Williamson County Parks & Recreation

Senior Programs

An Activity Guide for People Ages 55 and Up

MAR • APR • MAY SPRING 2017

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* ATTENTION *

Information about the programs at the NEW Williamson County Enrichment Center are INSIDE this issue!

Senior Trip Highlights for Spring

MARCH

Cheekwood art & gardens

APRIL

ThirdCoastClay

See all the exciting things going on at WCPR through social media!

www.facebook.com/WilliamsonCountyParksAndRecreation

www.twitter.com/wc_parksandrec

www.instagram.com/willcoparksandrec

www.pinterest.com/wcpr

www.youtube.com/channel/UCIBv4Vc1xgP_Z8Tb9dN91XA

Senior program information is always available online at http://www.wcparksandrec.com/seniors-therapeutics/seniors-new.

"Old age is an excellent time for outrage. My goal is to say or do at least one outrageous thing every week."

Maggie Kuhn

Staff & Facility Information

Franklin Recreation Complex

1120 Hillsboro Road
Franklin, TN 37064
(615) 790-5719

Staff: **Traci Hamby, CTRS**
Senior & Therapeutics Administrator
x2021, tracih@williamson-tn.org

Longview Recreation Complex

2909 Commonwealth Drive
Spring Hill, TN 37174
(615) 302-0971

Staff: **Rebecca Fulcher**
Senior Coordinator
x2218, rebeccaf@williamson-tn.org

Nolensville Recreation Complex

7250 Nolensville Road
Nolensville, TN 37135
(615) 786-0200

Staff: **Krista Hollis, CTRS**
Senior & Therapeutics Coordinator
x2421, kristah@williamson-tn.org

Williamson County Enrichment Center

110 Everbright Avenue
Franklin, TN 37064
(615) 786-0186

Staff: **Lindsey Wood, CTRS**
Assistant Senior & Therapeutics Administrator and Senior Coordinator
x2519, lindseyw@williamson-tn.org

Patty Norem
Senior Fitness Coordinator
x2520, pattyn@williamson-tn.org

To register for a program or trip you can go ONLINE to www.wcparksandrec.com or stop by one of the facilities listed above to register IN PERSON.

Policy & Procedure Information

ATTENTION: PLEASE REVIEW THE INFORMATION ON THIS PAGE SINCE MANY OF OUR POLICIES AND PROCEDURES HAVE CHANGED.

REGISTRATION INFORMATION:

- Registration for programs/trips is available ONLINE at www.wcparksandrec.com, IN PERSON, or BY PHONE. Voice-mail registrations will NOT be accepted.
- Registration will open at 9am for ONLINE, IN PERSON, or BY PHONE. Registration will begin on the listed registration start date for programs/trips. Dates for registration are included in the activity descriptions.
- Payment is due WITH ONLINE OR IN PERSON registration to secure a spot for a program/trip. Payment is due within 5 days for BY PHONE registration. Registration is on a first come, first served basis.
- All BY PHONE registration for TRIPS must be called in to Lindsey Wood at (615) 786-0186 x2519.
- Some programs/trips have limited enrollment. If a program/trip closes due to maximum enrollment, names will automatically be put on a waiting list. Participants will be contacted if additional space becomes available.

PAYMENT INFORMATION:

- Payment is due WITH ONLINE or IN PERSON registration to secure a spot for a program/trip. Payment is due within 5 days for BY PHONE registration and MUST be mailed to the Williamson County Enrichment Center, Attn: Senior Coordinator.
- Cash and check payments can be made IN PERSON at our Franklin, Longview, Nolensville, or Enrichment Center facility.
- Credit card payments will ONLY be accepted ONLINE or at the FRONT DESK KIOSK at our Franklin, Longview, Nolensville, or Enrichment Center facility. A small, nonrefundable processing fee is collected for all credit card transactions.

ONLINE or IN PERSON registration is available at the locations listed on page 2, depending on the location of your desired program. BY PHONE registration is available ONLY TO Lindsey Wood at (615) 786-0186 x2519.

