

W PARK & REC



December 17, 2015

Watertown Senior ACTIVITIES CENTER

301 EAST KEMP AVENUE

WATERTOWN PARK AND REC.—ADULTS AND SENIORS NEWSLETTER

2015 Year In Review



In this issue the top moments of 2015.



Third Annual Senior Health Fair

The third annual Senior Health Fair was held on May 15 at the Watertown Senior Activities Center and was well attended by seniors across the area and also the place was packed with a large variety of vendors all dealing with the health and well being of senior citizens in this area. There were also plenty of screenings that were held for free that included hearing, vision, balance and blood sugar just to name a few.

The 2016 edition of the Senior Health Fair will be May 20 from 11am-1pm.



Wii Bowling Continues to Grow

Wii Bowling was one of our very first programs and it continues to grow stronger each year. This year we had 4 leagues con-

sisting of 2 singles leagues, and a team and doubles league. There were also 3 tournaments during the year. Participation keeps

growing each season and the level of play has greatly improved. Year 8 will be kicking off in March with the next league the Spring League.



Walking Clubs Keep Growing!

The success of our Outdoor Walking Clubs keep growing as we have seen upwards of 40 people during some of our walks this past summer. The word has really spread and has become a weekly highlight for many people of all ages. What started off with 4-8 people the first year has really taken off. The Fall Outdoor Trail Walking Club has grown steadily as well. Thank you to all the people who make this such a great program that focuses on exercise and social interaction. The 2016 season will kick off in June.



Watertown Area Senior Games

The Watertown Area Senior Games this year handed out 169 gold medals to participants that covered

27 different events. Thank you to Golden Living Centers for sponsoring the games and making them

one of the best senior games in the region. Dates for next year are August 25 -27.







