



SilverSneakers Socials

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The SilverSneakers program is not just about fitness, it's about making new friends for support, motivation, & socialization. Celebrate with us over coffee, snacks, & friendly conversation.

Coffee socials at Beck Recreation

2nd Thursday of every month at 10:30 a.m.

Group lunches, restaurants TBD

3rd Tuesday of every month

(come to the coffee socials for more information)

