

January 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 10:30am 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 12:45pm 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 12:45pm Pinochle 1:00pm Pickleball @ Rec Center 1:15pm Yoga 1:15pm Social Stitchers	8:00am Cont'l Breakfast 8:45am Line Dancing Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Shuffleboard 12:00pm Lunch 1:00pm Pickleball @ Rec Center
1 Center Closed	2 12:00pm New Years Toast	3 1:15pm Digital Skills Ready@50+ Class	4	5 1:00pm TV Series: Lessons in Chemistry
8 10:00am State Rep. Friel Mobile Office 1:15pm Digital Skills Ready@50+ Class	9 10:00am SeniorLAW Center 10:30am Sports Desk 1:00pm Rummikub	10 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment 1:15pm Digital Skills Ready@50+ Class	11 11:30am Echo Lake Presentation	12 10:30am Bingo 1:00pm TV Series: Lessons in Chemistry
15 1:15pm Digital Skills Ready@50+ Class 5:00pm Supper Club	16 9:00am Floor Shuffleboard 12:00pm State Sen. Muth Mobile Office 1:00pm Rummikub	17 10:00am Wool Craft 1:15pm Art Class 1:15pm Digital Skills Ready@50+ Class	18 10:30am Phoenixville Federal Presentation 1:00pm LCR Game 5:00pm Third Thursday - Wine, Cheese & Chocolate	19 1:00pm TV Series: Lessons in Chemistry
22 1:00pm Bingo 1:15pm Digital Skills Ready@50+ Class	23 10:30am Art on Canvas 1:00pm Rummikub	24 10:00am Blood Pressure 1:00pm Pickleball Lessons w/ Joel @ Rec Center 1:15pm Digital Skills Ready@50+ Class	25 10:00am Spa Day 1:00pm Yahtzee	26 1:00pm TV Series: Lessons in Chemistry
29 11:00am Weight Wise Support Group 1:15pm Digital Skills Ready@50+ Class 2:00pm Book Club	30 10:00am Movie: Downton Abbey 1:00pm Rummikub	31 11:00am Phoenixville Hospital Talk 1:15pm Art Class		

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.