**Clodo Concepcion Community Center**

**1187 ½ Parker Street, Springfield MA**

**Alex Martin, Center Coordinator 413.750.2873**

**Our 2023 Calendar of Events**

**Monday**

9:00 Walking Tigers Get Fit Club 1:00 Craft Class w/Alex

11:00 Access Tech sign up required

11:15 Lunch

Open to all members

Learn how to use your tablet, smartphone and hotspot w. Alex

sign up required

**Tuesday**

9:00 Walking Tigers Get Fit Club

10:00 Strength Class (low impact aerobics)

10:30 Step in Time “Line dancing for beginners”

12:30 Visionary Club Support Group 3rd Tuesday of every month

 Support group for individuals experiencing low vision or blindness

1:00 Line Dancing

**Wednesday**

9:30 Improvers Line Dancing 1:00 Cameo Club

11:15 Lunch

**Thursday**

9:00 Walking Tigers Get Fit Club 1:00 Craft Class

10:00 Strength Class (low impact aerobics) Finishing projects

**Friday**

11:15 Lunch 1:00 Golden Age Club

**We also have:**

*Access Tech:* Access technology includes apps and devices that help

Individuals who are blind or have low vision. Training is provided by appointment.

**\*Schedule subject to change**