



SENIOR MOBILE SERVICES

Come visit us every Wednesday 10am-2pm starting February 22nd!

Catholic Charities Mobile Services program offers outreach services to create a place where seniors 55 years of age or older can come together in a safe environment that helps stimulate the mind and body.

Our program promotes the concept of healthy and informed aging by providing opportunities to socialize with other seniors and offering a wide variety of programs designed to address issues relative to keeping our participants healthy and self-sufficient.

In partnership with:



FREE EXERCISE CLASSES

FREE LUNCH!

FREE FRESH PRODUCE DISTRIBUTION ONCE A MONTH

GAMES, ACTIVITIES AND CRAFTS

NUTRITIONAL SEMINARS, FREE HEALTH CHECKS, AND SO MUCH MORE!

COME SEE US AT:

POLK CITY ACTIVITY CENTER

203 Lake Shore Drive
Polk City, FL 33868

Program Coordinator:
Ashley Stukes
(630) 200-3282