

May 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 Pickup 11:00am Weight Wise Support Group 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:15pm Digital Skills Ready@50+ Class	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 12:00pm Lunch* 12:45pm Pinochle 1:00pm Rummikub 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* 1:15pm Digital Skills Ready@50+ Class	8:00am Breakfast 8:30am Blood Pressure 9:30am Walking Group 9:30am Coffee Hour 9:30am Duplicate Bridge 12:00pm Lunch* 12:45pm Pinochle 1:00pm Pickleball @ Rec Center* 1:15pm Yoga 1:00pm Social Stitchers 1:00pm Yahtzee	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 1:15pm Art Class	2	3
	*pre-registration required			
6 10:30am Bingo	7 10:30am Art on Canvas	8 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	9 9:00am Senior Picnic*	10 1:00pm Mother's Day at the Spa w/ Kimberton Waldorf
13 10:00am State Rep. Friel Mobile Office 11:00am Lunch & Movie: Killers of the Flower Moon* 5:00pm Supper Club @ Stable 12*	14 10:00am SeniorLAW Center	15 11:30am 45th Anniversary Luncheon*	16 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday: Medicare 101*	17 1:00pm Bingo
20 10:00am Wool Felting Craft 2:00pm Book Club	21 9:00am Reading Phils Trip* 12:00pm State Sen. Muth Mobile Office	22 1:15pm Art Class 1:00pm Beginner Pickleball Class @ Rec Center* 5:00pm Mobile Home Assessment w/ United Way & LASP	23 4:00pm Uncle B's Drive-Thru BBQ Fundraiser*	24 10:30am Shuffleboard 12:45pm Mind Matters - News, Views & Attitudes Part 1
27 Center Closed	28 10:00am Movie: The Miracle Club	29 10:00am Health Screening w/ Phoenixville Hospital 11:00am Phoenixville Hospital Talk	30 1:00pm Alzheimer's Association Presentation	31 12:45pm Mind Matters - News, Views & Attitudes Part 2

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.