

# July 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* 1:00pm 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 1:00pm Pickleball @ Rec Center* 1:15pm Yoga *pre-registration required	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* 1:00pm Digital Skills Ready@50+ Class (no class on 2nd Wednesday)	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* 1:00pm Yahtzee 1:00pm Social Stitchers 1:15pm Yoga	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* 1:00pm Friday Closing Time (Summer Hours)
<b>1</b>	<b>2</b>	<b>3</b> 4th of July Celebration No Digital Skills Ready@50+ Class 1:00pm Holiday Closing Time	<b>4</b>  <b>Center Closed</b>	<b>5</b>  <b>Center Closed</b>
<b>8</b> 10:00am State Rep. Friel Mobile Office 1:00pm Bingo	<b>9</b> 9:30am Movie: Jaws 10:00am SeniorLAW Center 10:30am Sports Desk 5:00pm Supper Club @ The Bridge Bar & Grill	<b>10</b> 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	<b>11</b> 10:00am Movie: The Blob	<b>12</b> 10:45am TV Series: Franklin
<b>15</b> 10:00am Wool Felting Craft	<b>16</b> 12:00pm State Sen. Muth Mobile Office	<b>17</b> 9:30am Kinetics Stretch 1:15pm Art Class 2:00pm Grief Support	<b>18</b> 10:30am Phoenixville Federal Presentation 5:00pm Third Thursday: Dinner & a Song	<b>19</b> <b>**Scripts Sales Due**</b> 10:45am TV Series: Franklin
<b>22</b> 1:00pm Mind Matters #2	<b>23</b> 10:00am Movie: The Boys in the Boat (2023) 10:30am Art on Canvas	<b>24</b> 10:30am Spinning Wheel Presentation	<b>25</b> 10:30am Bingo	<b>26</b> 10:00am Olympic Torch Relay & Trivia No TV Series: Franklin
<b>29</b> 1:00pm Mind Matters #3 2:00pm Book Club	<b>30</b>	<b>31</b> 10:00am Health Screening w/ Phoenixville Hospital 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.