

AOOA KINSHIP NAVIGATOR PROGRAM

WEAR COMFORTABLE
CLOTHES & SHOES
TO EXERCISE!

June 2026 Kinship Club Meeting



"Enhancing Wellness Through Tai Chi & Gentle Movement"

Robert Hendrix, Certified Instructor, Tai Chi TCA 1 & 2

Join us for a **FREE** exercise demonstration class & learn about the benefits of incorporating Tai Chi & gentle movement into your daily routine & where regular classes are available.

- ▶ IMPROVE RANGE OF MOTION
- ▶ ENHANCE BALANCE & COORDINATION
- ▶ ACCELERATE RECOVERY & DIGESTION
- ▶ REGULATE THE NERVOUS SYSTEM
- ▶ PROMOTE MINDFULNESS
- ▶ BOOST MOOD



TUESDAY, JUNE 16TH, 2026

5:30 P.M. to 6:30 P.M.



**MAP ON
BACK**



MARGARET HUNT SENIOR CENTER

1339 S. BYRNE RD., #28 A/B, TOLEDO, OH 43614

TO REGISTER



419-490-2942 OR 419-725-6900

**FREE TRANSPORTATION, CHILDCARE, SNACKS, & REFRESHMENTS PROVIDED.
VIRTUAL PARTICIPATION AVAILABLE ON A CASE-BY-CASE BASIS.**

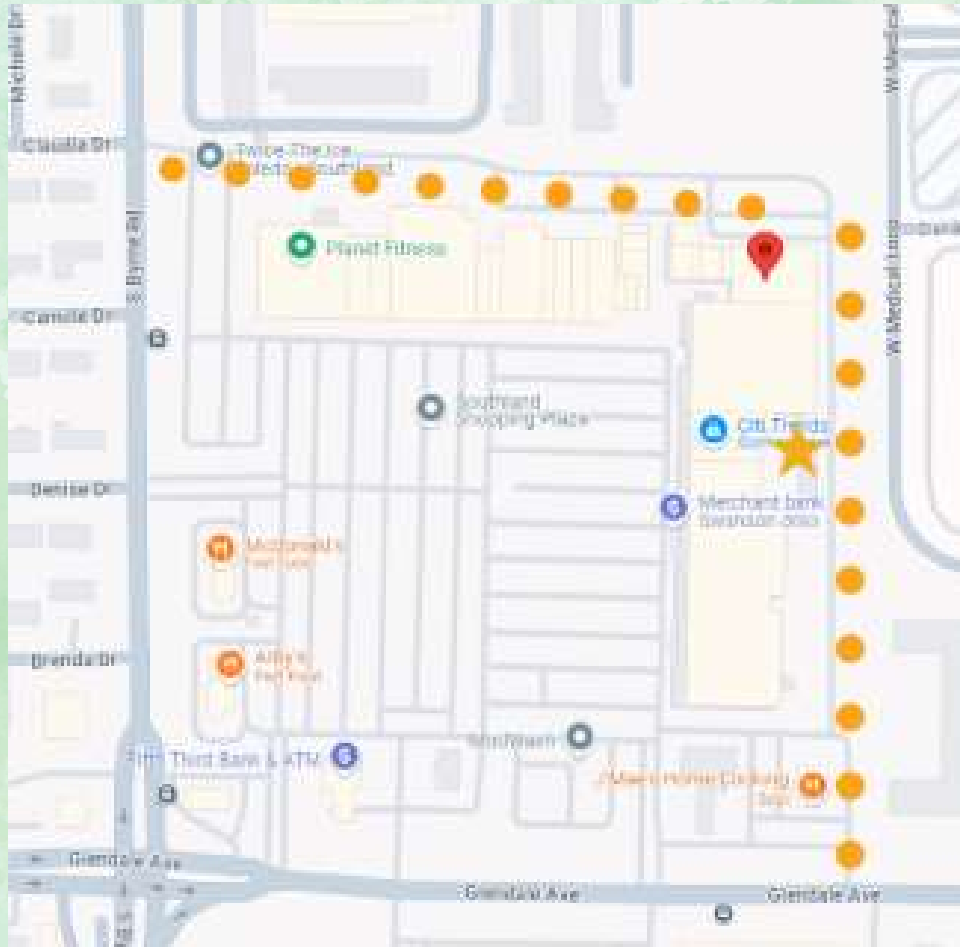
THE KINSHIP NAVIGATOR PROGRAM IS SUPPORTED BY THE AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC., LUCAS COUNTY CHILDREN SERVICES, LUCAS COUNTY DEPARTMENT OF JOB & FAMILY SERVICES, & THE ONEOHIO RECOVERY FOUNDATION.



Job & Family
Services



MARGARET HUNT SENIOR CENTER
1339B S. BYRNE RD., #28, TOLEDO, OH 43614



**THE HUNT CENTER IS LOCATED IN THE
BACK OF SOUTHLAND
AT S. BYRNE RD. & GLENDALE AVE.
ACCESS THROUGH DRIVES OFF OF EITHER
S. BYRNE RD. OR GLENDALE AVE.
AS NOTED ON ABOVE MAP.**