

SPECIAL RECREATION

Special Recreation offers inclusive and specialized programs for people with disabilities. Access to recreation provides accommodation to recreational classes and programs for people with disabilities (developmental, physical, ADD/ADHD, mental, etc.) Programs are designed for people 18 years of age or older. It is our goal to ensure that individuals with disabilities have access to our programs and that the experience is successful and meaningful.

Special Recreation-Bowling

Meet new people, make new friends or hang out with old friends. Play three games of bowling. Shoes are included. This recreation is for adults with disabilities. It is designed for people 18 years of age or older.



Age: 18+ ■ Clayton Valley Bowl				
Jan 10-Feb 28	Tu	3:30-5:30 p.m.	\$56	#102463
Mar 7-Apr 25	Tu	3:30-5:30 p.m.	\$56	#102464



Community Dances-Special Recreation

Come one and all and have a good time dancing your heart out! Bring a snack to share. Pay \$7 at the door with exact cash or check.

Age: 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane				
Jan 13	F	7-9 p.m.	\$7	
Mar 10	F	7-9 p.m.	\$7	
Age: 18+ ■ Concord Senior Center ■ 2727 Parkside Circle				
Feb 10	F	7-9 p.m.	\$7	
Age: 18+ ■ Walnut Creek Heather Farms ■ 301 N. San Carlos Drive				
Apr 14	F	7-9 p.m.	\$7	



Concord Senior Center & Commission on Aging

Age Strong, Live Long Health Expo

Resources and Information for Seniors and Families

Friday, February 24, 2017
9:00am - 1:00pm
Concord Senior Center
2727 Parkside Circle

Over 40 Exhibits, Health Screenings & Presentations

Presentation on **Maximize Your Memory: Tips and Strategies**

Screenings: Heel Scan, Cholesterol, Blood Pressure, Memory, Medication Review, Massage and visit the Mobile Vet Center,
 Win Raffle Prizes

For more information visit www.CityofConcord.org/healthfair

Sponsored By



Free tote - first 500 attendees

