OPEN 5 DAYS A WEEK

Join the North County Senior Center at Appleridge Today!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 AM - 1 PM CLUBHOUSE COFFEE, CARDS, & CONFECTIONS		9 AM - 1 PM CLUBHOUSE COFFEE, CARDS, & CONFECTIONS		9 AM - 1 PM CLUBHOUSE COFFEE, CARDS, & CONFECTIONS
9 AM - 12PM FITNESS CENTER OPEN FOR USE	9 AM - 12PM FITNESS CENTER OPEN FOR USE	9 AM - 12PM FITNESS CENTER OPEN FOR USE	9 AM - 12PM FITNESS CENTER OPEN FOR USE	9 AM - 12PM FITNESS CENTER OPEN FOR USE
10 AM - 12 PM RECREATION ROOM PING PONG		10 AM - 12 PM RECREATION ROOM PING PONG		9 AM - 10 AM WEST END ROOM CHAIR YOGA
10 AM - 10:30 AM WEST END ROOM SIT & STRETCH	10 AM - 10:30 AM WEST END ROOM SIT & STRETCH	10 AM - 10:30 AM WEST END ROOM SIT & STRETCH	10 AM - 10:30 AM WEST END ROOM SIT & STRETCH	10 AM - 10:30 AM WEST END ROOM SIT & STRETCH
10:30 AM - 11:30 AM WEST END ROOM BONE BUILDERS	10:30 AM - 11:30 AM RECREATION ROOM LINE DANCING	10:30 AM - 11:30 AM WEST END ROOM BONE BUILDERS	10:30 AM - 11:30 AM WEST END ROOM TAI CHI	10 AM - 12 PM RECREATION ROOM PING PONG
10:30 AM - 11:30 AM ACTIVITY ROOM ZUMBA	10:30 AM - 12 PM CLUBHOUSE BUNCO	VISIT OUR NEW WEBSITE: AppleridgeSeniorLiving.com/senior-center		10:30 AM - 11:30 AM WEST END ROOM BONE BUILDERS

MEMBERSHIP BENEFITS

RECREATION & WELLNESS

- Fitness Center
- Sit-n-Stretch
- Bone Builders
- Line Dancing
- Tai Chi
- Zumba
- Walking
- Ping Pong

SOCIALIZATION

- Coffee & pastries
- Cards
- BUNCO
- Pool Table

OUTINGS & GATHERINGS

- Casino Trip
- Summer Picnic
- Seasonal Parties
- Educational & Cultural Outings

Find us on **North County Senior Center at Appleridge**

ENTERTAINMENT

Lunch & A Show
Free monthly entertainment and discounted lunch in the dining room.

DINING

The Heirloom Dining Room at Appleridge provides a casual and relaxing atmosphere and a delicious and filling meal available for purchase.

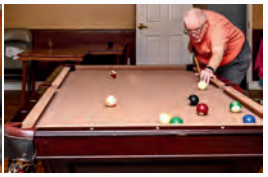
3 DAY FREE TRIAL

Try the North County Senior Center at Appleridge FREE for 3 days. Find out if it's the right fit for you and have access to all the amazing member benefits.

JOIN THE FUN!

Annual membership $60
Semi annual membership $30

North County Senior Center



START YOUR FREE 3-DAY TRIAL

Call 607-442-0145 x6621
607-767-6190 x6610

Appleridge Senior Living
168 Miller St. Horseheads