



Tuesdays
11am
Meet in front hallway

The Senior Center is forming a Walking Group! Walking is such a great form of exercise. We will walk each Tuesday morning at 11am beginning on **June 5**. Walking can be done inside the building or outside if weather permits. You may walk at your own pace and for the length of time that fits your needs.

Bring a friend or meet a new friend. It's fun to walk with a buddy.

We'll meet in the front hallway. There will be an attendance sheet. Just sign-in and you're ready to go.

Hope to see you there!



Joseph H. Emminger, Supervisor
Town of Tonawanda

Dan Crangle, Councilman
Chairman, Youth, Parks & Recreation Committee



Jeffrey P. Ehlers, Director
Youth, Parks & Recreation Department