

BINGO *cize*®

Jan. 5 - Feb. 11

12:30 to 1:30 p.m.

Mondays & Wednesdays

Sedalia Senior Center

1800 W. 3rd St.

We combine exercise, information, and Bingo to help you improve your health. This free class works for beginners as well as physically active seniors. The class can help your social life, your brain power, and fitness level. **The best part is that it's fun!**

To register, please call 1-800-748-7826 ext. 239 or
by email at information@goaging.org.

Register online at <https://goaging.org/events>



Care Connection
for Aging Services

