

A person is shown from the waist up, performing a chair yoga pose. They are wearing a white t-shirt and dark pants. Their hands are raised, palms facing each other, in front of their chest. The background is a soft-focus outdoor scene with greenery and sunlight. A semi-transparent white box with a black border contains a quote and the name Sema.

“

I am really happy we
found out about this
yoga class. It is the first
time I have done chair
yoga, but I am loving
every part of it.

Sema

”



A group of people are sitting on a grassy hill, looking out over a city at sunset. The scene is bathed in the warm, golden light of the setting sun. In the background, a city skyline is visible, with buildings and trees silhouetted against the bright sky. The people in the foreground are mostly seen from behind, sitting on the grass and looking towards the horizon. The overall atmosphere is peaceful and contemplative.

“

I am not a very outgoing person... Someone came and sat down with me and start a conversation, which got me to open up.

Sema

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“

Food was delicious, got a chance to taste all kind of food. I truly enjoyed the warm atmosphere and the tasty meals.

Srujana

”





“

Fantastic program that
helps us to see other
people, get healthy, and
enjoy a beautiful time
with others. Thank you
for your support!

M.Franco

”



A photograph of a woman and an older man smiling together at night. The woman is on the left, wearing a yellow top and a white shawl. The man is on the right, wearing a light blue shirt and glasses. They are standing in front of a blurred background of warm lights and a green pole.

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With this program, we
can get together with
other people in the
community. Thank you
very much!

M.Franco

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