



Seniors On The Move! Active Aging Week 2019
Arthur & Gloria Muselman Wellness Pavilion

SEPTEMBER 23 - SEPTEMBER 27

Monday, Sept. 23

- 6am Water Aerobics
- 8am SilverSplash
- 9am Intermediate Yoga
- 12pm Water Walking Club
- 1pm SilverSneakers
- 6-8pm Car Show & Food Trucks
Live Music by Joe Justice
- 6pm Shuffleboard League

Tuesday, Sept. 24

- 8:30am Blood Pressure Checks
- 9am Senior Weight Room
- 9am Water Walking
- 9:45am Water Toning
- 11am Depart for Back 40 Lunch
- 1pm Pennsy Train Depot Tour
(Sign up required for Meal & Tour)

Wednesday, Sept. 25

- 6am Water Aerobics
- 8am SilverSplash
- 9am Intermediate Yoga
- 10am Moser Motor Sales Tour
(Transportation Not Provided Meet at Mosers)
- 12pm Water Walking Club
- 1pm SilverSneakers
- 6pm Advanced Water Aerobics

Thursday, Sept. 26

- 8:30am Blood Pressure Checks
- 9am Senior Weight Room
- 9am Water Walking
- 9-11am Shuffleboard League
- 9:45am Water Toning
- 10am Depart for Cammack Station
- 1pm National Model Aviation Museum Tour
(Sign up required for Meal & Tour)
- 6:30pm Step Aerobics

Friday, Sept. 27

- 6am Water Aerobics
- 9am Styx Class
- 10am Chair Yoga

**COMPLETE A SURVEY FOLLOWING ACTIVE AGING
WEEK. THE FIRST 50 TO TURN IN A SURVEY WILL
RECEIVE A FREE ACTIVE AGING T-SHIRT!!!
SURVEYS DUE BY 5 P.M. FRIDAY, SEPTEMBER 27**