ACTIVITIES

Tai Chi
Strength Stretch
Chair Yoga
Monthly Cash Bingo
Tuesday Movies
Crafts
Computer Classes
Hot / Cold Lunches
And Much More!

SENIOR CENTER HOURS
Monday – Friday
9 am – 2 pm
610-443-0675

Whitehall Active
COMMUNITY CENTER

2301 PINE STREET
WHITEHALL, PA 18052
610-443-0675
WhitehallActiveCommunityCenter@gmail.com
CALLING ALL SENIORS!

One of the major advantages for seniors who belong to a local senior center is to focus on fitness.

Even though the population of the United States is becoming older, this does not mean we are slowing down.

To prevent issues with our health, we need to remain active and involved with others. Exercise classes are a way for us to keep active and to develop friendships. This helps us to stay healthy longer and to decrease the risk of isolation and depression.

Exercise is at your own pace; just keep moving!

Whitehall Active
COMMUNITY CENTER

Silver Sneakers & Silver Fit
Certified Instructors
2022 Classes

BODIES, BANDS & BELLS
Monday
10 am

CHAIR YOGA
Tuesday & Thursday
9:15 – 10:15 am

CHAIR STRENGTH & BALANCE
Wednesday & Friday
9:15 – 10:15 am

TAI CHI
Wednesday & Friday
12:30 – 1:30 pm
Advanced: Monday
12:30 – 1:30 pm

WEEKLY BINGO
Thursday
12:30 pm

QUESTIONS & ANSWERS

How do I find out more information?
Call Bear, our manager, between 9 am and 2 pm and she will be glad to answer your questions on the classes we offer, hot or cold lunches, and signing up for offered classes.

What if I am not sure which activities are for me?
Feel free to stop by and try any class. Also pick up a schedule of the classes, activities and other events offered.

Come join us for lunch and speak with Center members, Board members or our Center Manager, Andrea (Bear), to see what we can offer you.

Lunch is served at 11:30 am. Orders must be placed 24 hours in advance.

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