

SERVING OLDER ADULTS and
MILWAUKEE COUNTY DHHS - Aging & Disabilities Services

Senior Health and Fitness Day



**Wednesday,
May 31, 2023**

9 am - 2 pm

Events will be held at all five
Milwaukee County Senior Centers

Clinton & Bernice Rose
McGovern Park
Kelly
Washington Park
Wilson Park

Please call your local center
for more details!

Get Up and Move!

Get up and move with us at the 2023 National Senior Health and Fitness Day celebration on May 31st. Join us at any of our five Senior Centers to enjoy exercise classes, line dancing, cooking demonstrations, health screenings, door prizes and more! This is a FREE event for adults 50 and better.



Clinton Rose Senior Center
3045 N. Dr. Martin Luther King Jr. Drive
(414) 263-2255

9:30 Fitness and Nutrition Apps
11:00 Walk with Ease
12:30 Learn About Fall Prevention

Kelly Senior Center
6100 S. Lake Drive
(414) 481-9611

10:00 Balance & Stretch
11:00 Line Dancing
12:30 Healthy Cooking Demonstration

McGovern Park Senior Center
4500 W. Custer Avenue
(414) 527-0990

10:00 Dance for Fun and Fitness
11:00 Healthy Food Options w/ Nutritionist
12:30 Learn about Evidence-based Programs

Washington Park Senior Center
4420 W. Vliet Street
(414) 933-2332

9:00 Healthy Cooking Demo
10:00 Urban Pole Walking Demonstration
10:30 Hand-weights Class

Wilson Park Senior Center
2601 W. Howard Avenue
(414) 282-5566

9:15 Morning Exercise
10:30 Foot Care Presentation
12:00 Snacks and Facts

Blood pressure screenings offered at all five centers.

Win door prizes at each session!