

Concord Senior Center Week October 15-19

Monday 15-10:00-Make a Fall wall Hanging w/Caroline

11:00-Stay fit Exercises

12:00-StayFit Lunch

1:00-Aging Mastery Lecture-Financial Fitness with Jessica Sullivan

Tuesday 16-October 16-9:30-Yoga

10:00-Knitting & crochet Group

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

1:00-Sign Language

Wednesday 17-10:00-WOW Craft Group

1:00-Blood Mobile

Thursday 18-9:30-Stitches Quilt Group

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

12:30-Euchre Card Group

1:00-Aging Mastery Lecture-Advance Planning-Melissa Woods from Erie County Elder Law

Friday 19-11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

1:00-University Express Lecture presented by SCENE

Stop in for a great lunch with great company-reservations-592-2741--Come to the Health Fair on Wednesday October 31 from 9-12 to see & talk to health care representatives here-Sheriff Dept will be for the Yellow dot Program-ask & learn from different agencies about Senior Questions-Stop in anytime for a cup of coffee-get a book from our book collection to take or bring some that you have read-questions-592-2764-email-concord2017sc@gmail.com