

JULY 2018 ACTIVITIES

MON	TUE	WED	THU	FRI
<p>2. 10-12 Cards/Games 10-11 Q&A/Tech Help 10:30 Participants Council Meeting 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 1:00-3:00 Food Box PU 2-3 Q&A/Tech Help</p>	<p>3. Independence Day Party 9:30-11:30 Crafts 10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&A/Tech Help NO Practice Tai Chi 12:00 Lunch 12:45 Lukens German Band 4:30 Zumba</p>	<p>4. Happy 4th of July  Closed Today</p>	<p>5. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>6. 10-12 Cards/Games 10:30 Neighborhood Health Senior HealthLink Health Presentation w/Linda 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>9. 10-12 Cards/Games 10-11 Q&A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help</p>	<p>10. CLOSED SPIRIT OF PHILADELPHIA TRIP</p>	<p>11. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10-11 Q&A/Tech Help 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help 7:00 Bluegrass Under the Stars</p>	<p>12. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>13. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 6:30 Line Dancing</p>
<p>16. 10-12 Cards/Games 10-11 Q&A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help 7:00 Medicare 101</p>	<p>17. 9-12 Jane Freeman 9:30-11:30 Crafts 10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&A/Tech Help NO Practice Tai Chi 12:00 Lunch 1:00 Brandywine River Valley Health w/Kim 3:00 Board Meeting 4:30 Zumba</p>	<p>18. Birthday Party 8:30-11:30 Paint Class 9:00-12 Reflexology 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Sweet Life 6:30 Safety Awareness & Practical Self-Defense Tactics & Techniques</p>	<p>19. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Bayada Health Presentation 4:30 Zumba</p>	<p>20. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 6:30 Line Dancing</p>
<p>23. Christmas in July 10-12 Cards/Games 10-11 Q&A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help 6:30 Card Stamping</p>	<p>24. 9-12 Jane Freeman 9:30-11:30 Crafts 10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&A/Tech Help NO Practice Tai Chi 12:00 Lunch 1:00 Line Dancing 1:00 Make It & Take It 4:30 Zumba</p>	<p>25. 8:30-11:30 Paint Class 9:00-12:00 Reflexology 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 10:30-11:30 Rover Outreach 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 1:00 Hearing Appts 2-3 Q&A/Tech Help</p>	<p>26. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>27. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>30. 10-12 Cards/Games 10-11 Q&A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Surprise 2-3 Q&A/Tech Help 6:30 Chalk Couture</p>	<p>31. 10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&A/Tech Help NO Practice Tai Chi 12:00 Lunch 1:00 Make It & Take It 4:30 Zumba</p>			<p style="text-align: center;">Drink Plenty of Fluids Daily!</p> 