

October Activities

Monday	Tuesday	Wednesday	Thursday	Friday
----- Weekly Events -----				
8:00am Cont'l Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:00am Ask the Doctor Docuseries 10:30am Produce (Inside) 12:00pm Lunch 1:00pm Pickleball @ Rec Center 2:00pm Produce (Curbside)	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 12:00pm Lunch 1:15pm Pinochle 1:15pm Yoga	8:00am Breakfast 8:45am Circuit Exercise 9:00am Welcome Wagon 9:30am Coffee Hour 9:45am Chair Exercise 12:00pm Lunch 1:00pm Pickleball @ Rec Center	8:00am Breakfast 8:30am Blood Pressure 9:00am Walking Group 9:30am Coffee Hour 9:30am Duplicate Bridge 12:00pm Lunch 1:15pm Pinochle 1:15pm Yoga 1:15pm Social Stitchers	8:00am Cont'l Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Shuffleboard 12:00pm Lunch 1:00pm Pickleball @ Rec Center
2 1:15pm Digital Skills Ready@50+ Class 1:15pm Bingo	3	4 10:00am Craft 12:00pm AARP Meeting 1:15pm Digital Skills Ready@50+ Class 1:00pm Beginner Pickleball Class	5 10:30am Participants Meeting	6 1:00pm Center Closes
9 10:00am State Rep. Friel Mobile Office 1:15pm Digital Skills Ready@50+ Class 1:15pm Loteria	10 9:00am Weight Wise 10:00am SeniorLAW Center 10:30am Sports Desk 5:00pm Supper Club @ Chikara	11 10:00am Blood Pressure 11:00am Phoenixville Hospital Presentation 1:15pm Art Class 1:15pm Digital Skills Ready@50+ Class 3:00pm Medicare Update	12 10:00am Craft	13 1:15pm Bingo
16 1:15pm Digital Skills Ready@50+ Class	17 9:00am Weight Wise 10:30am Art on Canvas 12:00pm State Sen. Muth Mobile Office	18 12:00pm Birthday Social 1:00pm Birthday Entertainment 1:15pm Digital Skills Ready@50+ Class	19 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday - Oktoberfest	20 10:00am Kelce Documentary 1:00pm Floor Shuffleboard Demo
23 12:00pm Oktoberfest Celebration 1:15pm Digital Skills Ready@50+ Class 1:30pm Afternoon @ the Spa	24 9:00am Weight Wise 10:15am Movie: Barbie	25 10:00am Blood Pressure 11:00am Phoenixville Hospital Talk 1:15pm Digital Skills Ready@50+ Class 1:00pm Joel Payton Presentation 1:00pm Grief Support 1:15pm Art Class	26 10:00am Volunteer Craft 10:00am Movie: Where the Crawdads Sing	27 1:00pm Dancin' Chairs Demo
30 1:15pm Digital Skills Ready@50+ Class 1:15pm LCR Game 2:00pm Book Club	31 9:00am Weight Wise 1:00pm Halloween Celebration			

Activities subject to change. Please check website for updates. Participation in any program is at your own risk in accordance with the Liability Waiver on the back page of the Participants Form.