



We are happy to provide SilverSneakers —the nation's largest older adult fitness program— available through select Medicare Advantage health plans. To determine if you are eligible for SilverSneakers, check your Health Plan by calling the number on the back of your insurance card, go to [SilverSneakers.com](https://www.silversneakers.com) call SilverSneakers at **1-888-423-4632** or stop by the front desk of The Palmer Center to verify your eligibility.

By getting your SilverSneakers membership, you will be able to participate in SilverSneakers classes and join The Palmer Center & Roger T. Sermon Community Center fitness rooms at no charge, unless your particular plan has a small optional supplemental benefit fee (check with your plan). Classes are held at the Truman Memorial Building.



SilverSneakers Classic

When: Tuesdays/Thursdays at 10:00 a.m.

Where: Truman Memorial Building

Instructors: Kelly Cook/Dana Blum

Cost: Free for SilverSneakers members/ \$2 for non-members

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Yoga

When: Mondays at 10 a.m. and Wednesdays at 1:15 p.m.

Where: Truman Memorial Building

Instructors: Kelly Cook/Margaret French

Cost: Free for SilverSneakers members/ \$2 for non-members

Improve joint range of movement, strength and balance- and relax! Learn safe moves and breathing exercises to reduce stress and mental anxiety.