




















Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>COST SAVINGS DAY</b></p> <p><b>NO MEALS OR TRANSPORTATION</b></p> <p>10:45AM LINE DANCING NOON - 2:30PM BRIDGE 1:00PM MAH JONGG</p>  <p>5:15PM STRETCH, WEIGHTS, &amp; WALK</p>	<p><b>4</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>5</b></p> <p>9AM RUMMIKUB / PUZZLES 10-10:30 LINE DANCING LESSONS 10:45 AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE</p>  <p>5-7 PM TAI CHI (Must pre-register)</p>	<p><b>6</b></p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 11AM WEIGHT TRAINING 10:30 BEGINNER BRIDGE LESSONS NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO</p>  <p>5:15PM STRETCH, WEIGHTS, &amp; WALK</p>	<p><b>7</b></p> <p>9AM RUMMIKUB 10AM OPEN CRAFTS 9:45AM HEALTHLY STEPS EXERCISE 10:45AM LINE DANCING 12:15PM 50/50 DRAWING NOON NICKLE BINGO 1PM HAND AND FOOT CANASTA</p>  <p>SAT, JULY 8 TAI CHI (Must pre-register)</p>
<p><b>10</b></p> <p>9AM RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 9:30AM PENNY POKER 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 12:15PM HOME HEALTH NURSING PRES. 1:00PM MAH JONGG</p>  <p>5:15PM STRETCH, WEIGHTS, &amp; WALK</p>	<p><b>11</b></p> <p>9AM RUMMIKUB PUZZLES 11:30AM-1:30PM "STAR SPANGLE SCAMMERS" LUNCH, MUSIC AND PRESENTATION ON SCAMMING \$14 MOUNTAIN VIEW COUNTRY CLUB 10AM HIKING 11AM WEIGHT TRAINING 1PM CANASTA</p> 	<p><b>12</b></p> <p>9AM RUMMIKUB PUZZLES 10AM LINE DANCING LESSONS 10:45AM LINE DANCING 11:00AM HEALTHY COOKING WITH LACRETA 12:15PM SENIOR SIZE EXERCISE WITH HEARTHSIDE</p>  <p>5-7 PM TAI CHI (Must pre-register)</p>	<p><b>13</b></p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30AM-1:30 BOALSBURG ARTS FESTIVAL 11AM WEIGHT TRAINING 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15PM STRETCH, WEIGHTS, &amp; WALK</p> 	<p><b>14</b></p> <p>9AM PUZZLING PICTURE RUMMIKUB 10AM OPEN CRAFTS 9:45AM HEALTHLY STEPS EXERCISE 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 12:15PM <b>CARE PACKAGE</b> FOR THE TROOPS. BRING IN A SMALL ITEM TO MAIL TO THE TROOPS. 1PM HAND AND FOOT CANASTA SAT, JULY 15, 9-11 AM TAI CHI (Must pre-register)</p>

<p>17</p> <p>9AM RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 9:30AM PENNY POKER 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG</p>  <p>5:15PM STRETCH, WEIGHTS, &amp; WALK</p>	<p>18</p> <p>9AM RUMMIKUB PUZZLES 10AM HIKING 11AM WEIGHT TRAINING 12:15PM BINGO WITH GEISINGER 1PM CANASTA</p> 	<p>19</p> <p>9AM RUMMIKUB / PUZZLES 10AM LINE DANCING LESSONS 10AM WATER COLOR WITH YOGI. MAKE 2 CARDS FOR \$1.00 10:45AM LINE DANCING 10:30AM OMNI BLOOD PRESSURE 12:15PM SENIOR SIZE EXERCISE WITH HEARTHESIDE 12:15PM BOOK DISCUSSION GROUP 5-7 PM TAI CHI (Must pre-register)</p> 	<p>20</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 11AM WEIGHT TRAINING 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30 GENEALOGY CLUB 12:30-3:30PM ARTIST OPEN STUDIO 5:15PM STRETCH, WEIGHTS, &amp; WALK</p> 	<p>21</p> <p>9AM PUZZLING PICTURE RUMMIKUB 10AM OPEN CRAFTS 9:45AM HEALTHY STEPS EXERCISE 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 1PM HAND AND FOOT CANASTA</p> <p>SAT, JULY 22, 9-11 AM TAI CHI (Must pre-register)</p>
<p>24</p> <p>9AM RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 9:30AM PENNY POKER 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG</p>  <p>5:15PM STRETCH, WEIGHTS, &amp; WALK</p>	<p>25</p> <p>9AM RUMMIKUB PUZZLES 10AM MAKE AUNTIE ANNE'S PRETZELS WITH CATHY \$5.00 11 AM WEIGHT TRAINING 1:00 CANASTA</p> 	<p>26</p> <p>9AM RUMMIKUB PUZZLES 10AM LINE DANCING LESSONS &amp; PROJECT SHARE 10:30AM LEWISBURG FARMERS MARKET/LUNCH AT RUSTY RAIL 10:45AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE 5-7 PM TAI CHI (Must pre-register)</p> 	<p>27</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 11AM WEIGHT TRAINING 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15 PM STRETCH, WEIGHTS, &amp; WALK</p> 	<p>28</p> <p>9AM PUZZLING PICTURE RUMMIKUB 10AM OPEN CRAFTS 9:45AM HEALTHY STEPS EXERCISE 10:45AM LINE DANCING NOON NICKLE BINGO 1PM HAND AND FOOT CANASTA</p>  <p>SAT, JULY 29, 9-11 AM TAI CHI (Must pre-register)</p>
<p>31</p> <p>9AM RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 9:30AM PENNY POKER 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>5:15PM STRETCH, WEIGHTS, &amp; WALK</p>	<p>1</p> <p><b>AUGUST SPIKES GAME</b></p>  <p>\$15 (SIGN UP NOW. LIMITED SEATS)</p>	<p>2</p> <p>9AM RUMMIKUB PUZZLES 10AM LINE DANCING LESSONS 10:45AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE 12:15PM HEALTHSOUTH PRESENTATION 5-7 PM TAI CHI (Must pre-register)</p>	<p>3</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 11AM WEIGHT TRAINING 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15 PM STRETCH, WEIGHTS, &amp; WALK</p>	<p>4</p> <p><b>ANNUAL COUNTY PICNIC</b> BALD EAGLE STATE PARK \$6 CENTER CLOSED</p> <p>10:45AM LINE DANCING 1PM HAND AND FOOT CANASTA</p> <p>SAT, AUGUST 5, 9-11 AM TAI CHI (Must pre-register)</p>