



## 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



2301 PINE STREET  
WHITEHALL, PA 18052

610-443-0675

[WhitehallActiveCommunityCenter@gmail.com](mailto: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!**



## 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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