

# Senior Center

## Senior Lunch

Tuesdays and Fridays

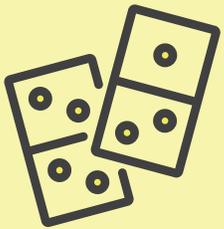


Senior Lunches are provided by the Weld County Senior Nutrition Program and are offered to those who are aged 60 or older OR who has a spouse 60 or older. Lunches are \$3 for those who meet the age requirements and \$10 for those under 60. Reservations must be made by 9am the day before lunch by calling Dorothy at 970-475-1132. Lunch begins at 11am.



## Cards

Bring a snack to share and play cards with friends. The group meets every Wednesday at noon in the Game Room at the Evans Community Complex. No registration required.



## Dominoes

Bring a snack to share and make new friends. The group meets in the Game Room on the 2nd and 4th Tuesday of every month immediately following Senior Lunch. No registration required.



## SilverSneakers

Tuesday OR Thursday 8:30-9:30am

\$16 for a 6-week session (sessions are ongoing)

Improve strength, flexibility, posture, and balance while exercising at your own pace. Some insurance may qualify you for free participation in the class. Stop by the Recreation Front Desk for more information.

### CONTACTS:

KRISTEN DEBO 970-475-1129

DOROTHY HOFF, SENIOR ASSISTANT 970-475-1132

DONN REID, KITCHEN SUPERVISOR 970-302-4188