

Concord Parks and Recreation Department

Senior Citizen Program May 2014



Events at a glance...

Friday, May 2nd

VNA Blood Pressure Clinic 9:30-11am

Monday, May 5th

Sunset Club Bingo

Wednesday, May 14th

Senior Health Clinic 9:00-12:00pm

Wednesday, May 21st

VNA Walk—In Clinic

Weekly Events

Mondays

Bingo (\$) 10–12:15pm

Wednesdays

Bone Builders-

10–10:45 am, all are welcome. \$2 donation. Consult your physician before joining.

Fridays

Bone Builders—

10–10:45 am, all are welcome.

\$2 donation. Consult your physician before joining.











For more information please contact Concord Parks and Recreation at 225-8690 or Visit us online at www.concordparksandrec.com

Surprise, Surprise! What does the Sunset Club have in store for you?

Stay tuned! The Sunset Club will be unveiling their May 21st activity. So hold on to your seats- it just might blow you away!

April Showers Bring May Flowers!

The Pre-School will be having a CRAFT DAY with the seniors on May 9th from 10am-11am. Come ready to get your hands "dirty" with our foam flowers and terracotta pots!



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Monday	Tuesday	Wednesday	Thursday	Friday
			1	Bone Builders 10am 10am VNA: Blood Pressure Cards, Board games 10am-1pm
5 SUNSET CLUB Bingo 10am- 12:15pm	6 VNA: Concerns About Falling 10am-NOON	7 Bone Builders 10am Cards, Board Games 10am-1pm	8	9 Bone Builders 10am Crafts with Preschool 10am- 11am
12 Bingo 10am– 12:15pm	VNA: Concerns About Falling 10am-NOON	14 Bone Builders 10am VNA: Senior Health Clinic 9:30am-11:30am	15	16 Bone Builders 10am Cards, Board games 10am-1pm
19 Bingo 10am– 12:15pm	VNA: Concerns About Falling 10am-NOON	21 Bone Builders 10am VNA: Walk in Clinic 10am Cards, Board Games 10am-1pm Sunset Club Activity — TBA	22	23 Bone Builders 10am VNA: "Have You Seen My Glasses?" 11am-NOON Cards, Board games 10am-1pm
26 Closed for Memorial Day	VNA: Concerns About Falling 10am-NOON	28 Bone Builders 10am Cards, Board games 10am-1pm	29	30 Bone Builders 10am Cards, Board games 10am-1pm