


September 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 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)
2 Center Closed	3	4 1:15pm Art Class	5 2:15pm Grief Support	6
9 10:00am State Rep. Friel Mobile Office 1:00pm Tai Chi	10 10:00am SeniorLAW Center 10:30am Sports Desk 10:30am Art on Canvas 11:00am Weight Wise w/ Barb Myers* 5:00pm Supper Club @ Sage*	11 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	12 10:00am Weaving w/ Melissa Class 11:00am SNAP Presentation with CC Food Bank	13 10:30am Bingo
16 10:00am Craft 1:00pm Tai Chi No Digital Skills Ready@50+ Class	17 11:00am Weight Wise* 12:00pm State Sen. Muth Mobile Office	18 1:00pm Special Visit w/ Vinnie 1:15pm Art Class No Digital Skills Ready@50+ Class 2:15pm Grief Support	19 10:30am Phoenixville Federal Presentation 4:00pm Third Thursday: Health Fair	20 **Scrip Sales Due**
23 National Fall Prevention Awareness Week 1:00pm Tai Chi	24 10:00am Movie: Wicked Little Letters 11:00am Weight Wise*	25 10:00am Blood Pressure 10:00am Health Screening 10:00am Participants' Meeting 11:00am Phoenixville Hospital Chat	26 10:00am Matter of Balance*	27 11:30am 90+ Birthday Party*
30 1:00pm Bingo 1:00pm Tai Chi 2:00pm Book Club	 <h2 style="text-align: center;">National Senior Center Month</h2>			