

## Staying Fit at Beatrice Place

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I had a great time today participating in Zumba Gold at Episcopal SeniorLife Communities Beatrice Place. It was nice seeing so many seniors staying active and getting fit, while enjoying each others company. Many thanks to welcoming staff at Beatrice Place for inviting me to participate, and to my colleagues from the Greece Town Board, Andy Conlon and Mike Barry, for joining me in the fun!