TRIP CANCELLATION POLICY: Refunds by check or credits to accounts are available through the last day of registration. After the final registration date, most trips are nonrefundable unless your spot can be filled. Processing fees are non-refundable. Please allow a minimum of 2-3 weeks for refunds by check.

PROGRAM CANCELLATION POLICY: Refunds by check or credits to accounts can be requested up to 24 hours before the program. After that point, most programs are nonrefundable unless your spot can be filled by someone off the waiting list. Please remember to call the facility where you registered. Processing fees are non-refundable. Please allow a minimum of 2-3 weeks for refunds by check.

WAITING LISTS FOR TRIPS AND PROGRAMS: We offer a waiting list for trips and applicable programs at each facility. If you are unable to attend a trip or program, please contact the Senior Coordinator at the facility where you registered and a WCPR staff will try to fill your spot with the next person on the waiting list. We ask that you do not take it upon yourself to fill a spot, so that everyone who has called in has a change to participate.

PLEASE NOTE: While the Parks and Recreation Department makes every effort to ensure that all information provided regarding our programs and facilities is listed as accurately as possible, please understand that we reserve the right to make necessary changes to the benefit of our patrons and the operation of our department.

If you would like help setting up an account in our NEW REGISTRATION software please contact Lindsey Wood, Assistant SR/TR Administrator, at (615) 786-0186 x2519 or lindseyw@williamson-tn.org.

Senior Bus Trips

March: Cheekwood & The Pineapple Room Restaurant

Go with us on a tour of Cheekwood. We will explore Cheekwood's unique botanical gardens and level IV arboretum, including colorful seasonal gardens, historic plant and tree collections, a nationally accredited dogwood collection, and The Carell Woodland Sculpture Trail. After touring the gardens we will have lunch (Dutch treat) at The Pineapple Room Restaurant on site. The cost of the trip ($37) includes the Cheekwood tour and transportation. Lunch at The Pineapple Room is Dutch treat. Registration is REQUIRED.

Date: Wednesday, March 29 **Registration: 2/6-3/13**
Price: $37 per person (lunch Dutch treat) **Online Registration Code: 8811**
Time: Enrichment Center pick up 8:45am, return by 2:30pm
Longview pick up 7:45am, return by 3:30pm
Nolensville pick up 8:15am, return by 3pm

April: Hundred Oaks Castle

Join us on a drive to Winchester, TN to see the Hundred Oaks Castle and Gardens. The castle was built in 1830 and is rich with history. The castle was restored to its current state in the 90's by the Kent Bramlett Foundation. The castle and gardens truly are a site to see. After the tour, you will get to pick your own restaurant for lunch (Dutch treat) on the downtown Winchester square. You may also shop at your leisure if time allows. The cost of the trip ($28) includes admission to the Hundred Oaks Castle and transportation. Lunch is Dutch treat. Registration is REQUIRED.

Date: Thursday, April 27 **Registration: 2/6-3/20**
Price: $28 per person (lunch Dutch treat) **Online Registration Code: 8812**
Time: Enrichment Center pick up 7:30am, return by 5pm
Longview pick up 8:30am, return by 4pm
Nolensville pick up 8am, return by 4:30pm

May: Blue Heron Boat Ride & Riverview Restaurant

Back by popular demand! Witness the beautiful spring colors and see some beautiful waterfront homes from aboard the 40' Blue Heron pontoon boat set on the Cumberland River. Captain Jim will guide us through 30,000 acres of wildlife refuge. This trip offers relaxation, adventure, and maybe even some great photo opportunities. Just to make sure we soak up as much of the view as possible we will have lunch first (Dutch treat) at the Riverview Restaurant and Marina. The cost of the trip ($32) includes the Blue Heron boat ride and transportation. Registration is REQUIRED.

Date: Tuesday, May 16 **Registration: 4/7-5/5**
Cost: $32 per person (lunch Dutch treat) **Online Registration Code: 8813**
Time: Enrichment Center pick up 9:45am, return by 5pm
Longview pick up 8:45am, return by 6pm
Nolensville pick up 9:15am, return by 5:30pm

Senior Outings

Monday Movie Matinee

Meet us at the Thoroughbred 20 movie theatre in Cool Springs to watch the latest movies on the big screen. The movie and exact movie time will be determined closer to the date. Due to constantly adjusting times and movies, we will communicate the movie and time 24 hours in advance of the event date.

