


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH RESERVATIONS REQUIRED AT LEAST ONE WEEK IN ADVANCE. CALL 610-935-1515 OR VISIT THE CENTER.</p> <p><b>Lunch served at noon daily. Coffee &amp; tea service at 11:45 am.</b></p>	<p><b>1</b> 8:00 Breakfast 9:00 Fabric Flower Creating w/Marjorie Gavitt 9-2:30 Games 9:30 Coffee Hour 9:30-11 Club 21-Blackjack 12:45 Senior Stitchers 1:00 Pinochle Party 1:00 Yoga w/Jana 1:30 <u>Grief Support Group</u></p>	<p><b>2</b> 9-10 Stretch &amp; Flex 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30-Coffee Hour 10:00 Blood Pressure 11:00 <u>Sen. Dinniman's representative</u> 12:00 <u>AARP Luncheon</u></p>	<p><b>3</b> 8:00 Breakfast 9-2:30 Games 9:30 Coffee Hour 10-2PM Duplicate Bridge 12:45 LCR/W Maryanne 1:00 Cards</p>	<p><b>4</b> 8:00 Breakfast 8-10 Blood Pressure 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30 Coffee Hour 10:00 <u>Art Class w/Martin</u> 12:30 <u>Seminar: Understanding Carbs w/Barbara Myers</u></p>
<p><b>7</b> 9-10 Stretch &amp; Flex 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30 Coffee Hour 10:30 <u>Make Parade Float flowers w/Tana</u> 1:00 Wii Wheel of Fortune 1:00 <u>Grandfamilies Support Group</u></p>	<p><b>8</b> 8:00 Breakfast 9-2:30 Games 9:30 Coffee Hour 9:30-11 Club 21-Blackjack 10:00 <u>Art on Canvas w/Amy</u> 1:00 Pinochle &amp; Cards 1:00 Yoga w/Jana 1:00 <u>Seminar: Safe Financial Practices for Seniors w/Citadel</u></p>	<p><b>9</b> 9-10 Stretch &amp; Flex 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30-Coffee Hour 10:30 <u>Mark Pinto w/Phoenixville Library</u> 1:00 Cards</p>	<p><b>10</b> 8:00 Breakfast 9-2:30 Games 9:30 Coffee Hour 10-2PM Duplicate Bridge 10:00 Blood Pressure 12:45 <u>Guitar music w/Michael Music from Phoenixville Health &amp; Rehab</u> 1:00 Cards</p>	<p><b>11</b> 8:00 Breakfast 8-10 Blood Pressure 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30 Coffee Hour 10:00 <u>Art Class w/Martin</u> 12:45 Mother's Day Tea</p>
<p><b>14</b> 9-10 Stretch &amp; Flex 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30 Coffee Hour 1:00 <u>Parade Float flowers w/Tana</u> 1:00 <u>Grandfamilies Support Group</u></p>	<p><b>15 ELECTION DAY</b> 8:00 Breakfast 9-2:30 Games 9:30 Coffee Hour 9:30-11 Club 21-Blackjack 12:45 Senior Stitchers 1:00 Pinochle &amp; Cards</p> <p><b>No Yoga with Jana</b></p>	<p><b>16 BIRTHDAY SOCIAL</b> 9-10 Stretch &amp; Flex 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30 Coffee Hour 10:00 Blood Pressure Noon Birthday Lunch 12:45 <u>Entertainment: Musician Michael Kropp</u> 1:00 Cards</p>	<p><b>17</b> <b>CHESTER COUNTY SENIOR GAMES CENTER CLOSED EXCEPT FOR DUPLICATE BRIDGE</b></p> <p>10-2PM Duplicate Bridge</p>	<p><b>18</b> 8:00 Breakfast 8-10 Blood Pressure 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30 Coffee Hour 10:00 <u>Art Class w/Martin</u> 1:00 Cards 1:00 <u>Bingo w/United Health Care</u></p>
<p><b>21</b> 9-10 Stretch &amp; Flex 9-2:30 Games 9:30 Coffee Hour 1:00 Nickel Bingo 1:00 <u>Grandfamilies Support Group</u></p> <p><b>No Exercise with Mary</b></p>	<p><b>22</b> 8:00 Breakfast 9-2:30 Games 9:30 Coffee Hour 9:30-11 Club 21-Blackjack 10-2 <u>Renaissance Academy Carnival</u> 1:00 Pinochle &amp; Cards 1:00 Yoga w/Jana</p>	<p><b>23</b> 9-10 Stretch &amp; Flex 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30 Coffee Hour 1:00 Pinochle &amp; Cards 1:00 <u>Fun w/Patty from Sarah Care</u></p>	<p><b>24 RAIN DATE FOR SENIOR GAMES</b> 8:00 Breakfast 9-2:30 Games 9:30 Coffee Hour 10-2 Duplicate Bridge 10:00 Blood Pressure 12:45 LCR/W Maryanne 1:00 Cards</p>	<p><b>25</b> 8:00 Breakfast 8-10 Blood Pressure 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30 Coffee Hour 10:00 <u>Art Class w/Martin</u> 1:00 Cards 1:00 <u>Seminar: Dealing With Arthritis w/Dana from Bryn Mawr Rehab Hospital</u></p>
<p><b>28</b> <b>CENTER CLOSED FOR MEMORIAL DAY</b></p>	<p><b>29</b> 8:00 Breakfast 9-2:30 Games 9:30 Coffee Hour 9:30-11 Club 21-Blackjack 10:30 Movie Day: A Question of Faith" 1:00 Pinochle &amp; Cards 1:00 Yoga w/Jana</p>	<p><b>30</b> 9-10 Stretch &amp; Flex 9-2:30 Games 9:30 &amp; 10:30 Exercise w/Mary 9:30 Coffee Hour 1:00 Pinochle &amp; Cards 1:00 <u>Seminar: Get Better Sleep with Phoenixville Hospital</u></p>	<p><b>31</b> 8:00 Breakfast 9-2:30 Games 9:30 Coffee Hour 10-2 Duplicate Bridge 10:00 Blood Pressure 12:45 LCR/W Maryanne 1:00 Cards</p>	

ACTIVITY SCHEDULE IS SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES. WHEN IN DOUBT, CALL THE CENTER AT 610-935-1515.