

Community Senior Days

July 21, 2011

10:00 – 1:30 pm

All Community Seniors are invited to:
Wesley Center at First United Methodist Church,
6th & Maple, Independence



Schedule for the Day

- 10:00 – 11:00 Blood Pressure Checks (Montgomery Health Dept.)
- 10:00 – 10:30 Registration – “Meeting and Greeting”
- 10:30 – 11:30 Program – Music with Lina Miller
- 11:30 – 11:45 Exercise – Debra Creekmore (Mercy Health for Life)
- 11:45 – 12:00 Devotions –
- 12:00 – 12:30 Lunch – BBQ Sandwiches, Baked Beans, Potato Salad, dessert
- 12:30 – 1:30 Activity

Reservations due by Tuesday, July 19th

Lunch provided for \$4.00

PLEASE make reservations at 331-3840

For Transportation call 331-3840

Hosted by the Steering Committee