

At Coltrane L.I.F.E. Center, you can spend your day enjoying meaningful activities, eating delicious food, spending time with great friends, and so much more!



**COLTRANE L.I.F.E.
CENTER HOURS:**

Monday through Friday
7:15 a.m. to 6:00 p.m.

704-788-1215



**Coltrane
L.I.F.E. Center, Inc.**

**321 Corban Avenue, SE
Concord, NC 28025**

www.coltranelifecenter.org

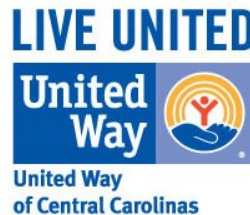
Email:

ccameron@coltranelifecenter.org

A private, non-profit
501(c)(3) organization

**ALL CONTRIBUTIONS
ARE TAX-DEDUCTIBLE**

Certified by
North Carolina Department of
Health and Human Resources,
Division of Aging



**Are you looking
for a fun,
relaxing place
to spend the
day?**



Then come to...



**Coltrane
L.I.F.E. Center, Inc.**

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Coltrane L.I.F.E. Center provides daytime healthcare services to adults in Cabarrus and surrounding counties.



QUESTIONS & ANSWERS ABOUT COLTRANE L.I.F.E. CENTER



What fun activities do you do during the day?

- Music, games, puzzles, Bingo, crafts, field trips, exercise, and much more!



What do I eat while I am there?

- You will receive a delicious, well-balanced meal for breakfast, lunch, and an afternoon snack.

How do I get there?

- The Center offers transportation to and from the Center each day, or a family member can bring you.



What if I take medications?

- There is a full-time nurse on staff who administers medications. You will also receive health monitoring each month!

How will I go to the beauty shop while I am there?

- The Center has a full beauty parlor and barber shop that both men and women can utilize.



Will I be able to go places while I attend the Center?

- There are monthly shopping trips and occasional outings to local gardens to see the blooming Spring flowers, to the mountains in the Fall, to Camp Dogwood at Lake Norman in the Summer, and to other interesting places throughout the community.



What if I have a doctor's appointment during the day?

- Coltrane L.I.F.E. Center can take you to and from your appointments to prevent your family member from missing work.

How do I get my daily exercise at Coltrane L.I.F.E. Center?

- There is a "walking club" that walks each day and many other exercise programs, such as "sittercise" classes, to keep you physically active.



For information or a tour, call Carrie at
704-788-1215