



Shiva-Vishnu Temple

Om Namah Shivaya Om Namo Narayanaya

Hindu Community and Cultural Center

1232 Arrowhead Ave, Livermore, CA 94551

A Non-Profit Organization since 1977
Tax ID# 94-2427126; Inc# D0821589
Tel: 925-449-6255; Fax: 925-455-0404
Web: <http://www.livermoretemple.org>

HCCC Human Services Presents Annual Senior's Day Celebrations

Theme: Good-Health Tips

**Where: Assembly Hall, Shiva-Vishnu Temple
1232 Arrowhead Ave., Livermore, CA 94551
When: February 18th 2017 (Saturday)
Time: 10:30 AM to 4:00 PM**

HCCC invite seniors to our Annual Seniors Day to join fun filled activities and celebrations. We honor our seniors on this day and help them build a community for themselves. We invite you to talk about any Good-Health tip, may it be a simple exercise, food item, or personal health experience.

Tentative Schedule:

**Check-in: 10:30 AM
Seniors' Talk on Health Tips: 11:00 to 12:00 AM
Cultural Programs by Seniors: 12:00 to 12:30 PM
Natural Therapy Talk: 12:30 to 1:00 PM
Lunch: 1:00 to 1:40 pm
Second Talk (TBD): 1:40 to 2:00 PM
Fun Activities, Songs and Raffle: 2:00 to 3:30 PM
Tea, Snacks, Social: 3:30 to 4:00 PM**

If you are interested to join, please RSVP to email: hccchs.seniors@gmail.com with the following requirements.

**Subject: Senior's Day 2017
Content: Number of people.**

Any questions, please contact Karunakar at karuna95135@yahoo.com or Anand Gundu at anand_gundu@gmail.com or Gopala Krishna gopanna40@gmail.com or Shiva-Vishnu Temple office.



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