



MEDIA RELEASE

For Immediate Release

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THE CITY OF GRAND JUNCTION NOW OFFERS RENEW ACTIVE AND SILVERSNEAKERS FOR SENIORS

GRAND JUNCTION, Colo. February 22, 2023 – The City of Grand Junction Parks and Recreation department is a Renew Active and SilverSneakers program provider. Both programs are available through Medicare and allow seniors the opportunity to participate in programs and utilize city facilities at no cost to the member.

“We have heard from seniors in our community that they wanted the additional benefits of having access to these two programs and we are very excited to be able to offer them,” said Ken Sherbenou, Parks and Recreation director. “We are also pleased health insurance providers have recognized the value of offering these programs in order to keep their members active and healthy which has the added benefit of lowering their costs.”

SilverSneakers and Renew Active allow residents to participate in programs and use facilities at no cost at Orchard Mesa Pool, Lincoln Park Pool, Lincoln Park Barn, and the Bookcliff Activity Center. Future facilities will also be covered by these highly popular programs that enable seniors to continue to stay active. Current activities include aqua aerobics classes, indoor pickleball, lap swimming, and other classes. Seniors interested in participating should call their insurance provider to verify eligibility and receive a membership number.

Both SilverSneakers and Renew Active enable their members to stay fit by participating in classes and activities, stay focused by stimulating the brain through online health assessments and exercises, and stay connected through an online wellness community. [More information on Renew Active through United Healthcare.](#) [More information on SilverSneakers.](#)

Parks and Recreation offers a wide variety of recreational programming for all ages and abilities that are described in the seasonal activity guide. For information about Renew Active or SilverSneakers, call Grand Junction Parks and Recreation at 970-254-3866, email gjparksandrec@gjcity.org, or visit the office at 1340 Gunnison Avenue.

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