

Concord Senior Center Week September 17-21

Monday 17-10:00-Paint w/Jody

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

3:00-Caregivers Support Group

Tuesday 18-9:30-Yoga

10:00-Knitting & Crochet Group

10:00-Kalos Insurance Rep here

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

Wednesday 19-10:00-WOW Craft Group

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch -Welcome Fall Lunch

1:00-Blood Mobile

Thursday 20-9:30-Stitches Quilt Group

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

12:30-Euchre Card Group

1:00-Movie Day- The Greatest Show

Friday 21-8:30-AARP Driving Class

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

Aging Mastery Class starting Sept 24-every Monday & Thursday for 5 weeks-meet local health providers-learn about Aging-have fun -get snacks-get points to obtain free gift cards-sponsored by Erie County-only few spots left-Sign Language starting on Tuesday Sept 25 for 4 weeks-Movie Day has been changed from September 13 to September 20-Stop in & see the movie The Greatest Show & have some snacks while you are enjoying the movie-September 24 paint a fall picture w/Carolyn-University Express starting in October -Questions-592-2746-email-concord2017c@gmail.com