This activity is fully Dutch treat for your movie ticket and concessions. We will meet in the lobby of the theater 15 minutes prior to the start of the movie. Transportation is NOT provided. Registration is REQUIRED.

Online Code	Date	Registration	Cost	Time
8847	Monday, March 13	2/27-3/9	Dutch treat	TBA
8848	Monday, April 3	3/13-3/30	Dutch treat	TBA
8849	Monday, May 22	3-5/18	Dutch treat	TBA

Third Coast Clay

We are meeting up at Third Coast Clay at the Factory of Franklin for a fun morning of painting pottery. You will get to pick from a selection of pieces to find what is right for you. Paint the pottery using your own skills and ideas. Pottery will be available for pick up 1 week after completion. The WCPR staff will have the pottery available for pick up at the Williamson County Enrichment Center on Friday, April 28th. The cost of the trip ($14) includes purchase of your pottery. ***Transportation is NOT provided. Registration is REQUIRED.***

Date: Thursday, April 19 **Registration: 3/20-4/12**
Cost: $14 per person (lunch Dutch treat) **Online Registration Code: 8850**
Time: 10am (we are meeting at Third Coast Clay)

Lunch Runs

One to two times a month we will meet up at yummy hotspots in the Franklin/ Middle TN area for lunch. Please let us know some of the places you would like to go to lunch at. Lunch runs will be Dutch treat and transportation is NOT provided.

Senior Drop-In Bowling

Franklin Family Entertainment Center (FFEC), located at 1200 Lakeview Drive, Franklin, TN 37067, sets aside morning times each week and provides a discounted rate for seniors. Please contact FFEC for specific dates and details at (615) 790-2695.

Monthly Potlucks & Luncheons

Potluck & Bingo

Please join us for our monthly bingo and potluck lunch. We provide the entrée and drinks and ask that you bring a side dish and/or dessert to share with the whole group. After the meal, try you luck at bingo to win a prize. Don't miss the fun. Registration is REQUIRED. This is a FREE event.

Location	Online Code	Date	Time	Registration
		MARCH		
Enrichment Center	8805	Wednesday, March 8	12-2pm	2/13-3/6
Longview	8788	Tuesday, March 14	12-2pm	2/7-3/10
Nolensville	8759	Wednesday, March 15	12-2pm	2/8-3/14
		APRIL		
Enrichment Center	8806	Wednesday, April 5	12-2pm	3/1-4/3
Longview	8789	Tuesday, April 11	12-2pm	3/14-4/7
Nolensville	8760	Wednesday, April 12	12-2pm	3/15-4/11
		MAY		
Enrichment Center	8807	Wednesday, May 3	12-2pm	4/5-5/1
Longview	8790	Tuesday, May 9	12-2pm	4/11-5/5
Nolensville	8761	Wednesday, May 17	12-2pm	4/12-5/16

Lunch & Learn at Williamson County Enrichment Center

Thanks to Williamson County Medical Center, we will be bringing you different medical and health topics each month from the beautiful Banquet Hall at the Williamson County Enrichment Center. A light lunch will be provided. Registration is REQUIRED. Registration is REQUIRED. This is a FREE event.

Online Code	Date	Time	Registration
8808	Monday, March 20	11am-12pm	3/1-3/15
	Topic: Stroke Awareness		
8809	Monday, April 17	11am-12pm	3/20-4/12
	Topic: Allergies - Causes, Reactions, Prevention, Treatment		
8810	Monday, May 15	11am-12pm	4/17-5/10
	Topic: Vertigo		

Food provided by: Williamson Medical Center

Special Events

Resource Fair

Friday, May 19, 2017
9am-12pm
FREE Admission - 55+
No Registration Required

Come see what resources are available to adults 55+ in Williamson County and beyond. We will have vendors with information on health, fitness, housing, and much more. A light lunch will be served at 11am, followed by a few rounds of Bingo for fun. No registration is required.

