



NATIONAL SENIOR HEALTH & FITNESS DAY

Our Active Older Adult community is welcome to join us for a brunch potluck to celebrate all our achievements in living well and actively aging. Each branch will host their own potluck, and provide coffee and fruit. Please see your group exercise leaders to sign up for a snack to share. We look forward to sharing fellowship and conversation with you!

IRONWORKS

10:00-11:00am
Kerry Room

ENJOY SPEAKERS FROM:

Grinnell Hall
Aging and Disability Resource Center of Rock County
Rock County Park District



OPEN TO MEMBERS
AND COMMUNITY

ROSCOE

11:15-12:15am
West Side of the Gym

ENJOY SPEAKERS FROM:

Grinnell Hall
Forest Preserves of Winnebago County
Prairie State Legal Services

Questions?

Contact Erin Scott and escott@statelineymca.org

www.statelineymca.org/aoa