

September 2017 Activities



Friday, September 1
12:30 LUNCH
1:00 Mexican Train Dominos

Monday, September 4

CLOSED

NO MOW DELIVERY

Tuesday, September 5

10:00 WOW
11:00 Tai Chi
12:30 LUNCH
12:30 Bridge
1:00 Woman's Club-
Country Cards
1:00 Mahjong

Wednesday, September 6

9:00 Walkercise
9:30 Yoga
12:30 LUNCH
12:30 Pinochle

Thursday, September 7

10:00 WOW
11:00 Tai Chi
12:00 BP/Health Checks
12:30 LUNCH
1:00 Canasta

Friday, September 8

12:30 LUNCH
1:00 Mexican Train Dominos

Monday, September 11

9:00 Walkercise
9:30 Hatha Yoga
10:30 Bible Study
12:30 LUNCH

**6pm 1st Monday Dinner at
Pennsburg U.C.C. and The
Center at The Open Link**

Tuesday, September 12

10:00 WOW
11:00 Tai Chi
11:00 Hearing Screening
12:30 LUNCH
1:00 Mahjong

Wednesday, September 13

8:00 **Goschenhoppen Folding**
9:00 Walkercise
9:30 Yoga
12:30 LUNCH
12:30 Pinochle

Thursday, September 14

10:00 WOW
11:00 Tai Chi
11:45 Diner's Club
12:00 BP/Health Checks
12:30 LUNCH
1:00 Canasta

Friday, September 15

12:30 LUNCH
1:00 Mexican Train Dominos
1:30 Chronic Disease – Self
Management

Monday, September 18

9:00 Walkercise
9:30 Hatha Yoga
12:30 Special lunch by kitchen
staff

Tuesday, September 19

10:00 WOW
11:00 Tai Chi
12:30 LUNCH
1:00 Mahjong

Wednesday, September 20

9:00 Walkercise
9:30 Yoga
12:30 LUNCH
12:30 Pinochle
3:00—6:00 Grand Re-Opening
of Center Open House

Thursday, September 21

10:00 WOW
11:00 Tai Chi
12:00 BP/Health Checks
12:30 LUNCH
1:00 Canasta
1:00 Coloring with a Purpose
with Julie Longacre
1:00 Book Club

Friday, September 22

12:00 Fall Awareness Expo
1:00 Mexican Train Dominos
1:30 Chronic Disease - Self
Management Class

Monday, September 25

9:00 Walkercise
9:30 Hatha Yoga
10:30 Bible Study
12:30 **LUNCH with the Center
Manager**
1:00 Country Cards

Tuesday, September 26

10:00 WOW
11:00 Tai Chi
12:30 LUNCH
1:00 Mahjong

Wednesday, September 27

9:00 Walkercise
9:30 Yoga
12:30 LUNCH
12:30 Pinochle

Thursday, September 28

10:00 WOW
11:00 Tai Chi
12:00 BP/Health Checks
12:30 LUNCH
1:00 Canasta
1:00 Nutrition Series—Healthy
Desserts

Friday, September 29

12:30 LUNCH
1:00 Mexican Train Dominos
1:30 Chronic Disease—Self
Management Class