

CONCORD SENIOR CENTER WEEK NOVEMBER 20-24

Monday 20-11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

1:00-LEARN ABOUT & HOW TO DEAL WITH ARTHRITIS

3:00-Caregivers Support Group

Tuesday 21-9:30-Yoga

11:00-Stay Fit Exercise

11:00-COOKING DEMO BY ERIE COUNTY

12:00-STAY FIT THANKSGIVING LUNCH

1:00-PAINT OWL W/CAROLINE

Wednesday 22- 10:30-Exercise w/Kim

12:30-Senior Club Pot Luck Lunch

THURSDAY 23---CLOSED---HAPPY THANKSGIVING --BE WITH YOUR FAMILIES & THANKFUL FOR WHAT WE HAVE--

Friday 24-CLOSED --BLACK FRIDAY ---

STAY TUNED ON HOW TO WIN \$100 NEXT MONTH--COME & HELP US DECORATE THE CENTER FOR THE HOLIDAYS--DON'T FORGET TO COME TO OUR AFRICIAN SAFARI --COME IN FOR OUR COOKIE EXCHANGE---FOR THE THIRD YEAR WE ARE MAKING CHRISTMAS GIFT TAGS--STOP IN & GIVE THE GIFT OF LIFE TO SOMEONE --BLOOD---ON THE THIRD WEDNESDAYS OF EVERY MONTH---COME IN FOR LUNCH & VISIT WITH SOMEONE NEW--JUST STOP IN--