

Concord Senior Center Week September 16-20

Monday 16-9:00-Painting w/Jody

11:00: -Stay Fit exercises

12:00-Stay Fit Lunch

7:00-Springville Jazz Band Practice-Open to the Public

Tuesday -Senior Club trip to Del Largo

9:15- Yoga

11:00-Stay Fit exercises

12:00-Stay Fit Lunch

12:30-Hospice Talk

Wednesday-10:00-Community Crafters

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

1:00-Red Cross Blood Mobile

Thursday - -9:30-Stitches Quilt Club

10:00-12: Univera Health Care Rep here

11:00-Stay Fit Exercises

12:00-Stay fit Lunch

12:30-Euchre Card Group

Friday-11:00Stay Fit Exercises

12:00-Stay Fit lunch

1:00-6:00-Unyts Blood Mobile

If you are in need of or know anyone that needs any Senior Service- Your Concord Senior is here to help-Next AARP Defensive Driving Class is September 30-Lots coming in the Fall—Monday Sept 16-come in & paint with Jody- On Tuesday 17 we will be having a talk on Hospice- everything & anything you want to know about Hospice- Route 66 will be starting with new rules on Sept 24-. No first place-just drawings for prizes-free pedometer to check your steps everyone will receive a special gift for just joining--We are trying to have lunch on Wednesdays- TRIAL RUN-So sign up—Welcome Fall lunch on Sept 23-so sign up-Unyts Blood Mobile will be

here Friday Sept 20—Paint with Caroline Sept 27-We will be starting a breakfast coffee club-
stay tuned for further information-The Nite Tones will be here Saturday October 26- watch for
tickets to go on sale soon-Questions or answers-592-2764-email-concord2017sc@gmail.com