

CALENDAR of EVENTS for AUGUST 2015
Ongoing Programs and Special Events

Monday

8:30-5 Fitness Ctr.
8:30-5 Play Pool, Ping-Pong
8:30-5 Tech Lab Open
9:00 Café/ Breakfast
9:30 Stretch/Strength
10:30 Enhance Fitness
at Pensdale
10:45 Meditation
11:00 Music Lessons
11:30 Yoga
12:00 Lunch
1:00 Classic Tones

Tuesday

8:30-5 Fitness Ctr.
8:30-5 Play Pool, Ping Pong
8:30-5 Open Tech Lab
9 :00 Café/Breakfast
9 :00 Walking Group
10:00 Beading
11:00 Sent. Chorus (1st Tues.)
12:00 Lunch
1:00 Tai Chi
1:00 Next Chapter-On Break
1-2:30 Computer Lab

Wednesday

8:30-5 Fitness Ctr.
8:30-5 Pool, Ping Pong
9 :00 Café/Breakfast
9 :00 Knit & Crochet
9:15 Silver Sneakers
Classic
10:00 Line Dancing
10:30 Men's Group-On Break
12:00 Lunch
12:45 Bingo

THURSDAY

8:30-5 Fitness Ctr.
8:30-5 Pool, Ping Pong
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.
2:30 Threads Fitness

FRIDAY

8:30-5 Fitness Ctr.
8:30-5 Open Tech Lab
8:30-5 Pool, Ping Pong
9 :00 Café/Breakfast
9:30 S-Sneakers Classic
10:45 News & Views
11:00 Enhance Fitness *
12:00 Lunch
12:30 Painting & More
1:00 Pinochle / Bridge
1:00 Wii (2nd/4th of Month)

<p>3</p> <p>6:00 ZUMBA GOLD (All Ages) NEW DAY!!</p>	<p>4</p> <p>10:00 Mutter Museum Trip BTG Students</p>	<p>5 11-12 Tech Help On I-PADS & more</p>	<p>6 10:30 GreensGrow 11:45 Phillies Game Must be registered with purchased ticket in advance</p>	<p>7</p> <p>1:00 Movie</p> <p>CAMP LADORE TRIP FINAL PAYMENTS DUE</p>
<p>10</p> <p>6:00 ZUMBA GOLD (All Ages) 5 PM - Midnight Chubby's Fundraiser</p>	<p>11 9:30 Advisory Council</p> <p>12:15 Advisory Council Installation 1:00 Financial Committee Meeting</p>	<p>12</p> <p>11-12 Tech Help On I-PADS & more</p>	<p>13 10:30 GreensGrow</p>	<p>14</p> <p>1:00 Wii Bowling</p> <p style="text-align: right;"><small>Wii</small></p>
<p>17 11:15 Nutrition for Life Topic: Reduce Sugar Intake: Drink more Water! w/Ruby Davis 6:00 ZUMBA GOLD (All Ages)</p>	<p>18</p> <p>9:30 Reading Terminal 1:30 Trip Committee Meeting</p>	<p>19 10 - 12 APPRISE</p> <p>11-12 Tech Help On I-PADS & more</p>	<p>20 10:30 GreensGrow</p>	<p>21</p> <p>1:00 Movie</p>
<p>24</p> <p>6:00 ZUMBA GOLD (All Ages)</p>	<p>25</p> <p>9:30-12 FREE Veterans Legal Clinic (appointment only)</p> <p>12:00 - Lunch Club NIRVANA Indian Bistro</p>	<p>26</p> <p>11-12 Tech Help On I-PADS & more</p> <p>2 - 4 Movie Matinee "The Judge"</p>	<p>27 10:30 GreensGrow</p>	<p>28</p> <p>1:00 Wii Bowling</p> <p>1:00 Book Club</p> <p style="text-align: right;"><small>Wii</small></p>
<p>31</p> <p>6:00 ZUMBA GOLD (All Ages)</p>	<p>*Please Note: Temporary Time Change ENHANCE FITNESS WILL BEGIN AT 11:15 August 7th - September 4th</p>			