

# Chinese Tai Chi & Fun



Enjoy a free class with Chinese Tai practitioners and have some relaxing fun!

**Date: Thursday November 21, 2019**

**Time: 1:00 PM**

**Shrewsbury Senior Center, 98 Maple Ave., Shrewsbury**

This program is part of a community-wide project entitled "Dancing around the Hard Topics" a reading, viewing and discussion program . While focused on the the book [Being Mortal: Medicine and What Matters in the End](#) by Dr. Atul Gawande, the project also looks at the many ways people embrace life at all ages.

Free and Open to all. For more information please call the Library at 508-841-8609

## **Project Funders and Supporters**

Board of Library Trustees  
Friends of COA/COA  
Friends of the Shrewsbury Public Library  
Residence at Orchard Grove  
Shrewsbury Public Schools  
Shrewsbury Parks and Recreation

Town of Shrewsbury  
Central MA Veterans Services District  
Central MA Regional Public Health Alliance  
Elder Services of Worcester  
Department of Public Health Worcester