

CONCORD SENIOR CENTER WEEK November 13-17

Monday 13-10:30-Garden Club

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

1:00- Univera rep here

Tuesday 14-9:00 -Home Bureau

9:30-Yoga

11:00-Stay Fit Lunch

11:45-Senior Club Trip

12:00-Stay Fit Dining

1:45-Womans Club

Wednesday 15-10:00-WOW Crafters

10:30-Exercise w/Kim

1:00-Cards w/Linda

1:00-7:00-BLOOD MOBILE

Thursday 16-9:00-Paint Log w/Jody

9:30-United Health Rep here

10:30-Gold Zumba

11:00-Stay Fit Exercise

12:00-Stay Fit Lunch

1:00-Euchre

Friday 17-12:00-Stay Fit Lunch

REMEMBER STOP IN & SEE INSURANCE REPS.—IF YOU HAVE ARTHRITIS STOP IN ON MONDAY NOV 20 @ 1:00 TO LEARN HOW TO DEAL WITH IT--COOKING DEMO W/SQUASH & PUMPKINS COMING TUESDAY NOV 21--DAYS OF CHRISTMAS START ON DEC 1 TO WIN \$100 -NEW ROUTE WALKING CLASS WILL BE STARTING SOON- MEET SOME OF THE ANIMALS FROM AFRICA HERE-- IF YOU ARE BORED -STOP IN & VISIT-HAVE A CUP OF COFFEE—POT IS ALWAYS ON -USE OUR WIFI -READ A BOOK —OR IF YOU WOULD LIKE TO SEE SOMETHING DONE -PLEASE SUGGEST IT—QUESTIONS -592-2764 OR EMAIL concord2017sc@gmail.com