

Senior Health and Fitness Day

Wednesday, May 25, 2011

Make Fitness a Goal for Life!

Events that will be held at the Bluffton Senior Center:



Sholf- 9:00-10:30AM
Wii Bowling- 9:00- 10:30AM
Exercise Class- 1:30PM

Events that will be held at Mennonite Memorial Home:



Body Recall- 9:00AM (Chapel on 3rd floor)
Billiards Pool- 10:00AM (Game Room)
Seated Balloon Volleyball- 2:30PM
(Chapel on 3rd floor)

Events that will be held at Maple Crest:



Water Exercise- 9:30- 10:15AM
Exercise Class- 10:30AM (Patio Room)
Sholf- 2:00PM (Patio Room)
Wii Bowling- 2:00PM (Patio Room)
Bingo- 3:30PM (Family Room)

Events that will be held at:



Senior Games- 1:00-3:00PM
Wii Bowling
Cornhole

Events that will be held at BFR:



Walking- All Day
Washer Game- 1:00PM-2:00PM
Tennis- 1:00PM-2:00PM
Nutrition Info- 1:00PM-2:00PM

All events are FREE and open to Seniors age 55+. For more information please contact Jessica @ 419-358-4150! Tours are available at each location!