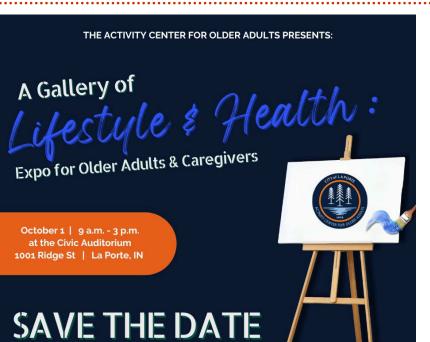
FOODIE TUESDAYS

10:30 a.m. 2:30 p.m. **Unity Park**



TUESDAYS

MAY 27-AUGUST 26



August Vendors:

8/5: Jalapeno Grill **8/12: Tocayo's**

8/16: Fire Truck No. 5

8/26: Moe's Fresh Mediterranean

Nutrition for Seniors Workshop August 21

Noon

Join us to learn why hydration becomes more essential with age. Explore practical tips to stay hydrated.

Happy Birthday

- **Cindy Fischer**
- Debbie Craig & James Johnson
- **Debbie Conner**
- 10 Bonnie Olson
- **Sharon Raven**
- Mary Keenan & Rebecca York
- Marilyn Shells
- Sandra Karnavas
- Mary Shores
- Doug Deau & Bev Warfield
- 24 Pat Watkins
- Lori Born
- Danita Miller
- Janet Gourley
- Mary Grott & Debbie Palm

Blood Pressure Screenings

KNOW YOUR NUMBERS!

No appointment necessary.

August 27 beginning at 10:30 a.m.



Lassage Therapy
August 29

A licensed and certified therapist will perform FREE 10-minute table or chair massages.

No appointment necessary.

Welcome **NEW MEMBERS**

Virginia Gillis **Ann Pietruszka**