

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
—
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!*