

January



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			 <p>Center Closed</p>	<p>1</p> <p>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</p> <p>2</p>
<p>10-11 BINGO 11-12: "ESCAPE" Room 10-11 Chair Pump 11-12 TAI CHI 12:30 Trivia</p> <p>5</p>	<p>10-11 Zumba Gold 10-11 Community Forum (Open Discussion) 11-12 Drums Away 12:30 Name that Toon</p> <p>6</p>	<p>10-12 BINGO 10-11 Silver Sneakers 11-12 Arthritis Exercise Program 12-2 Quilting 12:30: Come Dance with Noah</p> <p>7</p>	<p>10-11 TAI CHI 10-11 Prevention Program (Healthy Eating on Budget) 11-12 Gardens & Habitats 12:30 Arcadia Physical Therapy Screenings</p> <p>8</p>	<p>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</p> <p>9</p>
<p>10-12 BINGO 10-11 Chair Pump 10-11 Art4Me Viewing 11-12 TAI CHI 12:30 Mindfulness and Stretching</p> <p>12</p>	<p>10-11 Art4Me Making 10-11 Zumba Gold 10-11 Changes and Challenges 11-12 Drums Away 12:30 Afternoon Art</p> <p>13</p>	<p>10-12 BINGO 10-11 Silver Sneakers 10-11 Budgeting Class 11-12 Arthritis Exercise Program 12-2 Quilting 12:30: Floor Hockey</p> <p>14</p>	<p>10-11 TAI CHI 10-11 Prevention Program (Doctor Who?) 11-12 Gardens & Habitats 12:30 Tea Talk w/ Jill</p> <p>15</p>	<p>10-11:30 BINGO! 11:30-12 Holiday Spirit Swap 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</p> <p>16</p>
 <p>Center Closed</p> <p>19</p>	<p>10-11 Art4Me Making 10-11 Zumba Gold 10-11 Brain Power Hour 11-12 Drums Away 12:30 Afternoon Art 12:30 Armchair Travel (State College)</p> <p>20</p>	<p>10-12 BINGO 10-11 Silver Sneakers 11-12 Arthritis Exercise Program 12-2 Quilting 12:30: Come Dance with Jennifer</p> <p>21</p>	<p>10-11 TAI CHI 10-11 Community Forum (Philly Architecture) 11-12 Gardens & Habitats 11-12 Prevention Program (Health Literacy 101) 12:30 Game Hour</p> <p>22</p>	<p>10-11 BINGO! 11-12 Music Magic 10-12 Open Faith Talk 10-12 Law Clinic 10- 11 Morning Yoga 11- 12 Chair Aerobics 12:30 Volleyball</p> <p>23</p>
<p>10-11 BINGO 10-11 Chair Pump 10-11 Art4Me Viewing 11-12 Human Library 11-12 TAI CHI 12:30 Transportation Insights</p> <p>26</p>	<p>10-11 Art4Me Making 10-11 Zumba Gold 10-11 Changes and Challenges 11-12 Drums Away 12:30 Afternoon Art</p> <p>27</p>	<p>10-12 BINGO 10-11 Silver Sneakers 11-12 Arthritis Exercise Program 11-12 Mindfulness Hour 12-2 Quilting 12:30: Floor Hockey</p> <p>28</p>	<p>10-11 TAI CHI 10-11 Trivia 11-12 Gardens & Habitats 11-12 Learn to Play: Rummikub 12:30 Music Enrichment with Emeli</p> <p>29</p>	<p>10-12 BINGO! 10-12 Open Faith Talk 10- 11 Morning Yoga 11- 12 Chair Aerobics 11-12 Human Library 12:30 Volleyball</p> <p>30</p>