

Attention Seniors

55 and up

The **Log Cabin Senior Center** located at 405 Belmont, Saginaw, Texas has two great exercise programs created especially for senior citizens. One is designed for strengthening the cardio-vascular system. Participation in this class is on Monday, Wednesday and Friday from 9:30-10:10. We refer to it as "**Exercise With Alice** (a practical approach to aerobics)"

The other class is centered around movements to strengthen the muscular system, enhance co-ordination and improve balance. It is taught by Patsy Swallow and is referred to as "**Smooth Moves.**" In this class we deliberately move in "slow motion" so as to assist those of us who are experiencing the process of becoming more and more mature so to speak. This class is on Mondays and Fridays from 10:30—11:10.

So often, as senior citizens, these are the areas that have been neglected for many years. This lack of activity can cause our bodies to go into a somewhat "hibernation" mode resulting in aches and pains and unwanted weight gain. Why not plan to come and observe one or both of the classes. **IMPROVE YOUR QUALITY OF LIFE!!!**



We can't turn back the clock,
but we can wind it up again!

Most of the movements are done sitting in a



There are no membership fees or residency restrictions

You are welcome to enjoy any/all of the activities and fun that we offer.

Contact person: **Vickie Weldon**, Senior Center Supervisor.

Center Hours: 817-230-0593

Monday, Tuesday, Wednesday and Friday 8:30—3:30

Thursday 8:30—1:00