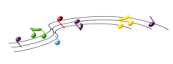


403 Rector St. ~ 215.487.1750

Ongoing Events

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-5 Fitness Ctr. \$	8:30-2* Fitness Ctr. \$	8:30-5 Fitness Ctr. \$	8:30-5 Fitness Ctr. \$	8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games	8:30-5 Cards, Games	8:30-5 Cards, Games	8:30-5 Cards, Games	8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong	8:30-5 Pool, Ping-Pong	8:30-5 Pool, Ping-Pong	8:30-5 Pool, Ping-Pong	8:30-5 Pool, Ping-Pong
8:30-5 Open Tech Lab	8:30-5 Open Tech Lab	8:30-5 Open Tech Lab	8:30-5 Open Tech Lab	8:30-5 Open Tech Lab
8:45 Continent. Break. \$	8:45 Continent. Break. \$	8:45 Continent. Break. \$	8:45 Continent. Break.	8:45 Continent. Break. \$
9:30 Stretch/Strength \$	9:00 Walking Group	9:00 Knit & Crochet \$	9:00 Walking Group	9:30 SilvSnk Clssic D/\$
10:30 Enhance Fitness <i>D</i>	10:00 Beading \$	9:15 SilvSnk Clssic D/\$	9:30 All Levels Yoga \$	10:45 News & Views
10:25 Meditation	12:00 Lunch <i>D</i>	10:00 Line Dancing \$	10:00 Weaving \$	10:30 Enhance Fitness <i>D*</i>
11:00 Music Lessons \$	1:00 Next Chapter	12:00 Lunch <i>D</i>	11:15 Best Day	12:00 Lunch <i>D</i>
11:30 All Levels Yoga \$	1:00 Tai Chi \$	12:45 Bingo \$	12:00 Lunch <i>D</i>	1:00 Pinochle / Bridge
12:00 Lunch <i>D</i>	2:30 Music I Love	1:00 Tap Dancing NEW	12:45 Bingo \$	
	(Classical Music Appreciation)	2:00 Mini Hand Massage	1:00 Tai Chi \$	
		7:00 Doctor's Chamber Orchestra		



Special & Time Limited Events

3 	4 10:30 iPads w/Lynn 10:30 EnhanceFitness Make up	5 DEATH CAFÉ 2:15-3:45, refreshments 6:00-7:30, light dinner RSVP by Oct 3rd	6 9:30 Cooked Breakfast \$ 10-1 Take a wellness Survey! 10:45 Heritage Map	7
10 9:30 Cooked Breakfast \$ 12:30 Reading Buddies <u>Orientation</u>	11 10:30 Advisory Council 10:30 iPads w/Lynn 10:30 APPRISE Medicare Changes PRESENTATION 1:00 Financial Committee	12 9:15 SilverSneakers \$ 11:00 Healthy Cooking Demo	13 9:30 Cooked Breakfast \$ 1:30 Make Your Own Strawberry Jam - RSVP/ pay \$8 by 10/7	14 APPRISE - by appt. only
17 9:30 Cooked Breakfast \$ 10:00 iPad & More Tutorial w/ Nina by appt 10:00 CAMP LADORE information presentation 12:30 Reading Buddies with Kids <u>first session</u>	18 APPRISE - by appt. only 10:30 EnhanceFitness Make up	19 11:00 CARIE - Medicare Fraud Prevention 	20 9:30 Cooked Breakfast \$ 9:30 Reading Terminal RSVP by 10/12	21
JW FUNDRAISER Maria's Ristorante on Summit - Lunch & Dinner Mon - Thurs				
24 10 iPad & More Tutorial w/ Nina by apt 12:30 Reading Buddies 	25 10:30 iPads w/Lynn 10:30 EnhanceFitness Make up 11- Lunch Club- Meet at JW for the Nanzhou Noodle Hse \$ For CCT RSVP by 10/18	26 9:30 Trader Joe's RSVP by 10/18 7:00 - Roxborough Historical Society	27 9:30 Cooked Breakfast \$ 1:00 Book Club Our Souls at Night by Kent Haruf	28 12:15 Birthday Reading to honor those born in October Ice Cream, Cake <u>5:30 Evening Bingo w Hotdogs, Refreshments \$</u>
31 9:30 Cooked Breakfast\$ 10 iPad & More Tutorial w/ Nina by appt 12:30 Reading Buddies	Coming in November: JW Art Show Nov 4 ~ Interact Auction Nov 9 AARP Safe Driving, 12:30 - 4:30 \$ ~ 1st Timers Nov 2 & 3 ~ Refresher Nov 9 Blondelle Reynolds Brown Info Fair, Nov 18, 10-12			KEY \$ = Cost D=Donation Appreciated but Optional * TIME CHANGE