

Otsego County Senior Exercise Program

**The Senior County Exercise Program is back.
We are meeting every Tuesday and Friday at
10:00 a.m. to 11:00 a.m. at**

**The First Baptist Church
15 Monitor Street
Schenevus, N.Y.**

A few things to remember:

**Please wear clean sneakers or shoes with good
rubber soles.**

Please bring your own supply of water.

**Please be a few minutes early, so we can get in
a full hours work out.**