



# NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

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## **SENIORS INVITED TO POOL PARTY JULY 30 AT CENTER FOR OLDER ADULTS**

The Center for Older Adults in Delaware will celebrate the second anniversary of its warm water exercise pool with a free event, "Never Been to the Pool Day" on Friday, July 30.

People ages 55 or over who have never before tried the aquatic classes or pool walking are invited to participate free of charge that day. "Water exercise has proven to be of great benefit to people dealing with arthritis, heart conditions, strokes, fibromyalgia, heart and fitness issues," said Patti Fifner, aquatics director for the pool.

The classes will take place at 10 a.m., 11 a.m. and 1 p.m. Pool walking is offered from noon to 12:45 p.m. Door prizes and refreshments also will be offered throughout the day. "It's going to be a fun, educational event," said Fifner.

Interested participants must register in advance at the Center for Older Adults, 800 Cheshire Road in Delaware. For information, please call 740-369-5133 x 176. The Center for Older Adults is funded by a taxpayer-approved levy benefiting older adults and their families in Delaware County.