

The Advantages (& Adventures) of Senior Circle

In the words of Johnny Cash, "I've been everywhere." I can't say that I personally have been everywhere but I know a group of people who are always looking for their next adventure. From the Mass Ascension at the Albuquerque International Balloon Fiesta to the Grand Ole Opry stage to stained glass lessons just a county over, Woodland Heights Medical Center Senior Circle is ideal for anyone who wants to "get up and go."

In addition to the travel opportunities, Senior Circle offers so much more. Our program consists of health education, community involvement, local and national benefits and discounts and the list goes on. Senior Circle is your local resource to a healthier and more active lifestyle.

At Woodland Heights Medical Center, we want you to enjoy the prime of your life- that's the why we've designed a program to help make this the best years of your life.

Senior Circle is for individuals age 50 or better who are interested in pursuing an active lifestyle, learning about health and wellness and meeting others. Our events and activities are designed to help you stay healthy, vibrant and active. We encourage you to pursue the things you love, try new hobbies and interests and meet new friends.

It's easy to join. Membership is just \$15 per year and the member benefits include:

- Physician-led health luncheons & education programs
- Volunteer opportunities
- Sewing Brunch Bunch
- Entertainment/social events and activities including Bingo, game days, cooking demonstrations, and crafting events
- Discounted travel opportunities
- A subscription to a health and wellness publication
- Free meal for spouse or caregiver each day member is hospitalized
- Prescription, hearing care, vision & dental discounts
- Personal emergency response unit discounts
- Car rental discounts

For more information visit the Senior Circle page at WoodlandHeights.net or contact Amanda Anderson at (936) 637-8687.

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