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The calendar is subject to change daily.

**Center News**
- Participants must have at least $20.00 to attend outings.
- All senior center participants will receive communications to complete their 2023 applications.

**HEALTH CORNER**

Be Prepared for Hurricane Season:

![Image of 6 Ways to Prevent Alzheimer's Disease]

1. Exercise Daily
2. Eat Mediterranean
3. Keep Rod Habits
4. Take Your Medications
5. Engage Your Brain
6. Stay Safe