

Concord Senior Center Week September 23-27

Monday-1100: -Stay Fit exercises

12:00-Stay Fit Lunch-Welcome Fall lunch

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

Tuesday – 9:00 Home Bureau

9:15- Yoga

11:00-Stay Fit exercises

11:00-Route 66 Starts

12:00-Stay Fit Lunch

Wednesday-11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

12:30-Senior Club Pot Luck Lunch

Thursday - -9:30-Stitches Quilt Club

11:00-Stay Fit Exercises

12:00-Stay fit Lunch

12:30-Euchre Card Group

Friday- 9:00-Paint w/ Caroline

11:00Stay Fit Exercises

12:00-Stay Fit lunch

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— 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—Paint with Caroline Sept 27-We will be starting a breakfast coffee club-stay tuned for further information-University Express will be starting Tuesday October 1 @12:30 with Escape from Alcatraz-about the daring escape of three men from the ROCK never to be heard from again-Were they successful-come in & learn all about the ROCK-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