

**WOODBURY SENIOR CENTER PROGRAM REGISTRATION FORM
MAY 2021**

PLEASE FILL OUT AND RETURN TO OFFICE

Please be sure you are registered at the Center; it only takes a few minutes and it's FREE!

NAME: _____

PHONE: _____ EMAIL: _____

Check off all April classes and activities you plan to attend: (return to Center with payment, where needed)

- _____ Cardio Dance: Wednesdays & Fridays, (May 5, 7, 12, 14, 19, 21, 26 & 28) 9 to 10 a.m. \$24
- _____ Virtual Fitness Fury: Tuesdays, 11 to 11:45 a.m. and Thursdays, (May 4, 6, 11, 13, 18, 20, 25 & 27), 10 to 10:45 a.m. \$24
- _____ Brass City Harvest Virtual Cooking Class: Mondays, May 3, 10, 17, 24, 1 to 2 p.m. Free
- _____ May Breakfast Sandwich Party Honors the Ladies : Monday, May 10 at 9 a.m. Must sign up by May 6. \$1
- _____ 60's Themed Parking Lot Pizza Party: Friday, May 14 at 12:30 p.m. \$5
- _____ Flower Painting Class: Friday, May 21, 11 a.m. to 1 p.m. Free.
- _____ Hiking Group: Thursday, May 27 at 9 a.m. Free
- _____ Walk Across America Fitness Challenge: Ongoing. Free
- _____ Senior Center in a Bag. Pick up through April. Free

The following programs require appointments: Please call the Center to make your appointment!

- _____ Senior Bus Rides: Monday through Friday, 9 a.m. to 3 p.m.
- _____ Grab and Go Lunches: Tuesdays and Thursdays, Pick up 11 to 11:30 a.m.
- _____ Pool Table: Monday through Friday, 8:30 a.m. to 3:30 p.m., One hour appointments
- _____ Computer Room: Monday through Friday, 2 hour appointments (8:30 a.m., 10:30 a.m. or 12:30 p.m.)
- _____ Fitness Room: Monday through Friday, 8:30 a.m. to 2:30 p.m., 50 minute appointments
- _____ Massages with Andrea: Wednesdays, 11 a.m. to 3 p.m., 30 Minutes - \$30, 60 minutes - \$55
- _____ Blood Pressure Clinic: First and Third Tuesdays, (May 4 & 18), 10 to 11 a.m. Free. By appointment.

Notes:
