



AUGUST 2022

NEWSLETTER

Tuesday, August 2nd is Birthday Day!

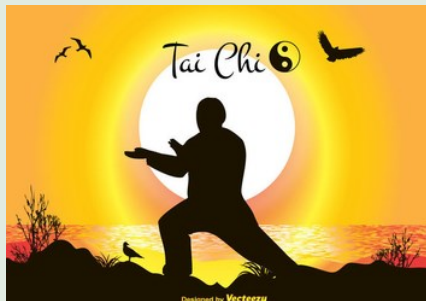
At 11:30 am a special birthday treat will be provided to all who Dine-In for lunch,
August Birthday treat is provided by: ComForCare Home Care and Millner Insurance

Gramberry Jam Performance Tuesday, August 2nd at 11:30 am

Gramberry Jam began in 2012 when three retired teachers discovered that they all enjoy playing instruments, and decided to try playing together, just for fun. The group mostly plays jazz standards from the 30's, 40's, and 50's, Early Rock and Roll,(50's-70's), as well as holiday favorites.

Every Wednesday, beginning August 3rd at 11:00 am Tai Chi with Al

Practice the slow, gentle movements of Tai Chi with Al to improve breathing, balance, and range of motion.



\$3.00 contribution to be paid to instructor

All levels of experience welcome

Card Making Class with Jeannie Schram Wednesday, August 3rd at 9:30 am

Come learn the art of card making! No experience needed and all supplies will be provided.
\$5.00 fee to attend, registration required.
Limited space available.

The Adrian Senior Center is part of the Lenawee County Department on Aging with funding from Title III of the Older American Act by the State of Michigan Bureau of Aging, Community Living. And Supports and Region 2 Area Agency on Aging. Financial support through fundraising activities and donations provide for additional activities and programs.

