

321 North Warren Street
Mobile, Alabama 36603
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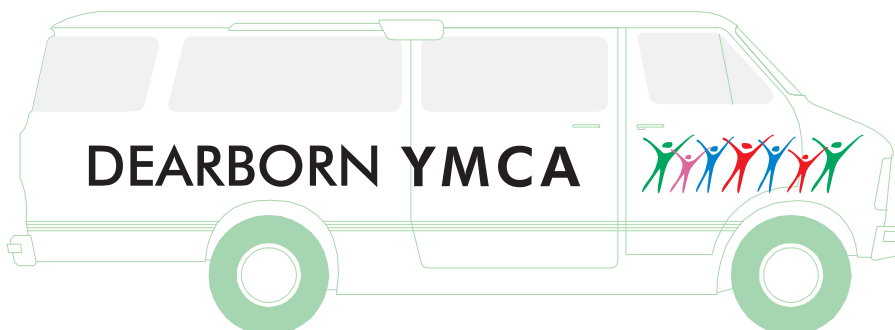


S.A.I.L. Program

Senior Activities for Independent Living

All seniors can enjoy:

- Weekly fieldtrips and outings.
- Games and music.
- Morning exercise sessions.
- Holiday parties and birthday celebrations.
- Weekly Bible Studies.
- Homebound meals and daily meals served on location.
- Guest speakers on health, financial and medical needs.
- Transportation to and from the facility within the designated service area.



Hours of Operation:
Monday – Friday
9 a.m. – 1 p.m.

Contact:
Virginia Brown,
S.A.I.L. Coordinator

Cost:
FREE for individuals 60 years old – Older



www.dearbornymca.org

