

**FREE
CHAIR YOGA**
5:15 • 5:40
6:05



**FREE
ICE CREAM**



MONDAY, SEPTEMBER 9 • CLUBHOUSE 2 • 5 TO 7:30 P.M.

SPECIAL GUESTS, GIVEAWAYS, THE WOODS COMBO AND MORE

Laguna Woods History Center • Foundation of Laguna Woods • Village Community Fund • Thrive GRF, United Mutual, Third Mutual and Mutual No. Fifty boards
VMS Recreation, Security, Social Services, Transportation, Landscaping, Media and Communications
City of Laguna Woods • City Council • El Toro Water District • CR&R • Moulton Museum
Saddleback Emeritus • Age Well's Florence Sylvester Senior Center

MemorialCare joins with free swag and healthy treats, displays, free ice cream, free chair yoga, free yoga mats while supplies last, a health insurance/Medicare expert to answer questions and more!

GREAT FOOD OPTIONS

Hot dogs, burgers, chicken wraps, chips and sodas available for purchase from 19 Restaurant at the back patio grill • Killer Tacos food truck offers more food options • GRF no-host bar with signature cocktail and other beverages—no outside alcohol • Seating limited—lawn chairs welcome

PARKING OVERFLOW

Complimentary shuttle service from 4:30 to 8 p.m. to and from Clubhouse 7, the Community Center and the employee parking lot (off Campo Verde)

VILLAGE MERCH AVAILABLE
Sold near the Clubhouse 2 office

Sponsored by
MemorialCare

EMAIL RECREATION@VMSINC.ORG FOR MORE INFORMATION