

# Seminars & Programs – July 2018

**Please register at the front desk or as noted  
to attend any of these seminars.**

## **How to Read the PLU on Fruits and Vegetables**

**Wednesday, Jul 11, 1 pm**

*Presented by Sue Ash Director of Admissions at Parkway Pavilion*

Did you ever wonder what the numbers on your produce are there for?

Not all fruits and vegetables are the same, come and learn about the differences, you may be surprised.

## **Ice Cream Social**

**Wednesday, Jul 18, 1 pm**

*Presented by CareOne at Redstone*

*Join us for an old fashioned ice cream social on the senior center patio. Cool off with your favorite flavor. Vanilla, chocolate and strawberry ice cream with all the toppings. The event will be moved to the dining room if it rains.*

## **Improve Your Memory**

**Wednesday, July 25, 1 pm**

*Presented by St Francis Care*

Memory, like muscular strength, requires that you either “use it or lose it”. Join us for a discussion about various ways to boost your brain power and simple tips for improving memory.