AUGUST ACTIVITY SCHEDULE

<p>1</p> <p>9:00– Starter-Cize</p> <p>10:00– Line Dancing</p> <p>11:00– Bridge</p> <p>12:00– Pickleball</p> <p>1:00– Bible Study</p>	<p>2 BIRTHDAY DAY & GRAMBERRY JAM</p> <p>8:30– Yoga w/ Stephanie</p> <p>9:00– BP & BS w/ Lynwood Manor</p> <p>9:30– WALK AEROBICS</p> <p>10:00– Pinochle</p> <p>10:00– Remote Flyers</p> <p>10:00– Needlework</p> <p>12:00– Euchre</p> <p>12:30– BALANCE & MOBILITY CLASS</p>	<p>3</p> <p>9:00– Starter-Cize</p> <p>9:30– Card Making Class</p> <p>10:00– Cardio Drumming w/ Jody</p> <p>10:00– Zumba</p> <p>11:00– Tai Chi w/ Al</p> <p>12:00– Pickleball</p>	<p>4</p> <p>8:30– Yoga w/ Stephanie</p> <p>9:30– WALK AEROBICS</p> <p>10:00– Bridge</p> <p>10:00– Remote Flyers</p> <p>11:00– Poems & Inspirations</p> <p>12:30– BALANCE & MOBILITY CLASS</p> <p>1:00– Chess Club</p> <p>1:30– Parkinson’s Support Group</p>	<p>5</p> <p>9:00– Starter-Cize</p> <p>9:00– Mah-Jongg</p> <p>9:00– Pepper</p> <p>11:30– Jam Session at Lunch</p> <p>12:00– Pickleball</p>
<p>8</p> <p>9:00– Starter-Cize</p> <p>10:00– Line Dancing</p> <p>10:00– Book Club</p> <p>11:00– Bridge</p> <p>12:00– Pickleball</p> <p>1:00– Bible Study</p>	<p>9</p> <p>8:30– Yoga w/ Stephanie</p> <p>9:30– WALK AEROBICS</p> <p>10:00– TECH CLASS</p> <p>10:00– Pinochle</p> <p>10:00– Remote Flyers</p> <p>10:00– Needlework</p> <p>12:00– Euchre</p> <p>12:30– BALANCE & MOBILITY CLASS</p>	<p>10</p> <p>9:00– Starter-Cize</p> <p>10:00– Cardio Drumming w/ Jody</p> <p>10:00– Zumba</p> <p>11:00– Tai Chi w/ Al</p> <p>12:00– Pickleball</p>	<p>11</p> <p>8:30– Yoga w/ Stephanie</p> <p>9:30– WALK AEROBICS</p> <p>10:00– Bridge</p> <p>10:00– Remote Flyers</p> <p>12:30– BALANCE & MOBILITY CLASS</p> <p>1:00– Chess Club</p>	<p>12</p> <p>9:00– Starter-Cize</p> <p>9:00– Mah-Jongg</p> <p>9:00– Euchre</p> <p>11:30– Jam Session at Lunch</p> <p>12:00– Pickleball</p>
<p>15</p> <p>9:00– Starter-Cize</p> <p>10:00– Line Dancing</p> <p>11:00– Bridge</p> <p>12:00– Pickleball</p> <p>1:00– Bible Study</p>	<p>16 BOARD MTG NATIONAL TELL A JOKE DAY</p> <p>8:30– Yoga w/ Stephanie</p> <p>9:00– BP & BS w/ Lynwood Manor</p> <p>9:30– WALK AEROBICS</p> <p>10:00– Pinochle</p> <p>10:00– Remote Flyers</p> <p>10:00– Needlework</p> <p>12:00– Euchre</p> <p>12:30– BALANCE & MOBILITY CLASS</p>	<p>17</p> <p>9:00– Starter-Cize</p> <p>10:00– Cardio Drumming w/ Jody</p> <p>10:00– Zumba</p> <p>10:00– Horseracing w/ Brookdale Senior Living</p> <p>11:00– Tai Chi w/ Al</p> <p>11:30– Fraud Presentation w/TLC</p> <p>12:00– Pickleball</p>	<p>18</p> <p>8:30– Yoga w/ Stephanie</p> <p>9:30– WALK AEROBICS</p> <p>10:00– Bridge</p> <p>10:00– Remote Flyers</p> <p>12:30– BALANCE & MOBILITY CLASS</p> <p>1:00– Chess Club</p>	<p>19</p> <p>9:00– Starter-Cize</p> <p>9:00– Mah-Jongg</p> <p>9:00– Pepper</p> <p>11:30– Jam Session at Lunch</p> <p>12:00– Pickleball</p>
<p>22</p> <p>9:00– Starter-Cize</p> <p>10:00– Line Dancing</p> <p>10:00– Book Club</p> <p>11:00– Bridge</p> <p>12:00– Pickleball</p> <p>1:00– Bible Study</p>	<p>23 SMILES ON WHEELS</p> <p>8:30– Yoga w/ Stephanie</p> <p>9:30– WALK AEROBICS</p> <p>10:00– Pinochle</p> <p>10:00– Remote Flyers</p> <p>10:00– Needlework</p> <p>12:00– Euchre</p> <p>12:30– BALANCE & MOBILITY CLASS</p>	<p>24</p> <p>9:00– Starter-Cize</p> <p>10:00– Cardio Drumming w/ Jody</p> <p>10:00– Zumba</p> <p>10:00– Bingo w/ Lenawee Medical Care Facility</p> <p>11:00– Tai Chi w/ Al</p> <p>12:00– Pickleball</p>	<p>25</p> <p>8:30– Yoga w/ Stephanie</p> <p>9:30– WALK AEROBICS</p> <p>10:00– Bridge</p> <p>10:00– Remote Flyers</p> <p>12:30– BALANCE & MOBILITY CLASS</p> <p>1:00– Chess Club</p>	<p>26</p> <p>9:00– Starter-Cize</p> <p>9:00– Mah-Jongg</p> <p>9:00– Euchre</p> <p>11:30– Jam Session at Lunch</p> <p>12:00– Pickleball</p>
<p>29</p> <p>9:00– Starter-Cize</p> <p>10:00– Line Dancing</p> <p>11:00– Bridge</p> <p>12:00– Pickleball</p> <p>1:00– Bible Study</p>	<p>30</p> <p>8:30– Yoga w/ Stephanie</p> <p>9:30– WALK AEROBICS</p> <p>10:00– Pinochle</p> <p>10:00– Remote Flyers</p> <p>10:00– Needlework</p> <p>12:00– Euchre</p> <p>12:30– BALANCE & MOBILITY CLASS</p> <p>12:30– MOVIE DAY</p>	<p>31</p> <p>9:00– Starter-Cize</p> <p>10:00– Cardio Drumming w/ Jody</p> <p>10:00– Zumba</p> <p>11:00– Tai Chi w/ Al</p> <p>12:00– Pickleball</p>		

