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

*Activities may change if conditions warrant.