

# Weston Senior Citizen Services

CURRENT ACTIVITIES BROUGHT  
TO YOU BY THE WESTON SENIOR  
COLLABORATIVE

## Chair Yoga

Join us every Tuesday and Thursday at 10:30 am for Chair Yoga, facilitated by Gayla Kolbialka. Chair Yoga is an excellent way to exercise, listen to your body, and meet other people! Chair Yoga takes place at the Weston Senior Housing Clubhouse - 1145 Lindemeyer Lane.

## Cards, Coffee, and Conversation

Every Tuesday morning we meet at the Weston Senior Housing Clubhouse - 1145 Lindemeyer Lane - for coffee, cards, tea, snacks, and great conversation. Every first Tuesday of the month we are visited by the Weston Fire Department, for blood pressure checks. Come by and meet some new friends!

## Breakfast Group

Thursday mornings at 9 am, join us at the Weston Cafe for a fun breakfast gathering. We discuss anything under the sun, but mostly just enjoy each other's company. We each pay for our own meals, with a slight discount.

## Listening Sessions in April

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

---

Funded in part by:  
Platte County Senior Fund

---

Facebook.com/WestonSeniorCollab  
816-741-6824  
marcus@parkvillelivingcenter.org

---

