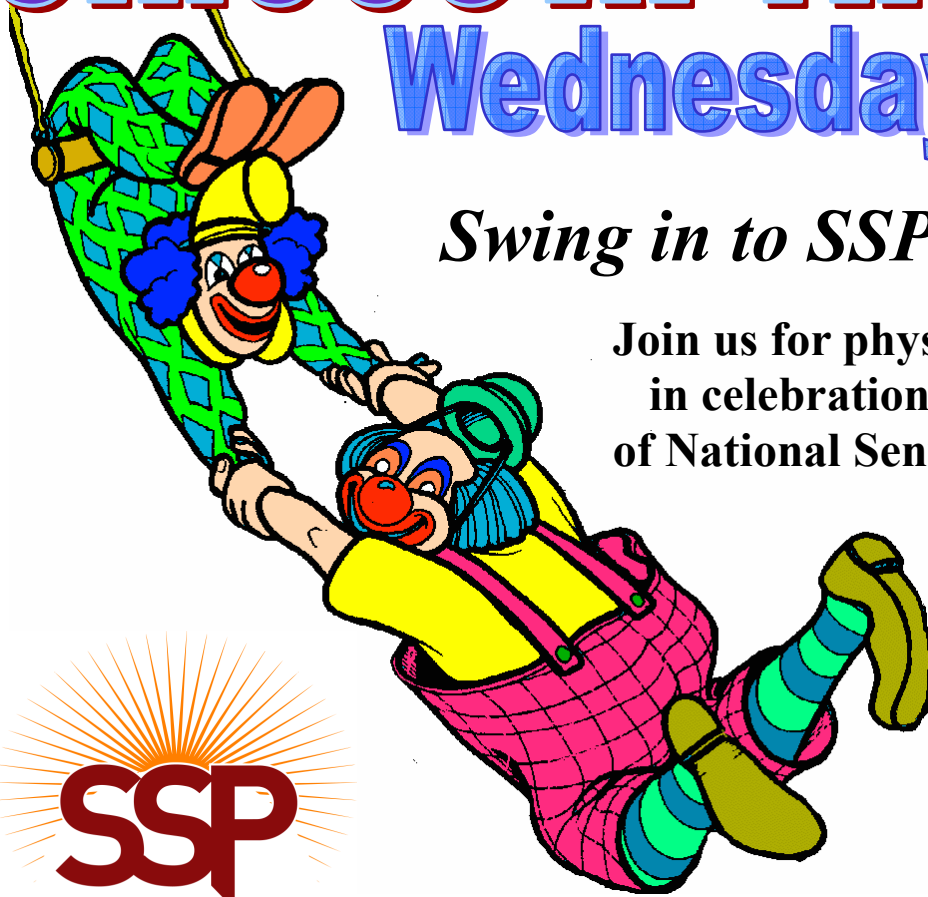


# CIRCUS AT THE CENTER

Wednesday, May 29th

*Swing in to SSP for a day of fun!*

Join us for physical and mental activities  
in celebration of the 20th Anniversary  
of National Senior Health & Fitness Day!



## Events Include:

**8-10:30am:** Fun Stations—Balloon Darts, Bag Toss, Basketball Shoot, Silly Photo Booth, Stress Relief, Chair Massages

Brain Games—Memory, Balance Tests, Eye Exercises, Computer Intro

**10:30am:** Wellness Center demonstrations with Betsy Eberlin  
—Zumba Gold, Chair Exercises, Yoga, & Hula Hooping

**11am - 1pm:** Lunch is served, face painting & balloon animals  
with Sunshyne The Clown and Tim the Twister

**1pm:** Cake Walk in School House Grill area

**2 - 3pm:** Dance — Show off your dance skills in the School House Grill area

**For More Information, visit [seniorservicesplus.org](http://seniorservicesplus.org) or Call 618-465-3298.  
Senior Services Plus is located at 2603 N. Rodgers Ave in Alton, IL 62002**

