



Fruitland Township E-News

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April 13, 2026

Senior Stretch & More Class

The regular Thursday Morning Stretching class that is held at Fruitland Township Hall has invited a guest to lead the class on Thursday April 16th at 1:30 PM.

Below is a message from the host of the class:

Fee will be 5.00 per person to offset the cost.

Limit of 18 people. So, please let me know if you plan to attend.

Our class:

Join Gayle Menn for Stretch and More. This fitness class geared towards seniors will focus on a combination of relaxation techniques and stretching exercises. You will work at your own pace to increase flexibility and reduce levels of pain and stiffness. Class can be done standing or sitting in a chair.

Confirm you're coming at: bwa.treasurer@gmail.com

Hope to see you there!