

WE HAVE EXERCISE PROGRAMS AND FITNESS EQUIPMENT AT OUR SENIOR CENTERS.



HEALTHY STEPS IN MOTION

*Jefferson County Senior Centers
are Centers for Healthy Living!*



JEFFERSON COUNTY
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AREA AGENCY ON AGING

Check out our monthly newsletter on our website
for dates and times: www.jcaaa.org

**BROOKVILLE
HERITAGE HOUSE:**
Exercise Classes
and Fitness Room

**REYNOLDSVILLE
FOUNDRY:**
Exercise Classes
and Fitness Room

*Stay for a healthy,
hot meal
following classes!*