

Dearborn Senior Citizen Services

CURRENT ACTIVITIES BROUGHT TO YOU BY THE DEARBORN SENIOR COLLABORATIVE

Funded in part by:
Platte County Senior Fund

Facebook.com/DearbornSeniorCollab
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Chair Yoga

Join us every Tuesday and Thursday at 10 am for Chair Yoga, facilitated by Cole Bedell. Chair Yoga is an excellent way to exercise, listen to your body, and meet other people! Chair Yoga takes place at the Community Building - 205 Commercial

Low Impact Aerobics

Every Tuesday and Thursday morning at 11am we meet at the Dearborn Community Building for a guided low impact workout. Cole Bedell provides another great way to get your steps in, get your heartrate up in a healthy way, and keep your body moving. Come by and meet some new friends!

Bingo!

On the second Thursday and fourth Tuesday of each month at 11:45am, join us at the Dearborn Community Building for some bingo fun! We provide the food and prizes, you just have to attend, play bingo, and win fun prizes! Come out to play, or volunteer to call bingo and lead the way as we have fun together.

Listening Sessions in April

Stay tuned for opportunities to share your vision of future senior services in Dearborn. We will be holding listening sessions in April. Send us an email or give us a call to chime in before then.

