

“Happy Hour”

4th Tuesdays, 1—2pm

First session January 28



Join us for this new series where each month we will bring you a special event, speaker or practice to help you find happiness.

The Key to Happiness Learn some of the tips and tools researchers have shown can make us feel hopeful, happy and satisfied. *With Rebecca Crichton from the NW Center for Creative Aging.*



Coming Up:

Laughing Yoga on February 25

Stress-Less Guided Meditation on March 25

\$3 members / \$5 public suggested donation

Advance registration appreciated



Wallingford COMMUNITY Senior Center
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