



1472 Roth Church Rd, Suite 103  
Spring Grove, PA 17362



WEEKDAYS 8:30-2:30  
717 225-0733



Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30-<b>Chair Massage</b> \$ (by appt)  <b>2</b></p> <p>8:30- Breakfast in the Café \$ </p> <p>9- Chair Yoga \$ /TC-L</p> <p>10- <b>Creative Writer's Group</b> /G</p> <p>10- <b>Basics of ASL</b> /CO</p> <p>11:15- Chair Exercise /TC-L</p>	<p>8:30- Tai Chi Chih \$ /TC-L  <b>3</b></p> <p>8:30- Silver Sneakers \$/D-CA </p> <p>10- Pinochle /C</p> <p>10-<b>History of Papermaking in York Co. w/ Scott Mingus</b> /CA</p> <p>11- Int. &amp; Adv. Line Dancing \$ /D-CA</p> <p>11- <b>Dominoes</b> /CA</p> <p>11:15- Chair Volleyball /TC-L</p> <p>1- Hatha Yoga \$ /D-CA</p>	<p>8:30- Breakfast in the Café \$  <b>4</b></p> <p>9- Chair Yoga \$ /TC-L</p> <p>9:30-<b>Easter Card Making</b> w/ Sue /CR</p> <p>10:15- Walking Club /C</p> <p>10:15- <b>Bible Study Disc.</b> /G</p> <p>10:15- Chair Exercise /D-CA</p> <p>11- Show Me Your Muscles /D-CA</p> <p>12:30- Chair Volleyball /TC-L</p>	<p>8:30- Silver Sneakers \$ /D-CA  <b>5</b></p> <p>10- 500 Bid Card Game /C</p> <p>10- <b>Birthday/Anniversary Party</b>  fea. Jerry Overby /CA</p> <p><b>12:30</b> - Chair Volleyball /TC-L</p> <p><b>12:30- Yarn Workers Club</b> /CA</p> <p>1- <b>Silver Triangle Meeting</b> /G</p> <p>1- Sew for a Cause /D-CA</p>	<p>8:45- Chair Yoga \$ /TC-L <b>6</b></p> <p>9- Friday Bingo \$ /CA</p> <p>9a-12p-<b>Hearing Screenings</b>/W &amp; CO </p> <p>10- Tap Dancing \$ /TC-L</p> <p>10:15- Cardio Drum/Dance /G</p> <p></p> <p></p> <p></p> <p></p> <p></p> <p><b>Saturday March 7th</b></p>
<p> <b>Sunday March 8th</b> <b>9</b></p> <p>8:30- Breakfast in the Café \$ </p> <p>9- Chair Yoga \$ /TC-L</p> <p>10- <b>Coffee &amp; Discussion</b> /CA</p> <p>11:15- Chair Exercise /TC-L</p> <p>5- <b>Quilts for Kids</b> /D-CA</p> <p><i>Scavenger Hunt Begins Today! See Office for Details!</i> </p>	<p>8:30- Tai Chi Chih \$ /TC-L  <b>10</b></p> <p>8:30- Silver Sneakers \$/D-CA </p> <p>9:30-<b>Beaded Plant Craft, part 1</b> \$/ CR </p> <p>10- Pinochle /C</p> <p>10-<b>Grief &amp; Loss Support</b> /G</p> <p>11- Int. &amp; Adv. Line Dancing \$ /D-CA</p> <p>11- <b>Dominoes</b> /CA</p> <p>11:15- Chair Volleyball /TC-L</p> <p>1- Hatha Yoga \$ /D-CA</p>	<p>8:30-Breakfast in the Café \$  <b>11</b></p> <p>9- Chair Yoga \$ /TC-L </p> <p>9- <b>PA MEDI</b> (appt only) </p> <p>10:15- Walking Club /C</p> <p>10:15- <b>Bible Study Disc.</b> /G</p> <p>10:15- Chair Exercise /D-CA</p> <p>11- Show Me Your Muscles /D-CA</p> <p>12:30- Chair Volleyball /TC-L</p>	<p><b>12</b></p> <p>8:30- Silver Sneakers \$ / D-CA </p> <p>10- 500 Bid Card Game /C</p> <p>10- <b>Joe Clark Drum Circle</b>/D-CA</p> <p>11:15- Chair Volleyball /TC-L</p> <p>1- Sew for a Cause /D-CA</p>	<p><b>13</b></p> <p>8:45- Chair Yoga \$ /TC-L</p> <p>9- <b>Parkinson's Exercise</b> /G</p> <p>9- Friday Bingo \$ / CA </p> <p>10- Tap Dancing \$ /TC-L</p> <p>10:15- Cardio Drum/Dance /G</p> <p></p>
