



# GOLDEN BEATS DRUMS ALIVE



## JOIN US!

Your choice of two of three classes a week at the JAA Topeka Building  
Suggested Donation of \$3 Per Session.  
All equipment is provided!  
Make sure to bring your own water!

## BENEFITS:

Improve your overall health and wellbeing, while building social connections.



## WHICH CLASS IS FOR YOU?

New to our program? Start with beginner classes. If you're experienced and ready for a challenge, try our intermediate classes!

APRIL - 10:00am		
MONDAY	TUESDAY	WEDNESDAY
		1
6	7	8
13	14	15
20 BEGINNER	21 INTERMEDIATE	22 BEGINNER
27 BEGINNER	28 INTERMEDIATE	29 BEGINNER

MAY - 10:00am		
MONDAY	TUESDAY	WEDNESDAY
4 BEGINNER	5 INTERMEDIATE	6 BEGINNER
11 BEGINNER	12 INTERMEDIATE	13 BEGINNER
18	19	20
25	26	27

JUNE - 10:00am		
MONDAY	TUESDAY	WEDNESDAY
1 BEGINNER	2 INTERMEDIATE	3 BEGINNER
8 BEGINNER	9 INTERMEDIATE	10 BEGINNER
15 BEGINNER	16 INTERMEDIATE	17 BEGINNER
22 BEGINNER	23 INTERMEDIATE	24 BEGINNER
29	30	

FOR MORE INFORMATION CONTACT INSTRUCTOR STEFANIE GOODWIN: [sgoodwin@jhawkaaa.org](mailto:sgoodwin@jhawkaaa.org) or (785) 235-1367

Jayhawk Area Agency On Aging • 2910 SW Topeka Blvd, Topeka, KS 66611