

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 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 12:45pm Yahtzee 1:00pm Pickleball @ Rec Center* 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 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:30pm Close
		1 Center Closed	2 10:00am Pinochle 10:00am Yahtzee 10:00am Social Stitchers 1:00pm Center Closes No Yoga	3 1:00pm Center Closes
6 11:15am Spanish Class*	7 10:00am Craft	8 9:30am Kinetic Stretch 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Entertainment 1:15pm Art Class No Digital Skills Class	9 10:00am Healthy Steps in Motion* 2:15pm Grief Support 5:00pm "Third" Thursday: Baseball Hot Stove	10 10:30am Bingo
13 10:00am State Rep. Friel Mobile Office 11:15am Spanish Class*	14 10:00am SeniorLAW Center 10:30am Sports Desk 10:30am Art on Canvas	15 11:00am AARP Safe Driving Course*	16 10:00am Healthy Steps in Motion* 10:30am Phoenixville Federal Presentation	17 **Scrip Orders Due**
20 Martin Luthur King Jr Day 11:15am Spanish Class*	21 10:30am Spa Day* 12:00pm State Sen. Muth Mobile Office	22 10:00am Blood Pressure 11:00am AARP Safe Driving Course* 1:00pm Pickleball Class w/ Joel 1:15pm Art Class 2:15pm Grief Support	23 10:00am Healthy Steps in Motion* 11:00am Chesco Connect Presentation	24 10:30am Mind Matters Program
27 11:15am Spanish Class* 1:00pm Car Tech* 2:00pm Book Club	28 10:00am Movie: Thelma	29 10:00am Health Screening 11:00am Phoenixville Hospital Chat 1:00pm Bingo	30 10:00am Healthy Steps in Motion*	31

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.