

Come Out and Play!

Beta Lambda Chapter of Alpha Delta Kappa
and River Fitness Center co-sponsor



THE LONGEST DAY

alzheimer's  association®

*Thurs., June 27 * 10:00 am - 3:00 pm
at River Fitness Center*

A community joining together to raise funds and awareness for care and support and to achieve a cure for Alzheimer's disease.

Scheduled activities include pickle ball, bingo, yoga, basketball, massages, speakers, round-table discussions and light refreshments.

A full schedule is available at www.riverfitnesscenter.com

Donations to the Alzheimer's Association are encouraged.

1025 Hobbs Hole Drive
Tappahannock, VA 22560

Call (804) 443-0500
for more information



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Altruistic Action for Alzheimer's on The Longest Day

Thursday, June 21, 2018 10:00 a.m. – 3:00 p.m.

**Sponsored by Beta Lambda Chapter of Alpha Delta Kappa and River Fitness Center
to support The Alzheimer's Association**

Donations to the Alzheimer's Association are encouraged.

Schedule

All day – Walk, Jog – indoor track

All day – Crafts, reflections, sharing, puzzles, Awareness Bingo, Tell Me Your Story memory books – main lobby

All day – Wall of Love – bring a photo and/or name of someone impacted by Alzheimer's – main lobby

All day – Representatives from related organizations and vendors – main lobby

All day – Light Refreshments – main lobby

10:00 a.m. – 11:30 a.m. – Pickle Ball – indoor basketball court

10:30 a.m. – 11:30 a.m. – Gentle Chair Yoga – led by Rachel - aerobics studio

11:30 a.m. – 12:30 p.m. – Keynote Speaker – Ellie Galloway – Memories in the Making – an informative and interactive session – conference rooms A & B

11:45 a.m. – 12:15 p.m. – Free Throw Basketball Contest – ages 4-8 – indoor basketball court

12:15 p.m. – 12:45 p.m. – Free Throw Basketball Contest – ages 9-11 – indoor basketball court

12:30 p.m. - 1:00 p.m. – Lunch and questions and answers with Ellie

12:30 p.m. – 2:30 p.m. – Chair Massages – provided by Holly – aerobics studio

1:00 p.m. – 1:30 p.m. – Free Throw Basketball Contest – ages 12-14 – indoor basketball court

1:00 p.m. – 2:00 p.m. – Chair Exercise - led by Susan – conference rooms A & B

1:00 p.m. – 3:00 p.m. – Hand Massages – provided by Terry Brooks – front meeting room

Schedule