

Seventh Annual National Senior Health and Fitness Day

The City of Lemoore Parks & Recreation Department will hold their seventh annual event on Wednesday, May 24th from 8 AM to 11 AM at the Recreation Center. Seniors can take advantage of health screenings, participate in Senior exercise demonstrations such as Yoga, Jazzercise and chair stretching. There will be a breakfast and giveaways. This is a free event.

Ages	55 and up
Cost	FREE
Time	8 – 11 AM
Date	Wednesday, May 30
Location	Lemoore Recreation Center

Sweets with Seniors

Celebrate the season with us by enjoying a free breakfast and Holiday treats. This event is hosted by the American Legion, West Hills Culinary and Lemoore Community Services. Participants will be entertained by students from Jamison High School and each guest will receive a gift.

Ages	55 and up
Cost	FREE
Date	December 7
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.



Senior Dances

The Lemoore Parks & Recreation Department will host a Senior Dance for ages 50 and up every three months. These dances will feature the Bobby Seals Band. There is a potluck dinner, so bring your favorite dish. Couples and singles welcome.

Ages	50 and up
Dates	Feb. 15, May 17, Aug. 16 and Nov. 15
Where	Civic Auditorium, 435 C Street
When	7 to 10 PM
Cost	\$7 and a pot luck dish to share



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 beginning at 8:30am. Exercise session begins at 9 AM and includes chair stretching, resistance bands and hand weights.

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