<p><b>16</b></p> <p>8:30- Breakfast in the Café \$ </p> <p>9- Chair Yoga \$ /TC-L</p> <p>10- <b>Creative Writer's Group</b> /G</p> <p>10- <b>Family Feud</b> /CA</p> <p>11:15- Chair Exercise /TC-L</p> <p>5- <b>Quilts for Kids</b> /D-CA</p>	<p><b>Holiday Meal 17</b></p> <p>8:30-Tai Chi Chih \$ /TC-L </p> <p>8:30-Silver Sneakers \$/D-CA </p> <p>10-Pinochle /C</p> <p>10- <b>St Patrick's Day Party</b> fea. Clann Redmond /CA </p> <p><b>12:30</b> -Chair Volleyball /TC-L</p> <p>1- Hatha Yoga \$ /D-CA</p>	<p>8:30- <b>Wellness Checks</b> /W <b>18</b></p> <p>8:30- Breakfast in the Café \$ </p> <p>9- Chair Yoga \$ /TC-L</p> <p>9:30- <b>Paint with Pat</b> \$ /CA </p> <p>9- PA MEDI (appt only)</p> <p>10:15- Walking Club /C</p> <p>10:15- <b>Devotions</b> /CO</p> <p>10:15- Chair Exercise /D-CA</p> <p>11- Show Me Your Muscles /D-CA</p> <p>12:30- Chair Volleyball /TC-L</p>	<p>8:30-Silver Sneakers \$/D-CA  <b>19</b></p> <p>10- <b>Book Club</b> / CO</p> <p>10- 500 Bid Card Game /C</p> <p>10-<b>Mind Matters: Army History, 250 yrs.</b> /CA</p> <p>11:15- Chair Volleyball /TC-L</p> <p><b>12:30- Yarn Workers Club</b> /CA</p> <p>1- <b>Silver Triangle Meeting</b> /G</p> <p>1- Sew for a Cause /D-CA</p>	<p><b>HELLO 20 SPRING!</b> </p> <p>8:45- Chair Yoga \$ /TC-L</p> <p>9- Friday Bingo \$ / CA </p> <p>10- Tap Dancing \$ /TC-L</p> <p>10:15- Cardio Drum/Dance /G</p> <p></p> <p></p>
<p>8:30- Breakfast in the Café \$  <b>23</b></p> <p>9- Chair Yoga \$ /TC-L</p> <p>9- <b>PA MEDI</b> (appt only) </p> <p>9:15- <b>Monday Bingo</b> \$ /CA</p> <p>10- <b>Watercolor Class</b> \$ /CR </p> <p>11:15- Chair Exercise /TC-L </p>	<p>8:30- Tai Chi Chih \$ /TC-L  <b>24</b></p> <p>8:30-Silver Sneakers \$/D-CA </p> <p>8:30-<b>Veteran's Outreach</b> (by appt) </p> <p>9:30-<b>Beaded Plant Craft, part 2</b> \$ /CR </p> <p>10- Pinochle /C</p> <p>11- Int. &amp; Adv. Line Dancing \$ /D-CA</p> <p>11- <b>Dominoes</b> /CA</p> <p>11:15- Chair Volleyball /TC-L</p> <p>1- Hatha Yoga \$ /D-CA</p>	<p>8:30-Breakfast in the Café \$  <b>25</b></p> <p>9- Chair Yoga \$ /TC-L </p> <p>9- <b>Jeopardy Challenge</b> /CA</p> <p>10:15- Walking Club /C</p> <p>10:15- <b>Devotions</b> /CO</p> <p>10:15- Chair Exercise /D-CA</p> <p>11- Show Me Your Muscles /D-CA</p> <p>12:30- Chair Volleyball /TC-L</p>	<p>8:30- Silver Sneakers \$ / D-CA  <b>26</b></p> <p>10- 500 Bid Card Game /C</p> <p>10-<b>Renovations: Do's &amp; Don'ts with Ginnie Kite</b> /D-CA</p> <p>11:15- Chair Volleyball /TC-L</p> <p>1- Sew for a Cause /D-CA</p>	<p><b>27</b></p> <p>8:30-<b>Blood Pressure Checks</b> /CA</p> <p>8:45- Chair Yoga \$ /TC-L</p> <p>9- <b>Parkinson's Exercise</b> /G</p> <p>9- Friday Bingo \$ / CA </p> <p>10- Tap Dancing \$ /TC-L</p> <p>10:15- Cardio Drum/Dance /G</p> <p></p> <p></p>
<p>8:30- Breakfast in the Café \$  <b>30</b></p> <p>9- Chair Yoga \$ /TC-L</p> <p>10- <b>Music &amp; Movement</b>/ G</p> <p>11:15- Chair Exercise / TC-L</p>	<p>8:30- Tai Chi Chih \$ /TC-L  <b>31</b></p> <p>8:30-Silver Sneakers \$/D-CA </p> <p>10- Pinochle /C</p> <p>10-<b>Now You Have It...</b>(\$5 Gift) /Cafe </p> <p>11- Int. &amp; Adv. Line Dancing \$ /D-CA</p> <p>11- <b>Dominoes</b> /CA</p> <p>11:15- Chair Volleyball /TC-L</p> <p>1- Hatha Yoga \$ /D-CA</p>	<p>DAILY</p> <p>8:30-11:00 - Coffee Bar</p> <p>8:30-2:30 - Fitness Room (Located inside of the Cafeteria)</p> <p>11:30 - Grab &amp; Go Lunch</p> <p>12 - Congregate Lunch</p> <p>Pool table is located in the Café</p>	<p>GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am Located in the Wellness Room</p>	<p>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, TC-L = Tech Center-Lobby W = Wellness Room</p>

**Starting in March, the Lobby is no longer available to conduct programs or events.**