August Lunch Menu

Mon	Tue	Wed	Thu	Fri
1 Cheese Manicotti Normandy Blend Vegetable Prunes	2 Big Mac in a Bowl Beef, Cheese, Lettuce, Pickle, 1000 Island Dressing Garlic Breadstick Fruited Jell-O	3 Salmon Wild Rice Midori Blend Vegetable Blueberries	4 Hot Turkey Sandwich Open Face Mashed Potatoes w/ Gravy Beets Pineapple	5 Broccoli Stuffed Chicken Rosemary Potatoes Baked Squash Fresh Fruit Salad
8 Corn Dog Mac & Cheese Spinach Apricots	9 Sweet & Sour Pork Garden Rice Oriental Vegetables Mandarin Oranges	10 Chicken Salad On Croissant Three Bean Salad Watermelon	11 Salisbury Steak Mashed Potatoes w/ Gravy Succotash Applesauce	12 Alabama Baked Spaghetti Green Beans Garlic Bread Blackberry Cobbler
15 Chicken Cacciatore Cheesy Potatoes Zucchini Peaches	16 Swedish Meatballs Over Noodles Prince Charles Vegetable Cherries	17 Ham Sweet Potatoes Peas Cinnamon Swirl Bread Fruited Yogurt	18 Taco Salad w/ Beef Tomato, Lettuce, Beans, Cheese Tortilla Chips Cantaloupe	19 Polish Sausage w/ Sauerkraut Broccoli Potato Wedges Tropical Fruit
22 Chicken Quesadilla Mexican Rice Roasted Corn Fruit Cocktail	23 Lemon Pepper Fish Creamed Potatoes Asparagus Raspberries	24 Cheeseburger'n Fries Casserole Mixed Vegetable Pears	25 Cabbage Rolls Au Gratin Potatoes Baby Carrots Raisins	26 Deli Roast Beed Deluxe on Onion Bun Potato Salad Banana Cookie
29 Gyro Sandwich Yellow Squash Greek Pasta Salad Fruit Slushy	30 Meatloaf Mashed Potatoes w/ Gravy Wax Beans Strawberries	31 Chicken Chunks Tater Tots Capri Blend Vegetable Pineapple	Due to product availability, substitutions may occur. No salt added in kitchen	Milk is provided with each meal. For any questions, please call 264-5280

CURBSIDE MEAL PICKUP

A curbside meal service is available Monday through Friday from 11:15 am to 11:45 am. Meals are for 60+ with a suggested donation of \$3.00.

PICK UP PROCEDURE

Please enter the East parking lot from Frank Street. Pull up to the East Entrance (canopy). The meal will be delivered to your car. Please exit onto Erie St.

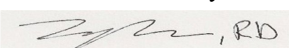
Dine-In Meals

Served at the Adrian Senior Center in room 5/6 at 11:30 AM Monday-Friday

HOME DELIVERED MEALS

The home delivered meal option is for home bound seniors who are 60 and over. A hot, nutritious meal is delivered Monday through Friday by dedicated volunteers. If you or someone you know could benefit from the program, please call the Department on Aging at 517-264-5280.

Menus Certified By



Dietitian/Nutritionist

ACTIVITIES

Bible Study

Monday, 1:00 pm

Join Pastor Ron Sparks from Bethany Assembly of God Church to see what the bible has to say about all areas and topics concerning life and living. Teachers and students alike learn and grow from these practical studies. You can always count on Pastor Ron for a lively and thoughtful discussion.

August Series: 1st, 8th, 15th, 22nd, & 29th

CALL FRONT DESK FOR LIST OF SERIES TOPICS

Remote Control Flyers

Tuesday & Thursdays 10:00 am

Maybe you already have a plane and don't know where to fly indoors, or are just simply curious. The ASC has some of the most knowledgeable flyers in the area. Bring your own aircraft, come watch, or learn how to get started and become a flyer yourself.

Billiards

Open Pool Room

Monday-Friday, 8:30 am to 2:30 pm

There is always fun to be had in the ASC pool room, with skills ranging from expert to beginner. Anyone 55 & older is welcome to play. Nine ball and eight ball tournaments are soon to come.

Blood Pressure Screenings & Blood Sugar Checks

Lynwood Manor with Rene' Rubio

1st & 3rd Tuesday, 9:00 am

Free blood pressure screenings are offered twice per month, no appointment is needed.

Fasting blood sugar checks (minimum 8 hours) are also available. No appointment is needed.

