



JOINT TOWNSHIP DISTRICT
MEMORIAL HOSPITAL™
AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM



*Do you know any person who is
55 years & older who needs to
keep movingor, could
BENEFIT from EXERCISE ?*

If you do, invite them to...

SENIORCIZE

WHO: Any person 55 and older who can benefit from exercise

WHAT: Seniorcize* - Fun Exercise and Fellowship

Every month from October through May
Tuesday and Thursday
9:00 a.m. - 10:00 a.m.

WHERE: Otterbein St Mary's Life Enrichment Center

COST: \$15.00 per month – singles
\$20.00 per month – couple

CONTACT: *Adele Walls*
Center Director, YMCA Otterbein
11230 St. Rt. 364 St. Mary's, OHIO
(419)394-6254

**Class size limited to 25 participants.*

