

Concord Senior Center Week of October 16-20

Monday 16-11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

1:00-Fall Table Runner w/Caroline

3:00-Caregivers Support Group

Tuesday 17-9:30-Yoga

11:00-Stay Fit Exercises

12:00-Stay Fit Lunch

Wednesday 18-8:30-Senior Bus Trip

11:00 WOW Crafters

12:00-Cider & Donuts

1:00-RED CROSS BLOOD MOBILE

Thursday 19-Stay Fit Exercises

12:00-Stay Fit Lunch

1:00-Euchre

1:00-Card Making w/Linda

Friday 20 12:00-Stay Fit Lunch

1:30 UNIVERSITY EXPRESS LECTURE

We are searching for a new Zumba Instructor or something like it. We wish Michele Sundeen our best in her new job. She will be greatly missed by us. Good Luck Michele. The new activities are going to have a minimum number to have them. So, if there is something you really want to do -PLEASE SIGN UP FOR IT @ THE CENTER OR CALL 592-2764- We are having a new group- the WOW CRAFTERS-they will meet the 1st & 3rd Wednesday of the month. So, if you are interested in doing a craft to help work on community products -COME & STOP IN. The Red Cross Blood Mobile will be here the 3rd Wednesday of the month. FISH FRY'S ARE BACK FRIDAY OCTOBER 27- So if you would like to join us -SIGN UP-Catered by APPLE DUMPLIN-Where can you get a Fish Fry for \$8 for a small or \$9 for Large -Dessert & beverage included. Plus enjoy some friendly conversation. We are doing a Fab Friday each month for only \$5-so check them out. Lunches are going strong-so stop in for some great food. It is that time of the year-so we are having numerous MEDICARE Agents coming in to answer your questions -they will be in their own private office to answer your questions-plus giving public talks. REMEMBER KEEP TUNED