

Gentle Strength Prop List for November, 2024

Please collect the following items to have on hand for classes beginning on November 4th.

Items may not be used in all classes but, one never knows 🤔

1. A few tissues.
2. A tennis ball, or any soft ball small enough to be held easily.
3. Empty bathroom tissue tube.
4. A pen or pencil.
5. Marbles or small stones.
6. A sense of humor and curiosity.