

Let's Get Moving!



NEW PROGRAM

Silver Sneakers Exercise Program

is being offered at the branch.
We will have a certified instructor at the branch 5 Days a week to lead an amazing exercise program for our residents. It is stimulating, fun and adds great benefits to the health of your loved one.

The Current Schedule will be:

**Monday thru Thursday
@ 11:00am (Bistro)**

Off Friday

**Saturday
10:30 am (Bistro)**

COME JOIN IN ON THE FUN!

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enriching happiness™



Bickford

assisted living
& memory care