

HEALTHY HABITS FOR ADULTS - WHERE THE FUN OF LEARNING BEGINS

Our one-hour classes are free, fun, and chock full of information that will help you enjoy a longer and healthier life... and a snack too! Call today to learn more; reservations are required. Senior Connections, the Capital Area Agency on Aging. (804) 343-3000

Date	Day	Time	Locations	Topics
10-Jul	Mon	10:30-11:30	W. Richmond Church of the Brethren Friendship Cafe, 7612 Wanyamala Rd.- Henrico	Fluids
11-Jul	Tues	2:30-3:30	Randolph St. Active Apartments, 300 Randolph St. - Richmond	Sugar
12-Jul	Wed	10:30-11:30	6th Baptist Church, 400 S. Addison - Richmond	Salt
12-Jul	Wed	2:00-3:00	The Towers-7015 Carnation St.- Richmond	Fruits/Veggies
13-Jul	Thurs	10:00-11:00	Market Square Friendship Cafe, 7300 Taw St.- Chesterfield	Fluids
17-Jul	Mon	2:30-3:30	Monarch Woods, Jahnke Rd - Chesterfield	Sugar
18-Jul	Tues	10:00-11:00	Deep Run Friendship Cafe, 9900 Ridgefield Pkwy - Henrico	Dairy
19-Jul	Wed	1:30-2:30	Harbour Square New Church Residencies, 7102 New Hunter Rd - ,Mech'ville	Protein
20-Jul	Thurs	10:00-11:00	New Covenant Friendship Cafe, 6415 Irongate Dr.- Richmond	Fluids
25-Jul	Tues	11:00-12:00	Sr. Center of Rich. 4201 Brook Rd - Richmond	Sugar
2-Aug	Wed	10:30-11:30	6th Baptist Church, 400 S. Addison - Richmond	Sugar
9-Aug	Wed	2:00-3:00	The Towers-7015 Carnation St.- Richmond	Sugar
10-Aug	Thurs	10:00-11:00	Market Square Friendship Cafe, 7300 Taw St.- Chesterfield	Fruits/Veggies
11-Aug	Fri	10:00-11:00	Lifelong Learning Center-13801 Westfield Rd, - Midlothian	Dairy
14-Aug	Mon	10:30-11:30	West Richmond Church of the Brethren Friendship Cafe, 7612 Wanyamala Rd. - Henrico	Fruits/Veggies

15-Aug	Tues	10:30-11:30	Powhatan Friendship Café- 2480 Batterson Rd- Powhatan	Fluids
16-Aug	Wed	1:30-2:30	Harbour Square New Church Residencies, 7102 New Hunter Rd, Mech'ville	Salt
17-Aug	Thurs	10:00-11:00	New Covenant Friendship Cafe, 6415 Irongate Dr. - Richmond	Fruits/Veggies
22-Aug	Tues	10:00-11:00	Deep Run Friendship Cafe, 9900 Ridgefield Pkwy - Henrico	Eating on Budget
29-Aug	Tues	11:00-12:00	Sr. Center of Rich. 4201 Brook Rd - Richmond	Fats