Book Club

2nd & 4th Monday, 10:00 am

Have you read a great book but don't have anyone to share your thoughts with? Find a super group of dedicated book lovers at Book Club. There is no fee for this club.

Needlework

Tuesdays 10:00 am

What an inspirational group! All skill levels are welcome to join this talented group of yarn wizards. There are plenty of patterns to share, ideas galore and great company.

Wii

Monday-Friday, 8:30 am to 2:30 pm

Wii can be played standing or sitting and with 1 or more players. Come give it a try!



Chess Club

Thursday, 1:00 pm

Come learn to play, or stop in for a challenging game with an experienced player. Either way, all are welcome to join us.

Pinochle

Tuesday 10:00 am

Come join the game! Any skill level is welcome to play this trick-taking card game.

Bridge

Monday, 11:00 am and Thursday, 10:00 am

This dynamic group of players is always looking for new faces, all skill levels are welcome!

Pepper

1st & 3rd Friday of the month, 9:00 am

If you love Euchre, chances are you'll love Pepper. Similar in many ways, but just different enough to challenge you.

Euchre

Tuesday, 12:00 pm and again on the 2nd & 4th Friday of the month, 9:00 am

Another trick-taking card game that is always open to new players.

Mah-Jongg

Friday, 9:00 am

This is a Chinese game played usually by four people with 136 or 144 rectangular pieces called tiles. The object is to collect winning sets of these tiles, as in card games like gin rummy. All skill levels are welcome.

Puzzles

Monday--Friday, 8:30 am to 2:30 pm

Do we have puzzles! Don't have the time or the space to do your own? We've solved your problem! Come dabble or stay all day, you'll enjoy the conversations along the way.

Poems and Inspirations with Franklin Gunn

1st Thursday each month, 11:00 am at Daybreak

With a rotating theme each month, there is always something cooking with Franklin. Whether you like sharing or just sitting back and enjoying the moment, you'll be glad you came. Being inspired is a great way to start your day.

National Tell A Joke Day

Tuesday, August 16th

Submit your joke (PG rated only) to the front desk.

Judging will take place to pick a winner for 1st, 2nd, and 3rd place during lunch on the 16th.

**All jokes must be submitted by
Monday, August 15th by 2:30PM**

EXERCISE

Line Dancing

Monday, 10:00 am

A great way to improve cardiovascular fitness, coordination, and balance while having fun. Exercise your body and mind, by dancing to lively, upbeat music. Many dancing styles are covered. No experience needed. Class is instructed by Brenda Dennis. There is no charge for this class, however *A collection basket will be put out at each class, a \$3.00 contribution to be given to the instructor.*

Zumba

Wednesday, 10:00 am

Keep your joints flexible, burn calories, stretch and strengthen muscles, and increase cardiovascular function with this Latin-inspired dance fitness party. Class is instructed by video.

Walk Aerobics

Tuesday & Thursday, 9:00 am

Burn calories, improve cardiovascular fitness, balance, and coordination all while having fun! Anita is a certified Walk Aerobics instructor, she will provide music mixes, with a routine that will cover 3 miles in 45 minutes, followed by a stretch routine. *\$3.00 contribution to be given to instructor.*

Cardio Drumming

Wednesday, 10:00 am

Release stress, sweat, sing, and enjoy a sense of community, all while exercising. Drumsticks, fitness balls, and a bucket are all you need to bring fun to your fitness! We have a limited number of sticks, balls, and buckets available to use. *\$3.00 contribution to be given to the instructor.*

Tai Chi with Al

Practice the slow gentle movements of Tai Chi with Al to improve breathing, balance, and range of motion. *\$3.00 contribution to be paid to instructor*

Starter-Size

Monday, Wednesday, & Friday, 9:00 am

Increase flexibility, muscular strength, range of motion, and balance in this low impact class suitable for every fitness ability. Regular participation in this class will help you keep joints flexible and muscles strong, sleep better, increase energy, and improve your overall outlook. Work at your own level, with or without weights, standing or sitting.

Yoga with Stephanie Cole

Tuesday & Thursday, 8:30 am

Stephanie is a registered yoga teacher who has a passion for making yoga accessible to anyone regardless of age, size, or ability. The yoga class she will lead will incorporate traditional and non-traditional yoga postures, props and humor. Chairs will be provided, and a limited number of blocks and straps are available. Stop by to practice, or introduce yourself, and leave feeling refreshed and energized.

