Lunch & Learn – Snack Attack
Snacking is an opportunity to feed our bodies healthy foods and to fill nutritional holes the diet. Learn about choosing healthy snacks to feed your body right. Join us for our Lunch & Learn for more information.

Colon Cancer Presentation
The American Cancer Society estimates 1 in 22 men and 1 in 24 women will develop colorectal cancer during their lifetime. Learn more about Colon Cancer at this presentation from Prime Home Care/Hospice

Quack Quest
Get ready to race. You will get 2 ducks that will race for the finish line. Come join the fun and win candy when your ducks comes in first place and second place. Sit around tables as the 6 ducks race down the track.

Education on Wellness Center Machines
Put your walking shoes on and come visit the wellness center for one-on-one or small group sessions to learn how to use our machines! Learning how to use the equipment is the first step to meeting your fitness goals.

March Monthly Birthday Party
Everyone is invited to our Monthly Birthday Party. This month Joe Taylor from Merrymakers will be performing. Come join us for cake & ice cream as we celebrate this month’s birthdays. Merrymakers improves the quality of life for seniors by encouraging active participation, increasing social interaction, and sparking memories through professional musical entertainment.

These events are free and open to the public!
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