases muscle strength, balance and flexibility. For the mind, it is a study in concentration and will power. For the soul, it is a system of spiritual meditation. This free class runs as part of our Mayor's Wellness Campaign and is sponsored by  
Deptford Township Mayor & Council

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Date: Thursday Mornings
Time: 9:00AM ~ 10:00AM
Place: Deptford Community
1219 Delsea Drive
Deptford, NJ 08096



Please contact the Recreation
Department for more
information at
856-845-0804 or email
deptfordparksandrec@
deptford-nj.org