Friday, May 12, 2017

9:30am

$12 per person

Registration: 4/3 through 5/8

Online Code: 8851

Let us take care of you this Mother's Day. Come enjoy brunch in the beautiful Banquet Hall at the Williamson County Enrichment Center. Adult children are welcome to register and attend with their mothers.

Registration is required.

Games & Billiards

Williamson County Enrichment Center

Open Senior Activities

Come enjoy the spacious Senior Lounge for socialization, billiards, cards, games, and much more. Come and go at your leisure. Free coffee will be available all day.

Monday-Friday	**7am-3pm**	**Ongoing**
Saturday	**8am-12pm**	**Ongoing**
Sunday	**1-5pm**	**Ongoing**

Bridge

Thursday	**9am-12pm**	**Ongoing**

Bunko

Tuesday	**9-11am**	**Ongoing**

Dominoes

Monday	**10am-12pm**	**Ongoing**
Thursday	**10am-12pm**	**Ongoing**

Euchre

2nd Tuesday only (March 14, April 11, May 9)	**9:30-11am**	**Ongoing**

Pennies from Heaven

Wednesday	**10am-12pm**	**Ongoing**
Friday	**9am-12pm**	**Ongoing**

Rummikub

Wednesday	**9-11am**	**Ongoing**

Scrabble

Tuesday	**10am-12pm**	**Ongoing**

Movie Lounge in the Heritage Nook

Friday	**1-3pm**	**Ongoing**

These are all DROP-IN activities.

Longview Recreation Complex

Bridge (Drop-In)

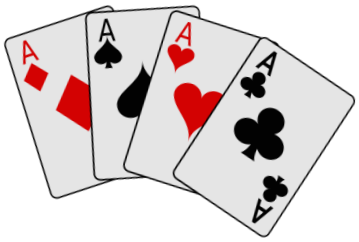
Monday	**9:30-11:30am**	**Ongoing**

Wii Bowling

Our Spring Wii Bowling will begin in March. This program happens on Thursday mornings from 10am-12pm. If you are not sure about the program, feel free to come see what all the excitement is about. No experience necessary but Fun is required!! This is a great chance to add some social activity to your life.

Registration is REQUIRED. *This is a FREE program.*

Online Registration Code: ____
Thursdays from 10am-12pm
Spring league is from March __ to May __
Registration: _____



Nolensville Recreation Center

Senior Games

Welcome Seniors of the Nolensville community! This is an open time frame for you and your friends, spouse or neighbor to utilize our game room for your own enjoyment. Whether you want to play bridge, work on a knitting project or play some games, we are here for you every Thursdays and Fridays from 12-4pm. Some cards, games, and puzzles are available to you in our supply cabinet. No registration required. Please see front desk if doors are locked.

Thur	**12-4pm**	**Ongoing**

The Arts

Located at the Williamson County Enrichment Center

Open Art Studio

Express yourself through your own media at our Open Art Studio. Bring your own supplies and ideas. This class will help teach you new techniques and hone in on your artistic abilities. No registration required. Instructor: Pam Irvin

Monday **9am-12pm** **Ongoing** **$2 EC pass holder**
$4 non-pass holder

Dulcimer Dandies

Whether you are skilled or new to the dulcimer, you will enjoy practicing and learning with this group. They perform at senior events and other activities throughout the year. No registration required. Lead by: Clara Vaughn

Wednesday **10am-12pm** **Ongoing** **FREE w/ EC pass**

Chorus

If you enjoy singing please come join our chorus group. They sing lots of fun songs from musicals to hymns. They perform at senior events throughout the year. No registration required. Instructor: Jackie Pack

Friday **10:45-11:45am** **Ongoing** **$2 EC pass holder**
$4 non-pass holder

If you would like to purchase an annual pass for the Enrichment Center please visit stop by their front desk at 110 Everbright Avenue, Franklin, TN 37064.

