

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH SERVED DAILY AT NOON. BEVERAGES SERVED AT 11:45 AM. RESERVATIONS REQUIRED AT LEAST ONE WEEK IN ADVANCE. CALL 610-935-1515 OR VISIT THE CENTER.</p>			<p>1 8:00 Breakfast 9-12 Scrabble & Games 9:30 Coffee Hour 10-2PM Duplicate Bridge 12:45 LCR/W Maryanne 1:00 Cards</p>	<p>2 8:00 Breakfast 8-10 Blood Pressure 9-2:30 Scrabble & Games 9:30 & 10:30 Exercise w/Mary 9:30 Coffee Hour 10:00 <u>Art Class w/Martin</u> 10:15 <u>Mark Pinto w/Phoenixville Library</u> 1:00 Cards 1:00 Indoor Super Bowl Tailgate Party & Winter Olympics celebration</p>
<p>5 9-10 Stretch & Flex 9-12 Scrabble & Games 9:30 & 10:30 Exercise w/Mary 9:30 Coffee Hour 1:00 Cards 1:00 Walk Away the Winter Blues Indoor Walking Party w/music from the 1950's</p>	<p>6 8:00 Breakfast 9-2:30 Mah Jongg 9-12 Scrabble & Games 9:30 Coffee Hour 9:30-11 Club 21-Blackjack 12:45 Senior Stitches 12:45 <u>Upper Respiratory Infection Discussion w/Rite Aid</u> 1:00 Pinochle & Cards 1:30 <u>Grief Support Group</u></p>	<p>7 9-10 Stretch & Flex 9:30 & 10:30 Exercise w/Mary 9-12 Scrabble & Games 9:30-Coffee Hour 10:00 Blood Pressure 11:00 <u>Visit from Sen. Dinniman's representative</u> 12:00 <u>AARP</u> 1:00 Pinochle & Cards</p> <p>DEADLINE TO RESERVE LUNCH FOR THE FEB 14 VALENTINE'S LUNCH</p>	<p>8 8:00 Breakfast 9-12 Scrabble & Games 9:30 Coffee Hour 10:00 Blood Pressure 10-2PM Duplicate Bridge 12:45 LCR/W Maryanne 1:00 Cards</p>	<p>9 8:00 Breakfast 8-10 Blood Pressure 9:00 Visit from Dianne w/Health South 9-2:30 Scrabble & Games 9:30 & 10:30 Exercise w/Mary 9:30 Coffee Hour 10:00 <u>Art Class w/Martin</u> 1:00 Cards 1:00 <u>Seminar: Becoming Stroke Savvy w/Bryn Mawr Rehab Hospital</u></p>
<p>12 9-10 Stretch & Flex 9-12 Scrabble & Games 9:30 Coffee Hour 1:00 Cards 1:00 Walk Away the Winter Blues Indoor Walking Party w/music from the 1960's</p>	<p>13 8:00 Breakfast 9:00 <u>Current Events w/Gene Grubbs</u> 9-12 Scrabble & Games 9-2:30 Mah Jongg 9:30 Coffee Hour 9:30-11 Club 21-Blackjack 10:00 <u>Art on Canvas</u> 1:00 Pinochle & Cards 1:00 <u>Seminar: Heart Attack Warning Signs w/Phoenixville Hospital</u></p>	<p>14 VALENTINE'S DAY PARTY 9-10 Stretch & Flex 9:30 & 10:30 Exercise w/Mary 9-12 Scrabble & Games 9:30 Coffee Hour 12:00 Valentine's Day Lunch 12:45 <u>Party & Dance w/Phoenixville FBLA Students</u> 1:00 Pinochle & Cards</p> <p>DEADLINE TO RESERVE LUNCH FOR THE FEB 21 BIRTHDAY SOCIAL</p>	<p>15 8:00 Breakfast 9-12 Scrabble & Games 9:30 Coffee Hour 10:00 Blood Pressure 10-2PM Duplicate Bridge 12:45 <u>Games w/Michael Music from Phoenixville Nursing & Rehab</u> 1:00 Cards</p>	<p>16 8:00 Breakfast 8-10 Blood Pressure 9-2:30 Scrabble & Games 9:30 & 10:30 Exercise w/Mary 9:30 Coffee Hour 10:00 <u>Art Class w/Martin</u> 1:00 Cards 1:00 <u>Seminar: Living With Arthritis w/Bryn Mawr Rehab Hospital</u></p>
<p>19 CENTER CLOSED FOR PRESIDENT'S DAY</p>	<p>20 8:00 Breakfast 9-12 Scrabble & Games 9-2:30 Mah Jongg 9:30 Coffee Hour 9:30-11 Club 21-Blackjack 10:30 Movie-"Paris Can Wait" (Reserve lunch by Feb. 13) 12:45 Senior Stitches 1:00 Pinochle & Cards</p>	<p>21 BIRTHDAY SOCIAL 9-10 Stretch & Flex 9-12 Scrabble & Games 9:30/10:30 Cancelled Exercise with Mary 9:30 Coffee Hour 10:00 Blood Pressure 12:00 Birthday Lunch 12:45 <u>Entertainment: Magician Kurt Kunsch</u> 1:00 Pinochle & Cards</p>	<p>22 8:00 Breakfast 9-12 Scrabble & Games 9:30 Coffee Hour 10:00 Blood Pressure 10-2 Duplicate Bridge 12:45 LCR/W Maryanne 1:00 Cards</p>	<p>23 8:00 Breakfast 8-10 Blood Pressure 9-2:30 Scrabble & Games 9:30/10:30 Cancelled Exercise with Mary</p> <p>9:30 Coffee Hour 10:00 <u>Art Class w/Martin</u> 12:45 <u>Hands From the Heart Home Health Presentation & Bingo</u> 1:00 Cards</p>
<p>26 9-10 Stretch & Flex 9-12 Scrabble & Games 9:30 & 10:30 Exercise w/Mary 9:30 Coffee Hour 1:00 Cards 1:00 Walk Away the Winter Blues Indoor Walking Party w/music from the 1970's</p>	<p>27 8:00 Breakfast 9:00 <u>Current Events w/Gene Grubbs</u> 9-12 Scrabble & Games 9-2:30 Mah Jongg 9:30 Coffee Hour 9:30-11 Club 21-Blackjack 1:00 Nickel Bingo 1:00 Pinochle & Cards</p>	<p>28 9-10 Stretch & Flex 9:30 & 10:30 Exercise w/Mary 9-12 Scrabble & Games 9:30 Coffee Hour 1:00 Pinochle & Cards 1:00 <u>Seminar: Domestic Violence & Abuse w/the Elderly Population W/Domestic Violence Center of Chester County</u></p>		<p>Happy Groundhog Day!</p> 