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June 2013

Excelsior Springs
Senior Center Newsletter

COMING SOON!

Coming this fall….more fitness classes, more fitness equipment and some special incentives. We have received some Health and Wellness funding from Clay County Senior Services for more resources and services. **More information will be available in July.** Currently fitness classes are on Tuesday/Thursday at 9:00 am.

Excelsior Springs
Senior Center
Jud Palmer Community
Center Lower Level
112 South Thompson
Excelsior Springs MO 64024
816-630-5955
www.esparks.org

See ya at the Senior Center!

Join your friends or make new friends at the Senior Center Monday-Friday at 112 South Thompson! Older adults (60 and over) and physically or mentally challenged individuals (ages 18-59 come to socialize, participate in activities and enjoy a hot nutritious meal! Lunch is served at 11:30 am ($1.50 donation is accepted). Reservations for lunch are required 24 hours in advanced. Activities throughout the week are scheduled.

ACTIVITIES AND EVENTS

June 12–Foot Clinic

June 14-Father's Day Celebration

June 28-Birthday Party and Potluck

Every Thursday—Music at 10 am

Every Friday—Bingo at 10 am

Farmer's Market—Downtown Excelsior Springs, Wednesdays

Check out the Farmer's Market on Broadway and Elizabeth Street across from the Hall of Waters, 4-7 p.m. Every Wednesday, starting May 26th through the end of September. Green beans, corn, watermelon and more!

Health Corner—Heat Waves are coming!

As we prepare for the summer months, be on the lookout for signs of heat-related illnesses. Need a cooling center? Call 816-421-4980 for locations.

April Birthdays