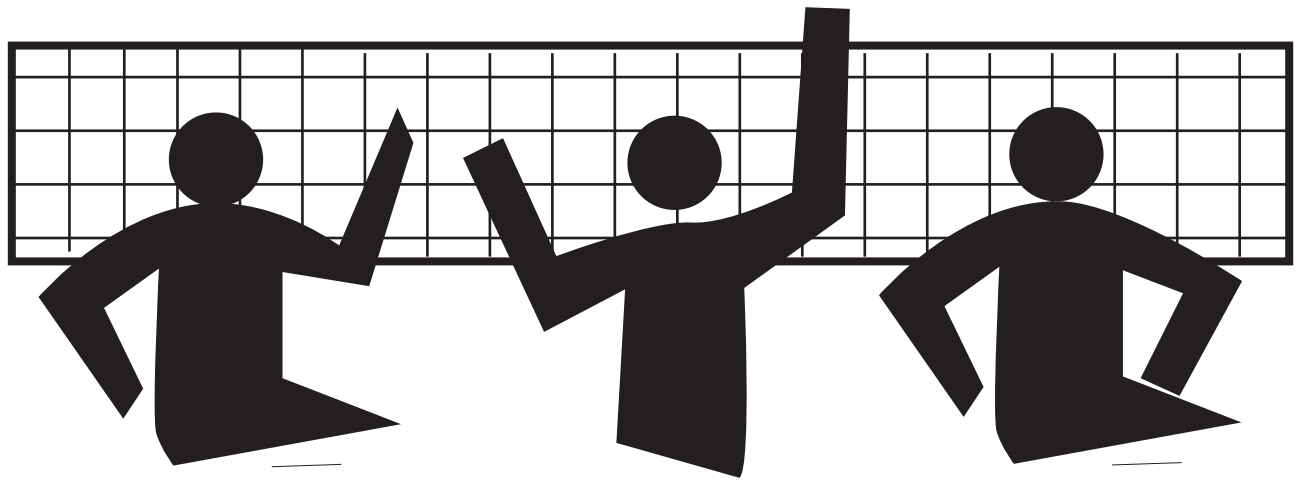


Chair volleyball!



Tuesday & NOW Thursday mornings, too!
9:30am Simple & FUN!



FREE NUTRITION SESSIONS

March 12 & 26, 2018 11am - noon.

Hands-on activities, practical information, cooking demos, handouts, newsletters, small group discussions and recipe cards. Here, in the Community Center kitchen.

NO NEED TO ATTEND ALL SESSIONS - ATTEND ANY!

Sign up at the front desk.