

WELCOME'S SENIOR AEROBICS

The More the Merrier



Welcome is linking up with

THE SALVATION ARMY

For exercising this fall

We exercise on

MONDAY, WEDNESDAY AND FRIDAY

from 11:00 am to 12:00 noon



FREE LUNCH IS PROVIDED

MONDAY & WEDNESDAY FOLLOWING YOUR WORK OUT

JOIN US FOR EXERCISE AND FELLOWSHIP.

IT'S A FUN THING TO DO.

Sister Teasley