



PROGRAMMING INCLUDES

- cognitive stimulation
- mind-healthy diet
- fitness
- intergenerational connections
- social interaction
- volunteer-supported

WHEN

starting in november

Wednesdays & Fridays:
Apex United Methodist Church
10 am until 2 pm

COST

\$65 per session
includes lunch

PURPOSE
DIGNITY
CONNECTION

for more information
& to sign up



www.sagecrossing.org
(919) 335-7773