

August 2021

Adult Programs for ages 50 & Up

KISER SENIOR CENTER

Monday-Friday

9 am-12 pm

*Fitness Room

*Lounge Area

*Patio

*Community garden

Kiser Senior Center

123 W. Pennsylvania Avenue

Bessemer City, NC 28016

(704) 729-6465

Allan Farris

Community Center

220 S. 14th Street

Bessemer City, NC 28016

(704) 629-5111

**Schedule subject to change at any time*

**Programs are at Kiser Senior Center unless otherwise noted*



	MON	TUE	WED	THU	FRI	SAT
	2 12 pm	3 Low Impact Aerobics 9 am 	4 12 pm	5 Low Impact Aerobics 9 am 	6 Work in the garden	7 Catch up with an old friend
	9 5 pm	10 Low Impact Aerobics 9 am 	11 12 pm	12 5:30 pm Bottle Workout	13 10 am	14 Outing with the grandkids
	16 6 pm	17 Low Impact Aerobics 9 am 	18 Color Therapy 9 am-12 pm 	19 Low Impact Aerobics 9 am 	20 for Seniors 1 pm	21
	23 Take a walk in the park	24 Low Impact Aerobics 9 am 	25 Stay hydrated	26 Low Impact Aerobics 9 am 	27 	28 6 pm
	30 12 pm	31 Low Impact Aerobics 9 am 				