











You draw nothing out of the bank of life except what you deposit in it.

UMSSC - SEPTEMBER 2015

610-265-4715

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--|---|---|--|--|---|--|
|          |   | 1<br>9:30 COMPUTER CLUB<br>9:30 BRIDGE<br>9:30 POKER<br>11:30 CHAIR EXERCISE<br>12:30 PINOCHLE<br>1:00 KNITTING/CROCHETING<br>12:45 BAND PRACTICE / INSTRUCTION   | 2<br><b>10:00 BOARD MEETING</b><br>12:00 TAI CHI<br>1:00 LINE DANCING                        | 3<br>9:30 CANASTA<br>10:00 FINANCIAL/ INVEST. DISCUSSION GROUP<br>10:15 BINGO<br>12:30 CHAIR EXERCISE  | 4<br>9:30 POKER<br>10:00 SING-A-LONG  | 5<br>   |
| 6<br>    | 7<br><b>CLOSED FOR LABOR DAY HOLIDAY</b>  | 8<br>9:30 COMPUTER CLUB<br>9:30 BRIDGE<br>9:30 POKER<br>11:30 CHAIR EXERCISE<br>12:30 PINOCHLE<br>1:00 KNITTING/CROCHETING<br>12:45 BAND PRACTICE / INSTRUCTION   | 9<br><b>10:00 GENERAL MEETING</b><br>12:00 TAI CHI<br>1:00 LINE DANCING                      | 10<br>9:30 CANASTA<br><b>9:30 NURSE</b><br>10:00 FINANCIAL/INVEST. DISCUSSION GROUP<br>10:15 BINGO<br><b>11:00 OUTREACH BRIGGS</b><br>12:30 CHAIR EXERCISE | 11<br>9:30 POKER<br>10:00 SING-A-LONG<br><b>11:15 FRIDAY FLICKS "MCFARLAND USA"</b> | 12<br>  |
| 13<br>   | 14<br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br><b>10:00 GOOD FOOD / GOOD HEALTH WITH PARI</b><br>1:30 YOGA   | 15<br>9:30 COMPUTER CLUB<br>9:30 BRIDGE<br>9:30 POKER<br>11:30 CHAIR EXERCISE<br><b>12:30 CHESAPEAKE PHYSICAL &amp; AQUATIC THERAPY PRESENTATION</b><br>12:30 PINOCHLE<br>1:00 KNITTING/CROCHETING<br>12:45 BAND PRACTICE INSTRUCTION | 16<br><b>9:30 VALLEY FORGE CASINO</b><br>9:30 QUILTING<br>12:00 TAI CHI<br>1:00 LINE DANCING | 17<br><b>9:30 WAYNE RITE-AID FLU SHOTS</b><br>9:30 CANASTA<br>10:00 FINANCIAL/ INVEST. DISCUSSION GROUP<br>10:15 BINGO<br>12:30 CHAIR EXERCISE             | 18<br>9:30 POKER<br>10:00 SING-A-LONG   | 19<br>  |
| 20<br>  | 21<br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br><b>12:00 FREE ZUMBA DEMONSTRATION</b><br><b>1:00 NOSTALGIA DAY - DEAN MARTIN ROAST</b><br>1:30 YOGA       | 22<br>9:30 COMPUTER CLUB<br>9:30 BRIDGE<br>9:30 POKER<br>11:30 CHAIR EXERCISE<br>12:30 PINOCHLE<br>1:00 KNITTING/CROCHETING<br>12:45 BAND PRACTICE / INSTRUCTION  | 23<br><b>CLOSED FOR YOM KIPPUR OBSERVANCE</b>  | 24<br><b>14<sup>TH</sup> ANNUAL SENIOR FALL FLING</b><br><b>CENTER IS CLOSED</b>   | 25<br>9:30 POKER<br>10:00 SING-A-LONG   | 26<br> |
| 27<br> | 28<br><b>9:30 8-HR. AARP DRIVER SAFETY (PART 1)</b><br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br><b>12:00 ZUMBA</b><br><b>1:00 BOOK TALK</b><br>1:30 YOGA | 29<br><b>9:30 8-HR. AARP DRIVER SAFETY (PART 2)</b><br>9:30 COMPUTER CLUB<br>9:30 BRIDGE<br>9:30 POKER<br>11:30 CHAIR EXERCISE<br>12:30 PINOCHLE<br>1:00 KNITTING/CROCHETING<br>12:45 BAND PRACTICE / INSTRUCTION                     | 30<br>12:00 TAI CHI<br><b>1:00 UNWHINE &amp; PAINT PARTY</b><br>1:00 LINE DANCING            |   |   |  |