



# Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

## FALL/WINTER SCHEDULE 2023

### FERNDALE COMMUNITY CENTER

End of Main Street at Fireman's Park Community Hall

*Monday, Wednesday, and Friday at 8:30-10:00*

**Gaylene 786-4141 or 407-5342**

### FRESHWATER GRANGE HALL

49 Grange Road

*Tuesday and Thursday 9:30-10:30*

**Nancy 443-5264 or 845-3084**

### HUMBOLDT SENIOR RESOURCE CENTER

1910 California Street

*Tuesday and Thursday 9:30-10:30*

**Joan 599-1065**

### McKINLEYVILLE SENIOR CENTER

Hewitt Room

1620 Pickett Road

*Tuesday and Thursday 9:00-10:00*

**Burl (831) 212-6351**

### SILVERCREST RESIDENCE (Priority given to residents)

2141 Tydd Street Eureka

*Tuesday and Thursday 11:00-12:00*

**Eileen (707) 476-0342**

