

Senior Holiday Social



Friday December 17

8:30-9:15	Aqua Arthritis
9:15-10:00	Aqua Aerobics
10:00-10:30	Aqua Yoga
10:30-11:15	MSROM Silver Sneakers
11:30-12:30	Light Lunch and Holiday Treats!
12:30-1:15	Bingo and Prizes
1:15-3:00	Healthy Refreshments Social
1:00-2:00	Extended Senior Swim

Free for all seniors



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