




DECEMBER 2018

MONTHLY HEALTHY HABIT: MEDITATE (OR SIT IN SILENCE) 10 MINUTES EVERYDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 UMSSC BAND CHRISTMAS VILLAGE AT TWP. BLDG. 12:00 PM
2 	3 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	4 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 11:00-1:00 DRUG TAKE BACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	5 9:30 WED CARD PLAYERS 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA	6 9:00-11:00 WALK TRACK 9:30 FESTIVE LONGWOOD GARDEN TRIP 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS ADOPTED FAMILY DONATIONS DUE TODAY	7 9:30 PINOCHLE 10:00 SING-A-LONG	8
9 UMSSC BAND SAM ASH MUSIC STORE 1:00 PM	10  CENTER CLOSED HOLIDAY PARTY AT VALLEY FORGE CASINO 11:00 AM - 2:00 PM	11 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	12 9:30 GENERAL MEETING 9:30 WED CARD PLAYERS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:30 RED HAT LADIES	13 9:00-11:00 WALK TRACK 9:30 TO 12:00 NURSE 10:00 MLH PRESENTATION ON COMMUNITY RESOURCES 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 FUN & FITNESS	14 9:30 PINOCHLE 10:00 SING-A-LONG	15
16	17 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	18 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	19 9:30 VALLEY FORGE CASINO 9:30 WED CARD PLAYERS 9:30 QUILTING 10:00 PERSIAN SENIOR GROUP 12:00 TAI CHI (VIDEO) 12:30 CANASTA	20 9:00-11:00 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	21 9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	22
23	24 CENTER CLOSED	25 	26 CENTER CLOSED	27 CENTER CLOSED	28 CENTER CLOSED	29
30	31 NEW YEARS EVE CENTER CLOSED	JANUARY 1, 2019 CENTER CLOSED	