



**MONTHLY HEALTHY HABIT: EAT GOOD FATS! GET YOUR OMEGA 3'S WITH SALMON AND WALNUTS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	2 9:30 COMPUTER CLUB 11:30 FUN & FITNESS <b>12:00 FLU SHOTS</b> 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	3 9:30 WED CARD PLAYERS <b>10:00 BOARD MEETING</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	4 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	5 9:30 PINOCHLE 10:00 SING-A-LONG	6
7	8 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	10 9:30 WED CARD PLAYERS <b>9:30 GENERAL MEETING AND PRESENTATION</b> <b>11:30 COMPUTER BASICS</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB <b>1:30 RED HAT LADIES</b>	11 <b>9:30 TO 12:00 NURSE</b> 10:00 FINANCE/INVEST GROUP 10:15 BINGO <b>11:00 OUTREACH BRIGGS</b> 12:30 FUN & FITNESS	12 9:30 PINOCHLE 10:00 SING-A-LONG	13
14	15 <b>9:30 AARP DRIVER SAFETY PROGRAM</b> 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:30 YOGA (VIDEO)	16 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	17 <b>9:30 VALLEY FORGE CASINO</b> 9:30 WED CARD PLAYERS <b>10:00 PERSIAN GROUP</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	18 <b>9:00 HARRISBURG EXCURSION TRIP</b> 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	19 9:30 PINOCHLE 10:00 SING-A-LONG <b>11:15 FRIDAY FLICKS</b>	20
21 <b>BIG BINGO DOORS OPEN 11 AM</b>	22 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	23 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	24 9:30 WED CARD PLAYERS <b>11:30 COMPUTER BASICS</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	25 <b>9:30 TO 12:00 NURSE</b> 10:00 FINANCE/INVEST GROUP 10:15 BINGO <b>11:00 OUTREACH LEACH</b> 12:30 FUN & FITNESS	26 9:30 PINOCHLE 10:00 SING-A-LONG	27
28	29 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	30 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	31 9:30 WED CARD PLAYERS 9:30 QUILTING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING			

