



Free Lunch, Fun, Friends and Fitness

Roy B. Culler, Jr. Senior Center
600 N. Hamilton Street, High Point, NC 27262
(336) 883-3584 • www.high-point.net/pr/srcctr.cfm
High Point Parks & Recreation

Wednesday
January 6, 13, 20, 27, 2010
11:30am - 2:30pm

Allen Jay Recreation Center
1073 E. Springfield Road

Wednesday
February 3, 10, 17, 24, 2010
11:00am - 1:00pm

Deep River Recreation Center
1529 Skeet Club Road

Select your location to attend, and enjoy a healthy lunch with fun, friends and fitness. There will be a variety of leisure activities that promote fitness for persons age 55 and better. After lunch you can walk, shoot basketball, play chair volleyball or shuffle board. You will learn about Senior Games, a year-round health and fitness program. You must pre-register for lunch by calling 883-3584 by 12p.m. the day before each Fitness Day. If you do not plan to eat lunch with us, you do not have to register. Walk-ins are welcome for the fitness program.



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