

concord senior center week of feb 26-march 2

monday 26-11:00-stay fit exercises

12:00-stay fit lunch

1:00- free popcorn & a movie-

3:00-caregivers support group

tuesday 27-9:30 -yoga

11:00-stay fit lunch

12:00-stay fit lunch

1:00-crafting with corki-making a natural shadowbox

Wednesday-10:30-free today- fit over 50 drumming class

12:30-senior pot luck lunch

thursday march 1-11:00-stay fit exercises

12:00-stay fit lunch

1:00-euchre

friday 2-12:00-stay fit lunch

remember to sign up for your free income taxes-Saturday march 17 & 24-call 592-2764-let your friends & neighbors know-coming up march 19-paint a beautiful stepping stone-cost \$15-rsvp by march 12-healthy cooking coming here next month -stay tuned for date-stop in & read a book-if you ever wanted to learn sign language -coming in april -if interested in playing chess or checkers-stop in & let me know-remember university express scene speaker series will be starting-new exercise class starting wed jan 28 & every wed @10:30-fit over 50 drumming class-come in for a good lunch & good company-any questions -592-2764-email-concord2017@gmail.com