

# Senior Chair Volleyball

Sponsored by Estancia Del Sol

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**Tuesdays**

2:30p.m. to 4:00p.m.

**Thursdays**

11:00a.m. to 12:30p.m.

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Come join us every Thursday in the Main Room. Chair Volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand to eye coordination, and endurance.

Just remember to have a good time and keep your cheeks in the seat!



Corona Senior Center  
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