



















Monday	Tuesday	Wednesday	Thursday	Friday
<p>COMING IN SEPTEMBER TRIP TO RAYSTOWN</p>  <p>CRUISE AND LUNCH</p>	<p>1 SPIKES GAME \$15 (SIGN UP NOW. LIMITED SEATS)</p>  <p>9 AM HIKING 11AM WEIGHT TRAINING 12:30PM SECOND WINDS BAND PRACTICE 1PM CANASTA</p>	<p>2 9AM RUMMIKUB / PUZZLES 10-10:30 LINE DANCING LESSONS 10:45 AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE 12:15PM HEALTHSOUTH PRESENTATION 1:00 PM MAH JONGG LESSONS 5-7 PM TAI CHI (Must pre-register)</p> 	<p>3 9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15PM STRETCH, WEIGHTS, & WALK</p> 	<p>4 ANNUAL COUNTY PICNIC BALD EAGLE STATE PARK \$6 CENTER CLOSED (THEME IS TROPICAL) 10:45AM LINE DANCING SAT, AUGUST, 5-11 AM TAI CHI (Must pre-register)</p> 
<p>7 9AM RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 9:30AM PENNY POKER 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON MUSIC WITH AMY NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 12:15PM HOME HEALTH NURSING PRES. 1:00PM MAH JONGG 5:15PM STRETCH, WEIGHTS, & WALK</p> 	<p>8 9AM RUMMIKUB PUZZLES 9 AM HIKING 11AM WEIGHT TRAINING 12:30PM SECOND WINDS BAND PRACTICE 1PM CANASTA</p> 	<p>9 9AM RUMMIKUB PUZZLES 10AM LINE DANCING LESSONS 10:45AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE WITH HEARTHSIDE 1:00 PM MAH JONGG LESSONS 5-7 PM TAI CHI (Must pre-register)</p>	<p>10 9AM GROCERY SHOPPING 9AM RUMMIKUB 10AM TRIAD MEETING 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15PM STRETCH, WEIGHTS, & WALK</p>	<p>11 9AM PUZZLING PICTURE / RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10:30AM-1:30PM BELLEFONTE ARTS FESTIVAL 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 1PM HAND AND FOOT CANASTA SAT, AUGUST 12, 9-11 AM TAI CHI (Must pre-register)</p> 

<p>14 9AM RUMMIKUB 9:30AM PENNY POKER 9:45AM HEALTHY STEPS EXERCISE 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG</p>  <p><i>5:15PM STRETCH, WEIGHTS, & WALK</i></p>	<p>15 9AM RUMMIKUB PUZZLES 10AM HIKING 11AM WEIGHT TRAINING NOON NICKEL BINGO 12:30PM SECOND WINDS BAND PRACTICE 1PM CANASTA</p> 	<p>16 9AM RUMMIKUB / PUZZLES 10AM LINE DANCING LESSONS 10AM TRIP TO OLLIES AND LUNCH AT IHOP 10:30AM OMNI BLOOD PRESSURE 10:45AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE WITH HEARTHESIDE 12:15PM BOOK DISCUSSION GROUP 1:00 PM MAH JONGG LESSONS 5-7 PM TAI CHI (Must pre-register)</p> 	<p>17 9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE CLUB 12:30-3:30PM ARTIST OPEN STUDIO</p> 	<p>18 9AM PUZZLING PICTURE RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 1PM HAND AND FOOT CANASTA</p> <p>SAT, Aug.19, 9-11 AM TAI CHI (Must pre-register)</p>
<p>21 9AM RUMMIKUB 9:30AM PENNY POKER 9:45AM HEALTHY STEPS EXERCISE 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG</p>  <p><i>5:15PM STRETCH, WEIGHTS, & WALK</i></p>	<p>22 9AM RUMMIKUB PUZZLES 9AM HIKING 11 AM WEIGHT TRAINING 12:30PM SECOND WINDS BAND PRACTICE 1:00 CANASTA</p> 	<p>23 9AM RUMMIKUB PUZZLES 10AM LINE DANCING LESSONS 10:45AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE 1:00 PM MAH JONGG LESSONS 5-7 PM TAI CHI (Must pre-register)</p>	<p>24</p> <p>GRANGE FAIR</p>  <p>CENTER CLOSED</p> <p><i>5:15 PM STRETCH, WEIGHTS & WALK</i></p>	<p>25 9AM PUZZLING PICTURE RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 12:15 PM SENIOR GROUP MEETING 1PM HAND AND FOOT CANASTA</p>
<p>28 9AM RUMMIKUB 9:30AM PENNY POKER 9:45AM HEALTHY STEPS EXERCISE 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 12:15PM PROGRAM PLANNING 1:00PM MAH JONGG</p> <p><i>5:15PM STRETCH, WEIGHTS, & WALK</i></p>	<p>29 9AM RUMMIKUB / PUZZLES 9AM HIKING 11AM WEIGHT TRAINING NOON DIME BINGO 12:30PM SECOND WINDS BAND PRACTICE 1PM CANASTA</p> 	<p>30 9AM RUMMIKUB / PUZZLES 10-10:30 LINE DANCING LESSONS 10:45 AM LINE DANCING 11:30 AM HOT DOG BAR COVERED-DISH LABOR DAY PICNIC 12:15PM SENIOR SIZE EXERCISE 1:00 PM MAH JONGG LESSONS 5-7 PM TAI CHI (Must pre-register)</p> 	<p>31 9AM GROCERY SHOPPING 9AM RUMMIKUB 10 AM RIDE CATA TO WALMART AND SHOP 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15PM STRETCH, WEIGHTS, & WALK</p> 	<p>1 SEPTEMBER</p> <p>COST SAVINGS DAY NO MEALS OR TRANSPORTATION</p> <p>10:45AM LINE DANCING 1PM HAND AND FOOT CANASTA</p>