\$3.00 contribution to be given to the instructor.

Pickleball

Monday, Wednesday & Friday, 12:00 pm

Try out the fastest-growing sport around Pickleball! Similar to ping pong, badminton, and tennis, Pickleball is a fun, active game that can be mastered by anyone. Stop in and watch or give it a try!

Balance and Mobility Exercise Class

Tuesday and Thursday, 12:30 pm

The group will be led by Dianna Oates, a Physical Therapist Assistant at Carter Rehab and Aquatic Center. Come let Dianna challenge you to improve your posture, strength, balance, and mobility.

Special Events...

This month's game sponsored by:

***Brookdale Senior Living
Is Horse Racing***

All seniors welcome to join the fun.

Come try your luck to win a prize

Wednesday, August 17th @ 10:00 am

This month bingo is sponsored by:

Lenawee Medical Care Facility

All games will be played with paper cards. If you have your own dabber, bring it along. If not, markers and pens will be supplied.

Wednesday, August 24th @ 10:00 am

JAM SESSIONS AT LUNCH

Friday from 11:30 am-12:30 pm

Join in every Friday and jam out together!

Bring your guitars, banjos, fiddles, mandolins, harmonics, horns, vocals, etc...

Others would love to hear your talent!

GETTING TO KNOW ASC...

Membership

Anyone participating in activities, programs, lunch or services is considered a member. There is no annual membership fee to be part of the Center, however a **completed registration form is required**. Blank registration forms are available at the front office.

Computer and Free Wi-Fi

We have high speed, wireless internet and computers available for members to use in Room 4 at no charge.

Free Lending Library

The library is located within the Adrian Senior Center. There are no fees, no checkout and no time limit when a book is borrowed. Please return when finished. Books may only be purchased at one of the many book sales throughout the year. Watch for future dates and times.

Center Closure Policy

It is the policy of the Adrian Senior Center to open and fully operate its programs as scheduled. The effects of severe weather and concern for the safety of our participants may, however, lead us to close the Center. When closing for any reason occurs, media announcements regarding closures or late openings will **only** be on WLEN Radio-103.9 FM, You may also call 517-264-5280 or check the Lenawee Department on Aging Facebook page for updates.

Note: The Lenawee Department on Aging's decision to close centers or have them remain open is made independently from local school districts. There may be occasions when schools are closed, yet the Senior Centers are open.

Our Mission

"It is the mission of the Adrian Senior Center to be THE place in Adrian and surrounding communities for adults age 55 and over to stay healthy and fit, to connect, to build new skills and to join a community. Together we are better!"

AUGUST THANK YOU!

Visiting Angels (Tim Welbaum Jr.)- Coffee Station
Barrett's Showplace Gardens- Birthday Flowers
Brookdale Senior Living- Horseracing
Stephanie Cole- Yoga
Brenda Dennis- Line Dancing
Anita Artistry- Walk Aerobics
Dianna Oates- Balance & Mobility Exercise Class
and Parkinson's Support Group Meeting
Randy Tripp- Chess
Joyce Hayward- Starter-Cize
Pastor Ron Sparks- Bible Study Group
Lynwood Manor-Rene' Rubio- BP/BS Checks
Lenawee Medical Care Facility- Bingo
ComForCare Home Care- Birthday Treat
Millner Insurance- Birthday Treat
Catrina Ossman- Technology Class
Jody Cooper- Cardio Drumming
Amber Scott- Curbside Meal Volunteer
Jeannie Schramm- Card Making Class
Al Green- Tai Chi
Franklin Gunn- Poems & Inspirations
Gramberry Jam- Musical Performance
Lori Pawson- Fraud Presentation

The ASC Code of Conduct

Center participants have the right to enjoy programs and receive services in an atmosphere that is pleasant, safe and without disturbance from other participants. To ensure that the senior center is an enjoyable experience for all who use it, disruptive or disturbing behavior is not permitted. Senior centers are intended for older adults who are able to function independently. The center is unable to offer personal care support. Any participant needing personal care support must have their own support person with them to take care of personal care needs. Senior center staff is also unable to provide one-on-one supervision due to behavioral, physical, or health related reasons.

Thank You
Visiting Angels of
South Central Michigan
(Tim Welbaum Jr.)
517.920.4254



For their generous donation of coffee supplies for our coffee station and bottled water

Technology Classes with Catrina Ossman

Tuesday, August 9th from 10:00 am-11:00 am

Catrina Ossmann is returning to the Adrian Senior Center to offer tech tutoring. She can help you with setting up a new phone or tablet, or answer your questions about the settings for your email, messages or Facebook.

