

Monday, May 25, 2026

YAH Stretch, Strength, Stillness

Date and Time: Monday, May 25 10:00 am - 11:00 am

Address: Southwold Keystone Complex, 35663 Fingal Line

Yoga-based exercise class. All abilities are welcome.

Weekly, beginning on Monday, March 2nd.

\$2.00/class

Tamme Matthew, Instructor.

Presented by Southwold Young @ Heart. For Southwold residents, ages 55+.

Wednesday, May 27, 2026

YAH Music Morning

Date and Time: Wednesday, May 27 9:30 am - 12:00 pm

Address: Keystone Complex, 35921 Fingal Line

The last Wednesday of each month

9:30 am listen to music played by the dulcimer group.

11:00 am sign along with Strumin Ukes.

Come and enjoy a coffee with the musical groups.

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