Note: Dates Revised

DEVELOP YOUR SENIOR SELF

Canteen Activity Center, will be offering a 3 [redacted] week series on topics for self exploration. Cheryl Wade, Motivational Speaker will guide the participants on how to become more aware of self. No matter what our age is, we can always serve our wellness needs in a more proactive manner. We can always make changings to enhance our happiness and reactions. We are special and a gift. Come and explore your self possibilities. Each week a different topic will be discussed.

Don't worry you can come to all or a few sessions.

Come for lunch and then settle in for review of what can help us be better.

Invitation is extended to the 60 plus population.

Tuesday - January 3, 9, 16, [redacted] 2018

Note: First Class is a Wednesday

Location: Canteen Activity Center
800 Livingston Avenue—Bay City, 48708

12:00 noon Lunch
12:45—1:30 p.m.

$2.50 (60 years & better)
suggested donation for lunch

Lunch offers choice of main entrée or salad or sandwich:
See Wonderful Times, Webpage, or contact Jane for specific menu choices

Call Jane for any transportation requests or to make reservations at 892-6605, Tuesday, Wednesday and Thursday's from 9:30 a.m.—1:00 p.m. Or the main office at 895-4100.
Visit our web page at www.baycounty-mi.gov/aging/ for more exciting opportunities
Find us on Face book @ Bay County Department on Aging

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Name: _____ phone #: _____

Address or email: _____ Amount Paid: _____

Indicate menu choice: Entrée_____ Salad_____ Sandwich _____

Eligible (60 yrs. & better) _____ Non Eligible (59 yrs. & under)_____

Indicate if a Release and Waiver of Liability is on file: Yes _____ Need to Sign _____
only need one release on file

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. Wade series 2017