



The Del City North Neighborhood Watch

Community Bulletin No. 30



Activities Planned for Seniors at Del City Senior Citizen Center

There are a number of activities now available for seniors to participate in at the Del City Senior Activities Center located at 4505 S E 15th Street (the old library building). These activities are sponsored by the YMCA and are all free of charge. If able, come on down and check these opportunities out.

Course name and times available:

SAIL (Stay Active and Independent in Life)

Available Monday, Wednesday and Friday at 10:45 – 11:45 AM

TAI CHI (A mental and physical discipline)

Available Mondays and Wednesdays at 1:00 – 2:00 PM

Forever Well Steady and Strong (Improve you balance)

Available Mondays and Wednesdays 2:15 – 3:15 PM

There's more, check out all available opportunities at <https://cityofdelcity.gov/community-center-events/>, or logon, dcoknorth.com then click on community events,