

Meet the people at the Activity Center!

J.R.

“I had my hip replaced a year ago and my surgeon’s rehab instructions were to walk 30 minutes every day - no treadmill! I didn’t like walking at malls or outside due to the uneven sidewalks, varying temps., and bugs, so I checked out the JAC and joined right away. I am currently enjoying the level walking surface, consistent temps. and the friendly staff. It is a perfect place for walking...and as an added bonus, I am losing weight!”

Are you interested in becoming a member of the Activity Center?

Give us a call!

Kennedy Activity Center
952-681-5280

Jefferson Activity Center
952-806-7880