Begins March 1st

Senior Group Fitness

Advanced Senior Yoga

Interested in a floor based yoga class that doesn't tie you up in knots or make you dizzy? Come join us to improve joint range of motion, strength, and balance while challenging the body with poses that move you gently from the floor to a stand and back down again. By working from the floor, we are equipped to increase upper body and core strength.

Franklin	**Tues & Thur**	**11:25am-12:25pm**	**$4.00**
Longview	**Mon & Wed**	**11:25am-12:25pm**	**$4.00**

Aerobic Fit

This fitness class is a fun, energizing class for seniors who are more active. Incorporating flexibility, cardio conditioning, balance and strength to burn calories. This class provides a total body workout that can be adapted to different fitness levels.

Enrichment Center	**Wed**	**10:00am-11:00am**	**$4.00 ($2.00 w/ EC Pass)**
Longview	**Tue & Thur**	**12:30-1:30pm**	**$4.00**

Aqua Dynamite

Fast-paced workout to promote strength and endurance using both deep and shallow water approaches with resistance tools.

Longview	**Mon, Wed, Thur, & Fri**	**8:30-9:30am**	**$4.00 (55+) / $8.00 (under 54)**

Aqua Stretch & Move

Gentle water-based workout designed to stretch and tone the body and ease joint pain due to injury or arthritis while focusing on proper technique and improving flexibility.

Franklin	**Mon, Wed, & Fri**	**8:15-9:00am**	**$4.00 (55+) / $8.00 (under 54)**
Longview	**Tue & Thur**	**10:00-11:00am**	**$4.00 (55+) / $8.00 (under 54)**

Move!

Medium intensity workout designed to strengthen, stretch and tone the body using both shallow and deep water approaches with resistance tools.

Franklin	**Mon, Wed, & Fri**	**10:15-11:15am**	**$4.00 (55+) / $8.00 (under 54)**

Power Tools

Maximize your total body workout in Power Tools! Increasing muscle strength and endurance, elements of cardio, core strengthening, and balance training, are all components of this class. Our fun and friendly atmosphere provides a total body workout for active boomers.

Franklin	**Mon, Wed, & Fri**	**2:00-3:00pm**	**$4.00**

Power Up!

Medium to high intensity water-based workout using both shallow and deep water approaches with resistant tools.

Franklin	**Mon-Fri**	**9:00-10:00am**	**$4.00 (55+) / $8.00 (under 54)**
Franklin	**Mon & Thur**	**6:00-7:00pm**	**$4.00 (55+) / $8.00 (under 54)**
Franklin	**Tues**	**5:00-6:00pm**	**$4.00 (55+) / $8.00 (under 54)**
Longview	**Mon, Wed, & Fri**	**10:00-11:00am**	**$4.00 (55+) / $8.00 (under 54)**
Longview	**Tues**	**8:30-9:30am**	**$4.00 (55+) / $8.00 (under 54)**

Rise and Shine

High intensity water-based workout designed to promote muscular strength and cardio-endurance using both resistance tools.

Franklin	**Sat**	**9:00-10:00am**	**$4.00 (55+) / $8.00 (under 54)**
Longview	**Sat**	**8:15-9:15am**	**$4.00 (55+) / $8.00 (under 54)**

Senior Group Fitness

Senior Circuit

Senior Circuit will focus on your cardiovascular fitness and strength training to get your heart rate up and tone muscles all in one class. Circuit training is one of the best ways to increase muscle endurance and burn more calories. All fitness levels welcome.

Nolensville	**Thur**	**11:15am-12:15pm**	**$4.00**

Senior Cycle

Our indoor cycling class offers an easy-to-follow and exhilarating workout! Enjoy the many benefits of indoor cycling while having a blast in a lively atmosphere. Excellent for building lower body strength and blasting calories! This class is suitable for all fitness levels and no prior experience is necessary.

