

January

MON

TUE

WED

THU

FRI



1

10-12 BINGO!
10-12 Open Faith Talk
10-11 Morning Yoga
11-12 Chair Aerobics
11-12 Armchair Travel (PA
Ghost Towns Pt 1)
12:30 Volleyball

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10-11 BINGO
11-12: "ESCAPE" Room 5
10-11 Chair Pump
11-12 TAI CHI
12:30 Trivia

10-11 Zumba Gold 6
10-11 Community Forum (Open Discussion)
11-12 Drums Away
12:30 Name that Toon

10-12 BINGO
10-11 Silver Sneakers 7
11-12 Arthritis Exercise Program
12-2 Quilting
12:30: Come Dance with Noah

10-11 TAI CHI 8
10-11 Prevention Program (Healthy Eating on Budget)
11-12 Gardens & Habitats
12:30 Arcadia Physical Therapy Screenings

10-12 BINGO
10-12 Open Faith Talk
10-11 Morning Yoga
11-12 Chair Aerobics
11-12 Jill Cooking Demo
12:30 Birthday BASH w/ special guest

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10-12 BINGO 12
10-11 Chair Pump
10-11 Art4Me Viewing
11-12 TAI CHI
12:30 Mindfulness and Stretching

10-11 Art4Me Making 13
10-11 Zumba Gold
10-11 Changes and Challenges
11-12 Drums Away
12:30 Afternoon Art

10-12 BINGO
10-11 Silver Sneakers 14
10-11 Budgeting Class
11-12 Arthritis Exercise Program
12-2 Quilting
12:30: Floor Hockey

10-11 TAI CHI 15
10-11 Prevention Program (Doctor Who?)
11-12 Gardens & Habitats
12:30 Tea Talk w/ Jill

10-11:30 BINGO!
11:30-12 Holiday Spirit Swap 16
10-11 Morning Yoga
10-12 Open Faith Talk
11-12 Chair Aerobics
11-12 Armchair Travel (PA
Ghost Towns Pt 2)
12:30 Volleyball

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Center Closed

10-11 Art4Me Making 20
10-11 Zumba Gold
10-11 Brain Power Hour
11-12 Drums Away
12:30 Afternoon Art
12:30 Armchair Travel (State College)

10-12 BINGO
21
10-11 Silver Sneakers
11-12 Arthritis Exercise Program
12-2 Quilting
12:30: Come Dance with Jennifer

10-11 TAI CHI 22
10-11 Community Forum (Philly Architecture)
11-12 Gardens & Habitats
11-12 Prevention Program (Health Literacy 101)
12:30 Game Hour

10-11 BINGO!
11-12 Music Magic 23
10-12 Open Faith Talk
10-12 Law Clinic
10-11 Morning Yoga
11-12 Chair Aerobics
12:30 Volleyball

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10-11 BINGO
10-11 Chair Pump
10-11 Art4Me Viewing
11-12 Human Library
11-12 TAI CHI
12:30 Transportation Insights

10-11 Art4Me Making 27
10-11 Zumba Gold
10-11 Changes and Challenges
11-12 Drums Away
12:30 Afternoon Art

10-12 BINGO
28
10-11 Silver Sneakers
11-12 Arthritis Exercise Program
11-12 Mindfulness Hour
12-2 Quilting
12:30: Floor Hockey

10-11 TAI CHI 29
10-11 Trivia
11-12 Gardens & Habitats
11-12 Learn to Play: Rummikub
12:30 Music Enrichment with Emeli

10-12 BINGO!
10-12 Open Faith Talk
10-11 Morning Yoga
11-12 Chair Aerobics
11-12 Human Library
12:30 Volleyball

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