

Exercise to Music Annual Report

Date Submitted: 05/11/2022

Chairperson(s): Lois J Reid

Members:

MaryAnn Baker, Judy Bongiovanni, Hedy Knoth, Juliet Lane, Peter Lane, Bunny Lawton, Jean Perkins, Lois J. Reid

How many Crosslands residents benefit from this committee's activities? How often?

At this time there are 8 residents benefiting from this committee's activities on Monday and Friday mornings from 9:00 to 9:30

Since March 15, 2021, the group has been fortunate to meet regularly

Accomplishments:

- This activity does not have a budget. To date we have not requested any financial assistance. As I understand the history, the Exercise to Music Class is the first organized exercise class at Crosslands, and is probably more than 40 years old. It is resident organized and run -- and remarkable.
- Group has increased to 8-10 people from previous 5-6