Nolensville	**Mon**	**10:15-11:00am**	**$4.00**
Nolensville	**Wed**	**8:15-9:00am**	**$4.00**

Senior Yoga

*This class geared towards older adults will focus on balance, strength and flexibility. By encouraging our bodies to remain flexible, active and mindful, we can be engaged mentally, and physically and spiritually. *Friday class at Longview includes use of hand weights.*

Longview	**Friday***	**11:25am-12:25pm**	**$4.00**
Nolensville	**Mon**	**11:00am-12:00pm**	**$4.00**
Nolensville	**Tue & Thur**	**10:30-11:30am**	**$4.00**
Nolensville	**Wed**	**10:35-11:35am**	**$4.00**

SilverSneakers® Classic

Join us for strength training, movement, brain stimulation, and fun! This class is focused on the 55 and older population who need benefits of a "less strenuous" workout. Chairs provide stability for the "balance challenged" participant. No floor work.

Enrichment Center	**Mon & Fri**	**10:00-11:00am**	**$4.00 ($2.00 w/ EC Pass)**
Franklin	**Mon, Wed, & Fri**	**12:45-1:45pm**	**$4.00 for non-members**
Longview	**Fri**	**12:30-1:30pm**	**$4.00 for non-members**
Nolensville	**Mon & Fri**	**8:15-9:15am**	**$4.00 for non-members**

SilverSneakers® Yoga

Come join us to improve joint range of movement, strength, and balance—and RELAX! Learn safe moves and breathing exercises to reduce stress and improve mental clarity.

Franklin	**Tue & Thur**	**12:30-1:30pm**	**$4.00 for non-members**
Longview	**Mon & Wed**	**12:30-1:30pm**	**$4.00 for non-members**

Strength, Stretch, & Stability

Come join us to improve joint range of movement, strength, and balance – and RELAX! Learn safe moves and breathing exercises to reduce stress and improve mental clarity.

Enrichment Center	**Thur**	**10-10:45am**	**$4.00 ($2.00 w/ EC Pass)**

Training Wheels

Learn to ride our new Schwin cycles in a safe and inspiring atmosphere. Enjoy a 45 minute class for 55 and over, free from traffic woes, or someone's pet. Excellent for building lower body strength and blasting calories! Instructor: Nancy Rieves

Franklin	**Tue & Thur**	**10:30-11:15am**	**$4.00**

Zumba Gold

Zumba Gold® takes the popular Latin-dance inspired workout of Zumba®, and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine. This easy-to-follow choreography will help build cardiovascular health by challenging the heart and working out the muscles of the hips, legs, and arms.

Enrichment Center	**Fri**	**2:00-2:45pm**	**$4.00 ($2.00 w/ EC Pass)**
Franklin	**Tue**	**3:15-4:00pm**	**$4.00**
Longview	**Mon & Thur**	**9:40-10:40am**	**$4.00**
Nolensville	**Mon & Fri**	**10:50-11:50am**	**$4.00**

Senior Sports

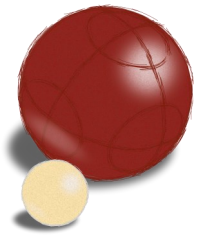
at Academy Park Gym

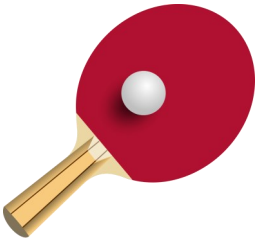
(Behind the Williamson County Enrichment Center)

We will have a variety of sports leagues, open gym times, and programs for seniors Monday through Friday at the Academy Park Gym, located behind the Enrichment Center. The Academy Park gym has two courts, a multipurpose field, and outdoor pickleball courts. Exact schedule for our sports programs will be coming soon.

Sports Include:

- *Pickleball*
- *Basketball*
- *Beachball Volleyball*
- *Horseshoes*
- *Cornhole*
- *Table Tennis*
- *Badminton*
- *Shuffleboard*
- *Croquet*
- *Bocceball*
- *And much more!*





Pickleball Open Play

WCPR offers "Open Play Pickleball" on the gymnasium courts at the following Rec Centers

