

Weekly Events

Monday -Senior Aerobics 11-12-Senior Meals 1-2 **Tuesday** -Senior Aerobics 9-10-Yoga 10-11

Wednesday -Senior Aerobics 11-12-Senior Hot meals 12-2-Senior Frozen Meals 1-130

Thursday -Senior Aerobics 10-11-Yoga 1-2 **Friday** -Senior Aerobics 1030-1130