



FOUR DAYS A WEEK AT THE SENIOR CENTER TO HELP YOU STAY **ACTIVE!!!**

B-balance



U-yo**U**r

D-daily

D-decisions,

Y-YES!!

NEW starting MARCH 7th, 2023

**STRENGTH training using
dumbbells TWICE a week
(Tuesdays and Thursdays)**

11:00-11:45am

DROP- IN class

\$2 per class

(SUGGESTION – stay for lunch
upstairs ☺ please call-in advance
for reservation)

NOW YOU CAN WORK OUT 4 days a week at the Senior Resource
Center!! **Mondays and Wednesdays – chair-based class working on
balance and activities of daily living (Super Seniors class)**

AND **NEW** Tuesdays and Thursdays – strength training **BUDDY** class

