



JOIN US AT OUR HRDC MOBILE SENIOR ACTIVITY CENTER

**Come and enjoy the Chair Exercises, Craft ,
Winter Safety for Seniors and meals from the
Senior Center Program**

**Where: Lavale Library
815 National Hwy
Lavale, MD 21502**

**Date: Friday, January 16, 2026
Time: 11:45am-1:45pm**

**Menu: Tuna Salad on Wheat Bun, Pasta Salad,
Peaches, Pickled Beets, V8 Juice and Milk**

**Please call 301-783-1709 or email
csilka@alleganyhrdc.org
If you would like a lunch**