



# Heath Senior Center Programs

~Sponsored by the Heath Council on Aging~



## Lunches

**Brown Bag Lunch: April 10th**

at 11:30 a.m. (BYO) with a **Game Time** to follow from 12:00-4:00 p.m.

**Senior Hot Meal: April 24th, 11:30.**

\*Please reserve your place in advance.  
Homebound delivery available. \$5 sug. donation.

**April  
2024**



Trout Lilies

## Programs and Open Hours

**Needle Arts & Crafts Group:** April 1 & 22, 10:00-2:00, All ages.

**Spiral Book Binding Workshop:** April 17th at 1:00, All Ages

**Senior Tech Support Time:** April 25th at 10:00 (rescheduled from 4/4)

**Senior Center Open Hours:** Saturdays, 9:30-1:30, All Ages.

Stop by for a chat, game or puzzle, coffee, tea, or hot cocoa!

## Ongoing



**Foot Clinic:** April 16th

**Art Group:** Mondays 12:30-2:30

**Healthy Bones & Balance Class:**  
on Tuesdays and Thursdays,  
both days from 11:00-Noon.

With Heath town nurse Claire Rabbitt.  
Bones & Balance is funded federally  
and sponsored by the RSVP.



## Programs Held at 18 Jacobs Rd. Municipal Center.

Please contact Senior Program Coordinator Lyra Johnson-Fuller for more information or to make a foot clinic appointment:  
Call 337-4934, ext. 065, or email [seniorcenter@townofheath.org](mailto:seniorcenter@townofheath.org)