

Ongoing Programs

Monday

8:30-5 Fitness Ctr.*
8:30-5 Play Pool
8:30-5 Tech Lab Open
9:00 Café/ Breakfast (*Eggs on Mon thru Feb*)
9:30 Stretch/Strength*
10:30 Enhance Fitness *
at Pensdale
11:00 Music Lessons
11:30 Yoga *
12:00 Lunch

Tuesday

8:30-5 Fitness Ctr.*
8:30-5 Open Tech Lab
9 :00 Café/Breakfast
9 :00 Walking Group
10:00 Beading
10:30 Men's Group
11:00 Sent. Chorus
12:00 Lunch
1:00 Tai Chi
1:00 Next Chapter
1-2:30 Computer Lab

Wednesday

8:30-5 Fitness Ctr.*
8:30-5 Play Pool
9 :00 Café/Breakfast
9 :00 Knit & Crochet
9:15 Silver Sneakers *
Classic
10:00 Line Dancing*
12:00 Lunch
12:45 Bingo


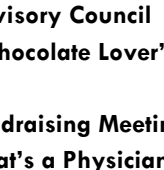


THURSDAY

8:30-5 Fitness Ctr.*
8:30-5 Tech Lab Open
9 :00 Café/Breakfast
9 :00 Walking Group *
10:00 Weaving
10:00 Yoga Rhythmic*
12:00 Lunch
12:45 Bingo
1:00 Tai Chi *
1-2:30 Computer Lab or
Tutoring - By appt.

FRIDAY

8:30-5 Fitness Ctr. *
8:30-5 Open Tech Lab
9 :00 Café/Breakfast
9:15 Sneakers Classic *
10:45 News & Views
11:00 Enhance Fitness *
12:00 Lunch
12:30 Painting & More
1:00 Pinochle / Bridge
1:00 Writers Group
(1 & 3rd Fri. of Month)
2:00 Digital Photo - On
Hold (1 & 3rd Fri.)

Special Events

<p>2</p> <p>10:45 Meditation Returns 12:30 Reading Buddies</p>	<p>3</p> 	<p>4</p> <p>10:30 American Red Cross (R.E.S.P.E.C.T)</p>	<p>5</p>	<p>6</p> <p>1:00 MOVIE MATINEE "THE HELP"</p>
<p>9</p> <p>12:30 Reading Buddies</p>	<p>10</p>  <p>9:30 Advisory Council 12: 00 Chocolate Lover's Dessert 1:30 Fundraising Meeting 2:15 What's a Physician's Assistant? Presentation</p>	<p>11</p> <p>11:00 Philadelphia College of Pharmacy Students - BP Screenings & Presentation</p>	<p>12</p> 	<p>13</p> <p>SPECIAL VALENTINE LUNCH MENU 1:00 MOVIE MATINEE "SEPARTE BUT EQUAL"</p>
<p>16</p> <p>Center Closed</p> 	<p>17</p> <p>2:00 One Book/ One Philadelphia "Orphan Train" Book Discussion begins</p>	<p>18</p> <p>10:30 American Red Cross (R.E.S.P.E.C.T) Emergency Prepared- ness</p>	<p>19</p> <p>10:30 PCA - Weight Loss Program (session 1) 1:30 Program Planning Committee Meeting</p>	<p>20</p> <p>MOVIE MATINEE Regal Cinemas Theater Trip - Black & White (the movie)</p>
<p>23</p> <p>11:00 Increasing Fiber Presentation "Nutrition for Life" w/Ruby Davis 12:30 Reading Buddies</p>	<p>24</p> <p>12:00 Lunch Club 2:15 Heart Health— The Latest Information</p>	<p>25</p> <p>10:30 American Red Cross (R.E.S.P.E.C.T) Emergency Prepared- ness</p>	<p>26</p> <p>10:30 PCA - Weight Loss Program (session 2) 1:30 Trip Planning Committee Meeting</p>	<p>27</p> <p>10:30 Divine Sources Heart Health Smoothies 1:00 Greeting Card Craft 1:00 MOVIE MATINEE "MALCOLM X"</p>

PLEASE NOTE: THREADS FITNESS IS CURRENTLY ON HOLD AND WILL RESUME IN THE FUTURE. PLEASE STAY TUNED TO BULLETIN BOARD ANNOUNCEMENTS AND UPDATES ON WHEN THE CLASS WILL RESTART.

PLEASE NOTE: ACCREDITATION SITE VISIT SCHEDULED FOR MONDAY • FEBRUARY 2
EVERYONE INVITED!!
Snow date: Tuesday February 3rd