

THE LINK

EVENT + RECREATION CENTER

Senior Programs



SENIORS AGES 55+ MEMBERSHIP OPTIONS

Resident Monthly...\$15
Resident Annual...\$150
Resident Couple Monthly...\$25
Resident Couple Annual...\$250
Non-Res Monthly...\$18
Non-Res Annual...\$180
Non-Res Couple Monthly...\$30
Non-Res Couple Annual...\$300

The Link is a proud host of the SilverSneakers® Fitness Program and Silver&Fit® for active adults. Check with your healthcare provider for eligibility.

GET CONNECTED.

DAILY SCHEDULE

MONDAY

8 AM Walk'n Roll
9 AM The Monday Grind (Coffee)
10 AM Seniorcise
11 AM Exercise To Music

TUESDAY

8 AM Walk'n Roll
9 AM Dominoe Dudes & Dames

WEDNESDAY

8 AM Walk'n Roll
9 AM Pinochle
10 AM Seniorcise
11 AM Exercise to Music

THURSDAY

8 AM Walk'n Roll

FRIDAY

8 AM Walk'n Roll
10 AM Seniorcise

SPECIAL MONTHLY ACTIVITIES

SECOND THURSDAYS

12 Noon Senior Lunch Bunch

FOURTH THURSDAYS

11 AM *Lunch & Learn

FOURTH TUESDAYS

10:30 AM *Meet-N-Eat

*REGISTRATION REQUIRED
ONE WEEK IN ADVANCE