

## Fifth Annual National Senior Health and Fitness Day

On Wednesday, May 25, an estimated 100,000 older adults across America will participate in the annual National Senior Health & Fitness Day (NSHFD), the nation's largest annual health and fitness event for older adults.

The City of Lemoore will hold their fifth annual event on that day from 8 AM to 11 AM at the Recreation Center located at 721 W. Cinnamon Drive. Seniors can take advantage of Health Screenings, Senior exercise demonstrations such as Zumba and boxing, enjoy healthy treats and free giveaways.

Cost	FREE
Time	8 – 11 AM
Date	Wednesday, May 25
Location	Lemoore Recreation Center

## Sweets with Seniors

Enjoy a holiday treat with Lemoore Recreation Department, Jamison High School and the American Legion. Seniors will receive a free pancake, sausage, and egg breakfast, enjoy entertainment by our local high school students and finish the day with sweets provided by West Hills College.

Cost	FREE
Date	December 9
Time	8 AM
Location	Lemoore Civic Auditorium

## Lemoore Senior Center

789 S. 18th Ave., Lemoore, CA  
(559) 924-7791

Lunch	Monday – Thursday @ 11:30 AM
Lunch Bingo	Tuesday & Thursday following lunch
Wednesday Night Bingo	Doors open @ 4 PM Games begin @ 6 PM
Having a Party? Call (559)967-1662 for reservations	

- Customer Appreciation Night is the first Wednesday of the month – buy one bingo pack and get one free.
- Play for free on your birthday! Valid on the third Wednesday of the month only.
- Friday Night music at 5 PM.
- Open to the public.

Lemoore Recreation Guide

## Community Yard Sale

The Lemoore Volunteers in Policing will be hosting Community Yard Sales at City Park in Lemoore on the first Saturday of each month beginning in March and running through October.

- Hours are 7:00 AM to 1:00 PM.
- Vendor spaces are \$15.
- Vendors can register at the Recreation Department located at 721 W. Cinnamon Dr.
- **No yard sale on 4th of July weekend**



## Senior Dances

The Lemoore Recreation Center will host a Senior Dance for ages 50 and up every three months. These dances will feature The Bobby Seals Band. There is a pot luck dinner, so bring your best dish. Couples and singles welcome.

Dates	Feb. 11, May 12, Aug. 11 and Nov. 10
Where	Civic Auditorium, 435 C Street
When	7 to 10 PM
Cost	\$7

## Witness for Fitness Senior Walking & Exercise Club

Join instructor and motivator Dr. Ernie Smith and our big group



of seniors for some physical exercise. Walk the indoor track and socialize at the same time. Dr. Smith will also teach proper stretching techniques and instruct you in chair exercising. A great way for seniors to stay active!

Age	50 years and up	
Cost	Free	
Dates	Jan - Dec	
Day	Time	Min/Max
Tue./Thur.	8:30 AM – 9:30 AM	4/200