


















































MON	TUE	WED	THU	FRI
<p><i>Daily</i> 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room 8:30-2:30...Billiards Room 11:30 - Grab &amp; Go Lunch 12 - Congregate Lunch</p>	<p>Mon / Wed - Open Gym - 60+ Basketball 8:30-10 Mon. &amp; Fri. Beg. Pickleball 1-2:30 pm Tues/Wed/Thurs. Int. Pickleball 1 pm *** GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am</p>			<p><b>1</b> 8:45...Chair Yoga (\$)  9...Quarter Bingo (\$) 9:45...Walking Club 10...Tap Dancing (\$) 10:15...Drumming Exercise 11...Show Me Your Muscles</p>
<p><b>4</b> 8:30...Breakfast in the Café (\$)  9...T'ai Chi Chih (\$)  9...Chair Yoga (\$)  9:45...Walking Club 10... <b>Wii Bowling</b> 11...Chair Exercise</p>	<p><b>5</b> 8 &amp; 9...Silver Sneakers Class (\$)  10...Pinochle 10... Now You Have It... 10...Beginners Line Dance (\$)  11...Line Dancing (\$)  11...Chair Volleyball</p>	<p><b>6</b> 8:30...Breakfast in the Café (\$)  <b>9... Book Folding (\$)</b> 9...Chair Yoga (\$)  9...iPad Class 9:45...Walking Club 10...8 Ball Billiard 10...Bible Study Discussion 11...Chair Exercise 12:30.. Chair Volleyball</p>	<p><b>7</b> 8 &amp; 9...Silver Sneakers Class (\$)  8:30...AARP Income Tax Prep 9:30-11:30...Quilts for Kids <b>10... Virtual Reality</b> 10...500 Bid Card Game 11...Chair Volleyball 12:30...Yarn Workers 1:15... Yoga (\$)</p>	<p><b>8</b> 8:45...Chair Yoga (\$)  9...Quarter Bingo (\$) 9... Parkinson's Exercise 9:45...Walking Club 10...Tap Dancing (\$)  10:15...Drumming Exercise 11...Show Me Your Muscles</p>
<p><b>11</b> 8:30...Breakfast in the Café (\$)  9...T'ai Chi Chih (\$)  9...Chair Yoga (\$)  9:15...Monday Bingo (\$)  9:45...Walking Club 11...Chair Exercise <b>1...Intro to Diabetes Prevention</b>  5...Quilts For Kids</p>	<p><b>12</b> 8 &amp; 9...Silver Sneakers Class (\$)  10...Pinochle <b>10.. RE/MAX Presentation &amp; Bingo</b> 10...Beginners Line Dance (\$)  11...Line Dancing (\$)  11...Chair Volleyball</p>	<p><b>13</b> 8:30...Breakfast in the Café (\$)  9...Well-checks 9...PA MEDI (appt only) 9...Chair Yoga (\$)  9... iPad Class 9:45...Walking Club 10...Bible Study 11...Chair Exercise 12:30... Chair Volleyball <b>1... Memory Café Easter Eggs</b></p>	<p><b>14</b> 8 &amp; 9...Silver Sneakers Class (\$)  8:30...AARP Income Tax Prep 10...Book Club 10...500 Bid Card Game <b>10:30...St. Patrick's Day Party</b> <b>fea. Clann Redmond</b>  11...Chair Volleyball 1:15...Yoga (\$)</p>	<p><b>15</b> 8:45...Chair Yoga (\$)  9...Quarter Bingo (\$) 9:45...Walking Club 10...Tap Dancing (\$)  10:15...Drumming Exercise 11...Show Me Your Muscles</p>
<p><b>18</b> 8:30...Breakfast in the Café (\$)  9...T'ai Chi Chih (\$)  9...Chair Yoga (\$)  9:45...Walking Club 10...<b>Coffee &amp; Discussion</b> 11...Chair Exercise 5...Quilts for Kids</p>	<p><b>19</b> 8 &amp; 9...Silver Sneakers Class (\$)  10...Pinochle 10...Word Link <b>10... Grief &amp; Loss Support</b> 10...Beginners Line Dance (\$)  11...Line Dancing (\$)  11...Chair Volleyball</p>	<p><b>20</b> 8:30...Breakfast in the Café (\$)  9...Chair Yoga (\$)  9... iPad Class 9:45...Walking Club  10...<b>Paint w/ Pat (\$)</b>  11...Chair Exercise 12:30... Chair Volleyball</p>	<p><b>21</b> 8 &amp; 9...Silver Sneakers Class (\$)  8:30...AARP Income Tax Prep <b>10...Birthday/Anniversary Party</b> <b>fea. Leo Reaver</b>  11...Chair Volleyball 12:30...Yarn Workers 1:15... Yoga (\$)</p>	<p><b>22</b> 8:30...<b>Blood Pressure Checks</b> 8:45...Chair Yoga (\$)  9...Quarter Bingo (\$) 9... Parkinson's Exercise 9:45...Walking Club 10...Tap Dancing (\$)  10:15...Drumming Exercise 11...Show Me Your Muscles</p>
<p><b>25</b> 8:30...Breakfast in the Café (\$)  9...T'ai Chi Chih (\$)  9...Chair Yoga (\$)  9...PA Medi (appt only) 9:45...Walking Club 10...<b>Washington DC Video Tour</b> 11...Chair Exercise</p>	<p><b>26</b> 8 &amp; 9...Silver Sneakers Class (\$)  10...Pinochle 10... Boggle 10...Beginners Line Dance (\$)  11...Line Dancing (\$)  11...Chair Volleyball 12:30...<b>Become a Dementia Friend!</b></p>	<p><b>27</b> 8:30...Breakfast in the Café (\$)  8:30-12...Chair Massage (\$ appt) 9...Chair Yoga (\$)  9... iPad Class <b>9:30... Watercolor w/ Katie (\$)</b> 9:45...Walking Club 11...Chair Exercise 12:30... Chair Volleyball</p>	<p><b>28</b> <i>Wellness Fair</i> 8:30-noon...Meet the Vendors 9-10...Free Gift Card Bingo 10:30...UPMC Presentation <b>1-2...Entertainment fea. The LeBlancs</b> 1:15...Yoga (\$) 2...Door Prize &amp; 50/50 Drawings</p>	<p><b>29</b> <i>Center Closed</i> </p>

\*Activities may change if conditions warrant.