



## **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 15<sup>th</sup> 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,**