Fairview: Mondays, 6-8:30 pm

Franklin: Mon. & Tues., 5:30-9 pm, and Thursdays, 9 am-12 pm

Longview: Mon, Wed, Fri 9 am-12 pm & Saturday 10 am-12:30 pm

Nolensville: Tuesdays & Fridays 9 am-12 pm

Fairview Recreation Complex
2714 Fairview Blvd, Fairview

Franklin Recreation Complex
1120 Hillsboro Road, Franklin

Longview Recreation Center
2909 Commonwealth Dr., Spring Hill

Nolensville Recreation Complex
7250 Nolensville Road, Nolensville

For League Play information:
Contact Ann Marie 370-3471 ext. 2113
annmariemays@williamson-tn.org

WILLIAMSON COUNTY PARKS & RECREATION

Williamson County Parks and Recreation is proud to partner with

Healthways SilverSneakers® Fitness

SilverSneakers strives to promote the overall well-being of older adults by making a positive impact on their day-to-day lives.

Amenity use and ongoing fitness classes at Williamson County Parks and Recreation facilities are now offered to SilverSneakers members!

Available at the following locations:

Fairview Recreation Complex
2714 Fairview Blvd.W, Fairview

Franklin Recreation Complex
1120 Hillsboro Road, Franklin

Longview Recreation Center
2909 Commonwealth Drive, Spring Hill

Williamson County Indoor Sports Complex
920 Heritage Way, Brentwood

Williamson County Recreation Complex at Nolensville
7250 Nolensville Road, Nolensville

Get fit your way™!

WILLIAMSON COUNTY PARKS & RECREATION
wcparksandrec.com

SilverSneakers® is a registered trademark of Healthways, Inc.

HEALTHWAYS SilverSneakers® FITNESS
silversneakers.com

Williamson County Parks and Recreation is proud to partner with

Silver&Fit®

Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education.

Amenity use and ongoing fitness classes (Aqua Fitness, Group Fitness and Senior Fitness) are now offered to Silver&Fit members.

Fairview Recreation Complex
2714 Fairview Blvd. W. Fairview, TN

Franklin Recreation Complex
1120 Hillsboro Rd., Franklin, TN

Indoor Sports Complex
920 Heritage Way, Brentwood, TN

Longview Recreation Center
2909 Commonwealth Dr., Spring Hill, TN

Nolensville Recreation Complex
7250 Nolensville Rd., Nolensville, TN

Williamson County Parks & Recreation
www.wcparksandrec.com

Silver&Fit is a federally registered trademark of American Specialty Health Incorporated.

Silver&Fit®
www.silverandfit.com

Get moving with Healthways® Prime Fitness!

Get fit!

Start your workouts at a participating fitness location today!

FAIRVIEW RECREATION COMPLEX
7214 FAIRVIEW BOULEVARD
FAIRVIEW, TN 37062
(615) 799-9331 EXT. 2310

FRANKLIN RECREATION COMPLEX
1120 HILLSBORO ROAD
FRANKLIN, TN 37064
(615) 790-5719 EXT. 2010

INDOOR SPORTS COMPLEX
920 HERITAGE WAY
BRENTWOOD, TN 37027
(615) 370-3471 EXT. 2110

LONGVIEW RECREATION CENTER
2909 COMMONWEALTH DRIVE
SPRING HILL, TN 37174
(615) 302-0971 EXT. 2210

NOLENSVLILE RECREATION COMPLEX
7250 NOLENSVILLE ROAD
NOLENSVILLE, TN 37135
(615) 786-0200 EXT. 2410

AMENITY USE AND ONGOING FITNESS CLASSES (AQUA FITNESS, GROUP FITNESS, & SENIOR FITNESS) ARE NOW OFFERED TO HEALTHWAYS PRIME MEMBERS!

Regular exercise can help you:

- ☑ fit into last year's jeans
- ☑ sleep better
- ☑ keep up with your kids
- ☑ live a fuller life

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HEALTHWAYS

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Williamson County Enrichment Center at 110 Everbright Avenue Franklin, TN 37064

Keep an eye out for the new PERFORMING ARTS CENTER AT ACADEMY PARK coming later this spring.

Visit our website at http://www.wcparksandrec.com/facilities_and_parks/coming_soon!/index.php to see the progress!

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All information is also on our website at…
http://www.wcparksandrec.com/seniors-therapeutics/seniors-new.

Come Join the FUN!