

Concord Senior Center Week October 8-12

Monday 8-10:30-Scene Garden Club-Speaker Charlie Miess

11:00-Stay Fit Exercise

12:00-Stay Fit Lunch

1:00-Aging Mastery Lecture-Sleep as It Affects Us as We Get Older

Tuesday 9-9:00-Home Bureau

9:30-Yoga

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch-Octoberfest Lunch

1:00-Sign Language

Wednesday 10-10:00-Community Concerns Rep Here-

12:30-3:00-Flu Shot Clinic

1:30-Senior Club Meeting

Thursday 11-9:30-Stitches Quilt group

10:00-Univera Insurance Rep here

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

12:30-Euchre card group

Friday-11:00- Stay Fit Exercises

12:00-Stay Fit Lunch

1:00-University Express Lecture-Tools to Thrive

Come & get your Flu Shot here Wednesday Oct 10-from 12:30-3:00

Charlie Miess will be giving a lecture on Bugs & pollinators on Monday Oct8 @ 10:30-All invited-there will be raffle prizes-BCH will be presenting a Healthy Cooking Tailgate Demonstration on Wednesday October 24 @ 1pm-Oct 31 from 9-12-we will host a Health Fair-all your questions answered about health insurance-plus other health vendors-mark your calendar-snacks-prizes-questions or answers-592-2764-email-concord2017sc@gmail.com