






















































Mon	Tue	Wed	Thu	Fri
LEGEND:  = Sign up REQUIRED A = Auditorium, C = Café, CA = Cafeteria, CO = Conference Room, D-CA = Dance Floor of CA, CR = Craft Room, G = Glass Room, W = Wellness Room	DAILY 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room <i>(Located inside of the Cafeteria)</i> 11:30 - Grab & Go Lunch 12 - Congregate Lunch Pool table is located in the Café	GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am <u>Located in the Wellness Room</u>  = Sign up REQUIRED- Identifying programs for Intergenerational Day.	<div style="border: 2px solid black; padding: 5px; text-align: center;"> The Auditorium will be closed for construction during the month of August. At this time, we have tempo- rary access to the Lobby for select programming. Thank you for working with us during this time. </div>	 8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /G 10:15- Drumming Exercise /G
4 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- Ornament Planning & Craft /CA  11:15- Chair Exercise /Lobby 12:30-2:30-Matter Of Balance /CA 	5 8:30-Silver Sneakers \$/D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- Word Link /CA 10- Int. Line Dancing \$ /D-CA 11- Adv. Line Dancing \$ /D-CA 11- Dominoes /CA 11:15- Chair Volleyball /Lobby 12:30- Diabetes Prevention /G  1- Hatha Yoga \$ /D-CA  6-8 National Night Out at Spring Grove Alliance Church	6 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9:30- Card Making w/ Sue /CA 10:15- Bible Study Disc. /G 10:15- Walking Club /C 10:15- Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 12:30- Chair Volleyball /Lobby	7 8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- Music & Movement /G 10- "The Moulstown Affair" /CA 11:15- Chair Volleyball /Lobby 12:30-2:30-Matter Of Balance /CA  12:30- Yarn Workers Club /C	8  8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 10:15- Drumming Exercise /G
11 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- Coffee & Discussion /CA 11:15- Chair Exercise /Lobby 12:30-2:30-Matter Of Balance /CA 	12 8:30-Silver Sneakers \$/D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- Safety Planning /C  10- Int. Line Dancing \$ /D-CA 11- Adv. Line Dancing \$ /D-CA 11- Dominoes /CA 11:15- Chair Volleyball /Lobby 12:30- Diabetes Prevention /G  1- Hatha Yoga \$ /D-CA 	13 <i>Intergenerational Day!</i>  9- PA MEDI (appt only)  9- Chair Yoga \$ /Lobby 9:30- Sign-in: Intergenerational Day/L  10- Crafts/Games: Intergenerational Day/CA  10:15- Devotions /CO 12:30- Ch. Volleyball: Intergenerational Day/Lobby 	14 8:30- Driver's Safety Course /CA  8:30- Silver Sneakers \$ /Lobby  9:30-11:30- Quilts for Kids /C 10- 500 Bid Card Game /C 10- Basics of Sign Language /G 11:15- Chair Volleyball /Lobby 12:30-2:30-Matter Of Balance /CA  1- Silver Triangle Meeting /G	15  8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 10:15- Drumming Exercise /G
18  8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9:15- Monday Bingo \$ /CA 10- Scrapbooking with Bev /CR 11:15- Chair Exercise /Lobby	19 8:30-Silver Sneakers \$/D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- Family Feud /CA 10- Int. Line Dancing \$ /D-CA 11- Adv. Line Dancing \$ /D-CA 11- Dominoes /CA 11:15- Chair Volleyball /Lobby 12:30- Diabetes Prevention /G  1- Hatha Yoga \$ /D-CA 	20 8:30- Breakfast in the Café \$  8:30- Wellness Check's /W  9- Chair Yoga \$ /Lobby 9:30- Paint with Pat \$ /CA  10- Basics of Sign Language /G 10:15- Devotions /CO 10:15- Walking Club /C 10:15- Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 12:30- Chair Volleyball /Lobby	21 8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- Book Club /CO 10- Death Rituals Around the Globe presentation /CA 11:15- Chair Volleyball /Lobby 12:30- Yarn Workers Club /CA	22  8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /G 10:15- Drumming Exercise /G
25 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9- PA MEDI (appt only) 10- Veteran's Storytelling /CA 11:15- Chair Exercise /Lobby	26 8:30-Silver Sneakers \$/D-CA  8:30- Tai Chi Chih \$ /Lobby  8:30- Veteran's Outreach (by appt)  10- Pinochle /C 10- Grief & Loss Support /G 10- Now You Have It (\$5 Gift) /CA 10- Int. Line Dancing \$ /D-CA 11- Adv. Line Dancing \$ /D-CA 11- Dominoes /CA 11:15- Chair Volleyball /Lobby 12:30- Diabetes Prevention /G  1- Hatha Yoga \$ /D-CA 	27 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9- Trivia Challenge /CA  10:15- Devotions /CO 10:15- Walking Club /C 10:15- Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 12:30- Chair Volleyball /Lobby 12:45- New Member Orientation /CA 	28 8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- Birthday/Anniversary Party fea. DJ Chris Wagman /CA  12:30- Chair Volleyball /Lobby 1- Silver Triangle Meeting /G	29  8:30- Blood Pressure Checks 8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 10:15- Drumming Exercise /G