

ALL ARE WELCOME

FOREVER YOUNG SENIOR SOCIAL GATHERING



Come, bring a friend, enjoy a complimentary hot breakfast!

EVENT INFORMATION

WHEN: Wednesday, October 24, 2018
TIME: 9:30AM - 11:00AM
WHERE: St. Philip Hall at St. Thomas Church
WHO: 60 Years & Older,
non-denominational

EVENT TOPICS

- ◆ Nutrition
- ◆ Staying Active
- ◆ Sleeping Well
- ◆ Socialization

Free Admission • Prizes • Hot Breakfast

Please consider bringing a can of soup for the food bank.



RSVP APPRECIATED

**Call St. Thomas Parish Office, 609-266-2123 ext. 3 or
email: office@stthomasbrigantine.org**

***“As you grow older, you will discover that you have two hands.
One for helping yourself, the other for helping others.” -Katherine Hepburn***