

DALLAS PARK AND RECREATION DEPARTMENT

A.S.A.P.

ACTIVE SENIOR ADULT PROGRAM

MONDAY– THURSDAY

9AM-2PM

FREE

FOR DALLAS RESIDENTS 60 AND OLDER
COURTSEY OF

WELLMED CHARITABLE FOUNDATION

\$5 PER MONTH FOR NON– RESDIENTS

EXAMPLES OF ASAP ACTIVITIES:

AEROBICS, WALKING CLUBS, BRIDGE, DOMINOES,
ARTS & CRAFTS, BOOK CLUBS, DAY TRIPS, THEATRE ARTS,
FITNESS & NUTRITION CLASSES!

SENIOR PROGRAM DIVISION

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DALLAS TEXAS 75224

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Dallas Park & Recreation

ASAP

ACTIVITY

5 CORE AREAS:

COMPETITION

HEALTH/FITNESS

SOCIALIZATION

SPECIAL EVENTS

SPECIAL INTEREST



WELLMED
CHARITABLE FOUNDATION

