



Senior Wellness Classes Fall 2025

The Office for the Aging, in collaboration with Double Play Community Center will be holding the following classes this Fall:

AQUATICS PROGRAM

September 22 - October 29, 2025

Beaver River Central School

7:00am - 8:00am

Lowville Academy Central School

7:00am - 7:45am

WALK WITH EASE PROGRAM

November 3 - December 12, 2025

Christian Community Center in Turin

11:30am - 12:30pm

You must be 60 years or older to participate.
To register, call Office for the Aging at (315) 376-5313



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