

Concord Senior Center week of April 16-21

Monday 16-9:00-Paint w/ Jody

10:00-Blue Cross Rep here

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

3:00-Care Givers Support Group

Tuesday 17-9:30-Yoga

10-Open Needle

10:00-Univeria Rep here

11:00-Senior Trip to Spragues

12:00-Stay Fit Lunch

1:00-Sign Language

Wednesday 18-10:00-WOW Craft Group

10:30-Fit over 50 Drumming Class

1:00-Blood Mobile

Thursday 19-9:30-Stitches Quilting Group

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

Friday 20-12:00-Stay Fit Lunch

1:00-University Express Lecture-Preventative Care In Diabetes

Saturday 21-Health Fair presented by Senator Gallivan

If you ever had questions about Medicare or Medicaid stop in Thursday at 6pm to learn all about them-Come over on Saturday for Senators Gallivans Health Fair-Route 66 will be returning on May14-so if you want to see how far you can walk -join us—Stop in to have a great lunch & talk to some very nice people-Stop in on May 9 for our Mothers Day Lunch-Reservations required – University Express Lecture- Preventative Care In Diabetes on April 20-Questions or Ideas-592-2764-email-concord2017sc@gmail.com