



January Birthday's

Ronald Braithwaite
George Matheson
LaVaun Story

January 11th
January 21st
January 23rd

Important Information

- Let us know if you have any fun activities you'd like to do, events you would like to attend or performers you would like to see. We're always open to suggestions.
- Free Senior Fitness Classes: Tuesdays @9:30am– Strength Training with Talia. Thursdays @9:30 - Strength Training with Jen. All classes are held at the Salem Activity Center, please join us!