

**CITY OF CARSON**

# Tai Chi

## FOR SENIORS

### FRIDAYS



**Beginner Class: 8:00 a.m.**  
**Intermediate and Advance class: 9:00 a.m.**

Students will learn the Chinese form of physical exercise characterized by a series of very slow and balletic body movements

**Congresswoman Juanita Millender-McDonald  
Community Center at Carson**

***Dance Room***

**801 E. Carson Street, Carson, CA 90745**



For more information,  
please call (310) 952-1782



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Recreation and Human Services