

OCTOBER 2018 ACTIVITIES



MON	TUE	WED	THU	FRI
<p>1. 10:30 Participants Council Meeting 10-11 Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 1-3 Food Box Pickup 2-3 Q&A/Tech Help</p>	<p>2. 10-12 Cards/Games 10:00 SilverSneakers 10:00 Nutrition Talk w/Barbara NO Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Line Dancing 1:00 Make It & Take It 4:30 Zumba</p>	<p>3. 8:30-11:30 Paint Class 10-11 Q&A/Tech Help 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>4. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba Class</p>	<p>5. 10:00 Exercise is Medicine w/ Linda Clay 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Sewing w/Janet</p>
<p>8. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Down on the Farm Theme Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help</p>	<p>9. 9-4 Trip - Bird-in-Hand 10-12 Cards/Games 10:00 SilverSneakers NO Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>10. 8:30-11:30 Paint Class 10-11 Q&A/Tech Help 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help 6:30 Law Talks Workshop</p>	<p>11. 9-2 AARP Driving Class w/Frank Cornell (D) 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Chester County Drug & Alcohol w/ Kate (A) 4:30 Zumba</p>	<p>12. 9-2 AARP Driving Class w/Frank Cornell (D) 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games (A) 6:30 Line Dancing</p>
<p>15. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 National Decorate a Cake Day 2-3 Q&A/Tech Help 6:30 Genealogy Workshop</p>	<p>16. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers NO Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Line Dancing 1:00 Make It & Take It 3:00 Board Meeting 4:30 Zumba</p>	<p>17. Birthday Party 8:30-11:30 Paint Class 10-11 Blood Pressure 10-11 Q&A/Tech Help NO Q&A/Tech Help 10-12 Cards/Games 10:30 Rover Outreach 12:00 Lunch 12:45 Richard Blane as Elvis 6-8 Reflexology 6:30 Clay Stamping Workshop</p>	<p>18. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 3-6 Take-Out Spaghetti Dinner 4:30 Zumba</p>	<p>19. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Game 6:30 Sewing w/Janet</p>
<p>22. NO Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Pumpkin Decorating 7:00 Medicare 101</p>	<p>23. 10-12 Cards/Games 10:00 SilverSneakers NO Practice Tai Chi NO Q&A/Tech Help 12:00 Lunch 1:00 Cards/Games 4:00 Zumba</p>	<p>24. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10-11 Q&A/Tech Help 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 1-5 Hearing Appts. 2-3 Q&A/Tech Help</p>	<p>25. 10-12 Cards/Games 10:00 SilverSneakers Exercise Class 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>26. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 6:30 Line Dancing</p>
<p>29. 9-11:30 Crafts NO Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>	<p>30 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers NO Q&A/Tech Help 12:00 Lunch 1:00 Line Dancing</p>	<p>31. Halloween Party 9-12 Reflexology NO Q&A/Tech Help 10-12 Cards/Games 11:30 Halloween Parade 12:00 Lunch 12:45 Lukens German Band</p> 	<p>DO NOT FORGET</p> 	<p>Turn Back Clocks Standard Time occurs Sunday, November 4 at 2:00am</p>

Rover Transportation Provided