Whitehall Active

COMMUNITY CENTER

2301 Pine Street • Whitehall, PA 18052 • 610-443-0675

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!

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.

A WEEK AT THE CENTER

MON 10:00 Bodies, Bands & Bells • 12:30 Tai Chi Form TUE 9:15 Chair Yoga • 12:30 Crafts, Stitching & Movies

WED 9:15 Stretch & Strength • 12:30 Tai Chi THU 9:15 Chair Yoga • 12:30 Bingo

FRI 9:15 Stretch & Strength • 12:30 Tai Chi

Activities include Tai Chi, Strength Stretch, Chair Yoga, Monthly Cash Bingo, Tuesday Movies, Crafts, Computer Classes, Hot / Cold Lunches — and much more!

Silver Sneakers & Silver Fit Certified Instructors

SENIOR CENTER HOURS: Monday – Friday, 9 am – 2 pm

Lunch is served at 11:30 am — orders must be placed 24 hours in advance

Plus Monthly Sunday Bingo & Special Community Events!

WhitehallActiveCommunityCenter@gmail.com

Find us on Facebook!