

November 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 1:00pm Tai Chi 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 9:00am 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* 1:30pm Friday Closing Time
				1 10:45am TV Series: Masters of the Air 12:00pm Diwali Celebration
				2 12:30pm Designer Bag Bingo
4 10:00am Volunteer Crafts 11:15am Intro to Spanish*	5 Election Day Center Closed	6 9:30am Kinetics Stretch 1:00pm Bingo 1:15pm Art Class	7 10:00am Matter of Balance* 2:15pm Grief Support*	8 10:45am TV Series: Masters of the Air
11 10:30am Snowflake Craft	12 10:00am SeniorLAW Center 10:00am Joel Payton UHC Medicare Presentation 10:30am Art on Canvas 11:00am Diabetes Nutrition	13 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment No Digital Skills Ready@50+ Class	14 10:00am Matter of Balance* 10:00am Boscovs Presentation*	15 **Scrip Orders Due** 10:45am TV Series: Masters of the Air
18 Frozen Holiday Meal Pickup 10:00am State Rep. Friel Mobile Office	19 10:00am Movie: Wild Oats 12:00pm State Sen. Muth Mobile Office	20 10:00am Blood Pressure 12:00am Holiday Lunch 1:15pm Art Class 2:15pm Grief Support*	21 5:00pm Third Thursday: Football Tailgate	22 10:30am Bingo 10:45am TV Series: Masters of the Air
25 2:00pm Book Club	26 9:00am Volunteer Decorating	27 10:00am Blood Pressure 10:00am Health Screening 11:00am Phoenixville Hospital Chat 1:00pm Center Closes No Digital Skills Ready@50+ Class	28 Center Closed	29 Center Closed

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.