

Community Senior Days

May 19, 2011

9:30 – 1:30 pm

All Community Seniors are invited to:

Wesley Center at First United Methodist Church,
6th & Maple, Independence



Schedule for the Day

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| 9:30 – 11:00 | Blood Pressure Checks (Montgomery Health Dept.) |
| 10:00 – 10:30 | Registration – Meet and Greet |
| 10:30 – 11:30 | Program – Barbara Ames - Montgomery County Ext <i>Seasoning with Herbs & Spices</i> |
| 11:30 – 11:45 | Exercise – Debra Creekmore (Mercy Health for Life) |
| 11:45 – 12:00 | Devotions |
| 12:00 – 12:30 | Lunch – Make your own sandwich, chips, relish tray, dessert |
| 12:30 – 1:30 | Activity – Craft - May Day Baskets |

Reservations due by Tuesday, May 17th

Lunch provided for \$4.00

For Reservations &/or Transportation PLEASE call 331-3840

Hosted by: Steering Committee