

Senior Health & Fitness Day



Free

Wednesday, May 29

Clinton Rose Senior Center

3045 N. Martin Luther King Drive

10:30am Walk Aerobics

12:00pm Walk with Ease

12:15pm Trail Blazers

Kelly Senior Center

6100 S. Lake Drive

9:00am Spring Bird Walk

9:30am Tai Chi Class

McGovern Senior Center

4500 W. Custer Avenue

10:00am Resource Fair

10:30am Walking Group

Washington Park Senior Center

4420 W. Vliet Street

11:00am Hand Weights

Wilson Park Senior Center

2601 W. Howard Avenue

9:00am Resource Fair

9:15am Morning Exercise

10:15am Qigong Class

2:00pm Yoga Class

Open to the Public

Join us at any of our five Senior Centers on May 29 to help us celebrate Senior Health & Fitness Day. Check out the great fitness activities scheduled for this day and learn more about the fun activities happening throughout the year at your local Senior Center.



MILWAUKEE COUNTY
Department on Aging

SOA