

GET MOVING WITH CENTERS IN MOTION & THE JUNIATA VALLEY YMCA

MJRSC—THE CARE NETWORK is partnering with The Juniata Valley YMCA this January to provide **4 FREE FITNESS SESSIONS** to local seniors. You must be 55 or older and a resident of Mifflin or Juniata County to participate. The YMCA is located at 105 First Avenue in Burnham.

- Friday, January 5th: Pickleball 8:30am-10:30am
- Thursday, January 11th: Pickleball 8:00am-10:00am
- Tuesday, January 16th: Splish Splash Water Aerobics 11:00am-12:00pm
- Friday, January 26th: Splish Splash Water Aerobics 11:00am-12:00pm

No registration required! Participants will go to the YMCA at the time of the session and sign in to attend.

For more information on this opportunity or other **Centers In Motion** activities, contact Michele Gray at 717-320-8354 or mgray@mymjrsc.com



**MJRSC—THE
CARE NETWORK**

Regional Services
Area Agency on Aging
Call a Ride Services

