

**The Reggie Lewis Track &
Athletic Center at
Roxbury
Community College**



**16th Annual
Senior Citizens
Thanksgiving Luncheon
November 16, 2012
11:30 am - 2:00 pm**

RLTAC Sensational Seniors

Over 100 seniors ranging in ages from 65-93 participate in our fitness programs. Fitness programs such as walking, weight lifting, aerobics, and formal exercise classes are components of this program. As a group, the Sensational Seniors coordinate field trips to historic sites around Massachusetts, community events, and volunteer their services at the Reggie Lewis Center and community events hosted by the Center.

They are one of the most consistent exercise groups at the Center. They have been featured in the Boston Globe, Channel 7 and other local papers. They are truly sensational. For more information, contact Fitness Coordinator, Cheryl McDermott at (617) 541-3535 ext. 461.



Program

- Registration
- Welcome 11:40am
 - Nancy Sheehan-Curran, Asst. Director, RLTA
 - Keith McDermott, Director, RLTA & RCC Athletics
 - Charles Diggs, Dean of Enrollment Mgt., RCC
- Invocation 12:00pm
- Lunch is Served
- Entertainment
 - Performance by Ron Murphy, who is a singer, performer, producer and actor. He is also writer of Jazz, R&B, and Gospel. Every now and then he will hit you with an intricate yet simple bit of blues like "Cookie" or "Miss Lily".

Music by "D.J. Dollar Bill"

Dancing by all



Special Thanks To:

All of our Volunteers

A Nubian Notion

Darryl's Corner Kitchen

Marshall Hughes

Ron Murphy

R.C.C. Athletics

Triple "W" Entertainment

DJ Dollar Bill

