

The Hamilton Senior Center Presents:

SAMBA FITNESS

Hosted by: Lawrence Rehabilitation Hospital &
Avalon Rehabilitation and Healthcare Center

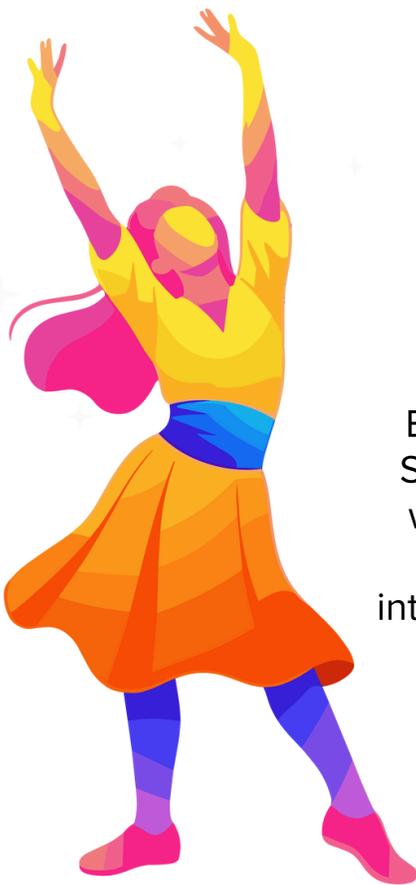
Wednesday - March 4, 2026

Main Dining Room

1:15pm-2:15pm

Join Lawrence Rehabilitation Hospital and Avalon Rehabilitation and Healthcare Center with their Life Enrichment Team as they lead a Samba Fitness program. Samba fuses dance, upbeat rhythms and drumming! They will conclude with their signature smoothie “sambuchha” created by one of their very own dieticians. If you are interested in attending, please see the front desk to sign-up.

Make sure to wear comfortable clothes and sneakers



LAWRENCE
REHABILITATION HOSPITAL

AVALON
Rehabilitation & Healthcare Center

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