



SOUTHMINSTER

Engage With Age Program

Engage with Age is a two-year partnership, initiated and funded by Southminster, in collaboration with UNC Charlotte and the Renaissance West Community Initiative to help decrease social isolation among elders in community and increase opportunities for intergenerational engagement.

Better Sleep BINGO

Enjoy a fun afternoon with a game of Better Sleep BINGO! During this unique Bingo, hosted by the North Carolina Baptist Aging Ministry, you will learn tips and tricks on how to maintain and improve your life emotionally, physically, and spiritually. This is also great for those who identify as caregivers. Light refreshments will be available and prizes for winners!



WHERE:

*The Great Room at The Retreat
3240 New Renaissance Way*

WHEN:

Tuesday, April 16th, 2019

TIME:

2:00pm-3:00pm

RSVP: *Amanda or Jennifer @
704-687-5369*

There is no cost to attend, but you must register in order to participate.



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