Don't be frustrated by technology!

Catrina is offering one on one classes from 10:00 am-11:00 am, sessions will be 15 minutes long. Must sign up with the front desk to reserve your spot. A collection basket will be put out and a \$3.00 fee is to be given for your session.

Fraud Presentation

Wednesday, August 17th at 11:30AM

Lori Pawson and Shannon Juozapaitis from TLC Community Credit Union will offer a presentation on fraud prevention. Lori has been with TLC for 38 years, working as a teller, consumer lender, mortgage lender, and manager before landing in the Compliance/Security position that she now holds. Her co-worker, Shannon, has been with TLC for 15 years and has worked as a Member Service Representative, with past experience in loss prevention and security.

They will be speaking on: Global fraud trends as well as what we are seeing locally, scams/fraud, how to recognize the signs, avoiding the scam or fraud, and resources if you become a victim.

Tuesday, August 30th at 12:30 pm

Movie Day (with popcorn available) will be showing...

'Respect'

A 2021 Film; Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, 'Respect' is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.

Starring; Jennifer Hudson, Forest Whitaker, and Marlon Wayans



"Like" the Adrian Senior Center Facebook Page to see the latest happenings and for additions or changes to the schedule.

See this newsletter online at: www.lenaweese seniors.org

VOLUNTEER DRIVERS NEEDED!

Please contact the kitchen at
517-263-4529 and ask for the
Route Coordinator if you would like to
deliver meals to homebound seniors in
Lenawee County.

Out of respect for those with respiratory ailments or health challenges please refrain from wearing scented lotions or perfume. This also includes men's cologne and aftershave lotions. Thank you for considering your fellow participant's sensitivities and health concerns.



hello
August



Balance and Mobility Exercise Class

Every Tuesday and Thursday at 12:30 pm

Come be challenged to improve your posture, strength, balance, and mobility with Dianna Oates. A Physical Therapist Assistant at Carter Rehab and Aquatic Center. Dianna is certified in Parkinson Wellness Recovery Program and has experience treating orthopedic and neurological conditions. As well as conditions related to the aging process.

No fee to attend.

'If it does not challenge you, it will not change you'

Lenawee County Adult Support Groups

Alzheimer's Support Group— 2nd Monday at 2:00 pm at Touch of Home (1155 W. Beecher St. Adrian 517-280-5001)

Alzheimer's Support Group— 4th Thursday at 6:30 pm at Cambrian Assisted Living (333 N. Occidental Hwy, Tecumseh, MI. 517-423-5300)

The Navigators (Caregivers Support Group)— 1st & 3rd Monday at 2:00 pm at Adrian Senior Center (327 Erie St. Adrian, MI). Free Respite Available with Daybreak Adult Day Services, please call ahead to schedule 517-266-2588

Men's Caregiver Support Group— 1st Friday at 2:00 pm at Adrian Senior Center (327 Erie St. Adrian, MI). Free Respite Available with Daybreak Adult Day Services, please call ahead to schedule 517-266-2588

Depression Support Group— Every Thursday at 3:00 pm via zoom. Contact Jennifer at 517-265-9588

Diabetes Support Group— 4th Thursday at 6:00 pm at the Farm House Class Room, ProMedica Farms (1201 Shepherd Rd, Tecumseh, MI. 517-424-3388)

Parkinson's Support Group— 1st Thursday at 1:30 pm at Adrian Senior Center (327 Erie St, Adrian, MI 517-265-6007)

One on One Counseling with Hospice of Lenawee— by appointment 517-263-2323

American Cancer Society Information or Assistance— 1-800-ACS-2345 or 248-663-3400

Multiple Sclerosis Information or Assistance— Call Denise 517-263-3017

Walk Aerobics With Anita Artistry

**Every Tuesday and Thursday
at 9:30 am**

In this class you will burn calories, improve cardiovascular fitness, balance, and coordination all while having fun! Anita is a certified Walk Aerobics instructor who will bring several mixes of music into a routine that will cover a BIG 3 miles in about 45 minutes, followed by a stretch routine.

\$3.00 contribution to be given to instructor

OPERATING HOURS

M-F 8:30AM – 2:30PM

Curbside Pick-Up:

11:15AM - 11:45AM

Indoor Dining: 11:30AM