



# 4<sup>th</sup> Annual Senior Day Crookston Sports Center

*Tuesday, February 24, 2015*  
**11:00 a.m. – 2:00 p.m.**

*Free Transportation in Crookston  
provided by T.H.E. BUS*  
call 281-0700 to be picked up

### **Brief Schedule**

**11:30 Pulled Pork Lunch Begins**  
**12:00 Figure Skating in Event Area**  
**12:30 Speaker: RiverView Nutritionist**

Golf Simulator  
Voluntary Walk Challenge  
(Earn a pedometer from RiverView Health)  
Activities on the Gold Rink  
Facebook/e-mail instruction - UMC

Free Blood Pressure Checks by Polk Co. Public Health  
Balance Machine by Villa St. Vincent  
Free Bone Density Scan, Cholesterol & Glucose check by  
RiverView Health  
Chair Massage by local Masseuse(s) &  
RSVP will be holding a Bone Builder Class

***Drawings for Door Prizes!***  
***Must be present to win.***

**Sponsored by:** Crookston Parks & Recreation; Polk County Public Health; RSVP; RiverView Health;  
The Villa, T.H.E. BUS and Tri-Valley, Golden Link, UMC