

Senior Circle's **free** benefits

Free membership!

- Snacks and beverages
- Loan of DVDs, videotapes, audio books, jigsaw puzzles and books
- Copies
- Faxes
- Notary service
- In addition, there are a variety of exercise classes—aerobics, two levels of yoga, “strong bones” to fight osteoporosis, tai chi, ballroom dancing and line dancing.
- A movie is shown weekly—popcorn served!
- A singing group, a rubber stamping class, a computer class, blood pressure checks, a monthly birthday party, twice monthly health talks and a book club!
- Plus members get discounts at many businesses in town.

Schedule of Activities

Aerobics—9 a.m. Monday, Tuesday, Wednesday and Friday

Birthday Party—2 p.m. the 2nd Wednesday of the month

Blood Pressure—2-4 p.m. Wednesday by a nurse (or any other time without a nurse)

Book Club—1 p.m. the last Wednesday of the month

Cards—Anytime

Coloring, Adult—Any time. Pages and pencils/pens provided through donations

Computer class—Noon Wednesdays except the 2nd Wednesday when it's held at Eastern New Mexico University-Roswell

Dance—Beginning line dance—9 a.m. Thursdays

Ballroom dance—2 p.m. Thursdays

Diabetes Support Group—10 a.m. 4th Thursday

Dominoes—Anytime

“42” — 1:30 p.m. Tuesday

Healthsense—11:30 a.m. 1st and 3rd Friday of the month

Lunch—11 a.m. Tuesday at rotating restaurants at own expense

Mahjong—1 p.m. Tuesday

Movie—1:30 p.m. Monday

Singin' Seniors—10:30 a.m. Tuesday rehearsals

Stamping—9:30 a.m. Wednesday

Stitching—2 p.m. Thursday

Strong Bones—10 a.m. Monday, Wednesday and Friday

Tai Chi—11:30 a.m. Tuesday and 1 p.m. Thursday

Therapy dogs—Jetta, 10:30 a.m. Wednesday; Marshal or Ellie Mae and or Vadil 10:30 a.m. Friday

Yoga (chair)—1 p.m. Wednesday

Yoga (advanced) - 11 a.m. Wednesday