

Concord Senior Center -Week March 19-23

Monday 19-11:00-Stay Fit Exercises

12:00-Stay Fit Exercises

1:00-Ceramics w/Marylin-Paint a Humming Bird Stepping Stone-Cost \$15

3:00-Caregivers Support Group

Tuesday 20-9:30-Yoga

11:00-Stay Fit exercises

12:00-Stay Fit Welcome Spring Lunch

12:30 -March Birthday Party

Wednesday 21-10:00-WOW Craft Class

10:30-Fit over 50 Drumming Exercise class

1:00-&:00-Blood Mobile

Thursday 22-Crafting w/Corkie-Spring Decoration -\$3 for one or 2 for \$5

Friday 23-12:00-Stay Fit Lenten Meal

Stop in for Stay Fit Lunch-visit & have a great meal-donation \$3-call 592-2741 for reservations-learn Sign Language for free on Tuesdays starting -University Express Lectures presented by Scene starting April 6-Lecture on April 5 @ 5:30 presented by Fiddlers Green Nursing Home—Narcotics Training presented by BCH on April 11-Come & check out our Fit over 50 Drumming Exercises class every Wednesday-Stop in & read a book-Questions-592-2764-Email-concord2017sc@gmail.com