



SENIOR MOBILE SERVICES

Come visit us every Thursday 10am-2pm starting March 2nd!

Catholic Charities Mobile Services program offers outreach services to create a place where seniors 55 years of age or older can come together in a safe environment that helps stimulate the mind and body.

Our program promotes the concept of healthy and informed aging by providing opportunities to socialize with other seniors and offering a wide variety of programs designed to address issues relative to keeping our participants healthy and self-sufficient.

FREE EXERCISE CLASSES

FREE LUNCH!

FREE FRESH PRODUCE DISTRIBUTION ONCE A MONTH

GAMES, ACTIVITIES AND CRAFTS

NUTRITIONAL SEMINARS, FREE HEALTH CHECKS, AND SO MUCH MORE!

COME SEE US AT:

DUNDEE COMMUNITY CENTER

603 Lake Marie Blvd.
Dundee, FL 33838

Program Coordinator:
Ashley Stukes
(407) 361-4452

In partnership with:

