



NEWS RELEASE

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This news release can be found and downloaded from the “News Release” page of the Council for Older Adults web site at www.growingolder.org

FOR IMMEDIATE RELEASE

June 4, 2008

Activity Center at the Center for Older Adults to be open on Saturdays

Beginning June 7th, the Activity Center at the new Center for Older Adults will be open on Saturdays, from 8 a.m. to noon. A Breakfast Buffet will be served at Jj’s Café from 9 a.m. to 11:30 a.m.

The Activity Center is located within the Center for Older Adults at 800 Cheshire Rd in Delaware and has been open since December 2007. The facility houses areas for specific activities such as a large Fitness Center with state-of-the-art exercise equipment, an Arts and Crafts room, a Dance and Aerobics room, a Library and Computer room and well as spaces for flexible activities. The Wii computer exercise system will also be available for use on Saturdays.

Other hours of operation are 7 a.m. to 7 p.m. on Tuesdays and Thursdays, and from 8 a.m. to 4 p.m. Mondays, Wednesdays and Fridays.

The Activity Center is managed by Senior Citizens Inc. of Delaware County, a partner of the Council for Older Adults which is also located at the Center for Older Adults. For more information about the Activity Center call (740) 369-5133.