



*Monday*

*Tuesday*


*Wednesday*

*Thursday*

*Friday*

<p><b>3</b></p> <p>9 AM RUMMIKUB 10:15 AM HEALTHY STEPS EXERCISE 10-11:30 AM PENNY POKER 10:30-NOON INT. BRIDGE LESSONS 10:45 AM LINE DANCING NOON - 2:30 PM BRIDGE 12:15 HOME NURSING AGENCY PRESENTATION 2 PM SECOND WINDS PRACTICE</p> <p>5:15 PM STRETCH, WEIGHTS &amp; WALK</p>	<p><b>4</b></p> <p>9 AM RUMMIKUB PUZZLES 9 AM HIKING GROUP 11 AM WEIGHT TRAINING NOON DIME BINGO</p>  <p>1 PM CANASTA</p>	<p><b>5</b></p> <p><b>LEWISBURG FARMERS MARKET &amp; LUNCH AT THE RUSTY RAIL BREWERY (MUST PRE-REGISTER)</b></p> <p>9 AM RUMMIKUB/PUZZLES 10 AM LINE DANCING LESSONS 10 AM <b>QUILLING WITH MARY \$20</b> 10:45 AM LINE DANCING 12:15 PM SENIOR SIZE WITH HEARTHSIDE</p> <p>5-7 PM TAI CHI (Must pre-register)</p>	<p><b>8</b></p> <p>9-10 AM GROCERY SHOPPING 9 AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11 AM WEIGHT TRAINING </p> <p>NOON - 2:30 PM BRIDGE 12:30-3:30 PM ARTIST OPEN STUDIO</p> <p>5:15 PM STRETCH, WEIGHTS &amp; WALK</p>	<p><b>7</b></p> <p>9 AM PUZZLING PICTURE RUMMIKUB 10 AM OPEN CRAFTS 10 AM MAH JONGG 10:15 AM HEALTHLY STEPS EXERCISE 10:45 AM LINE DANCING 11:45-1:45 A MATTER OF BALANCE 12:15 PM PRESENTATION- SCAMS: BY THE OFFICE OF THE ATTORNEY GENERAL</p> <p>SAT, OCT 8, TAI CHI 9-11 AM</p>
<p><b>10</b></p> <p><b>COST SAVINGS DAY NO MEALS OR TRANSPORTATION</b></p> <p>10:30-NOON INT. BRIDGE LESSONS 10:45 AM LINE DANCING NOON - 2:30 PM BRIDGE 2 PM SECOND WINDS PRACTICE</p> <p>5:15 PM STRETCH, WEIGHTS &amp; WALK</p>	<p><b>11</b></p> <p><b>GOURMET EATS &amp; CLASSY DUDS VAN TRIP</b></p> <p>ENJOY LUNCH AT THE PENN COLLEGE CULINARY SCHOOL, THEN SHOP AT WOOLRICH ! (TRIP IS FULL! WAIT LIST AVAILABLE)</p> <p>9 AM HIKING GROUP 11 AM WEIGHT TRAINING 1 PM CANASTA</p>	<p><b>12</b></p> <p>9 AM RUMMIKUB/PUZZLES 10 AM LINE DANCING LESSONS 10 AM <b>QUILLING WITH MARY \$20</b></p> <p>10:45 AM LINE DANCING 12:15 PM SENIOR SIZE WITH HEARTHSIDE</p> <p>5-7 PM TAI CHI (Must pre-register)</p>	<p><b>13</b></p> <p>9-10 AM GROCERY SHOPPING 9 AM RUMMIKUB 11 AM WEIGHT TRAINING 10:30 BEGINNER BRIDGE LESSONS NOON - 2:30 PM BRIDGE</p> <p>12:30-3:30 PM ARTIST OPEN STUDIO</p> <p>5:15 PM STRETCH, WEIGHTS &amp; WALK</p>	<p><b>14</b></p> <p>9 AM PUZZLING PICTURE RUMMIKUB 10 AM OPEN CRAFTS 10 AM MAH JONGG 10:15 AM HEALTHLY STEPS EXERCISE 10:45 AM LINE DANCING 11:45-1:45 A MATTER OF BALANCE 12:15 PM MEDICARE BINGO BY GEISINGER</p> <p>SAT, OCT 15, TAI CHI 9-11 AM</p>


**17**  
 9 AM RUMMIKUB  
 10:15 AM HEALTHY STEPS EXERCISE  
 10-11:30 AM PENNY POKER  
 10:30-NOON INT. BRIDGE LESSONS  
 10:45 AM LINE DANCING  
 NOON - 2:30 PM BRIDGE  
 12:15 PM PRESENTATION:  
 DEPRESSION BY MEDI HOME  
 2 PM SECOND WINDS PRACTICE  
 5:15 PM STRETCH, WEIGHTS & WALK

**18**  
 9 AM RUMMIKUB  
 9 AM HIKING GROUP  
 10 AM PRESENTATION:  
 MEDICARE/AETNA  
 11 AM WEIGHT TRAINING  
 NOON NICKEL BINGO  
  
 1 PM CANASTA

**19**  
 9 AM RUMMIKUB/PUZZLES  
 10 AM LINE DANCING LESSONS  
  
 10:45 AM LINE DANCING  
 12:15 PM BOOK CLUB  
 12:15 PM SENIOR SIZE WITH HEARTHSIDE  
 5-7 PM TAI CHI (Must pre-register)

**20**  
 9-10 AM GROCERY SHOPPING  
 9 AM RUMMIKUB  
 10:30 BEGINNER BRIDGE LESSONS  
 11 AM WEIGHT TRAINING  
 NOON - 2:30 PM BRIDGE  
 12:30 PM GENEALOGY CLUB  
 12:30-3:30 PM ARTIST OPEN STUDIO  
 5:15 PM STRETCH, WEIGHTS & WALK

**21**  
 9 AM PUZZLING PICTURE  
 RUMMIKUB  
 10 AM OPEN CRAFTS  
 10 AM MAH JONGG  
 10:15 AM HEALTHLY STEPS EXERCISE  
 10:45 AM LINE DANCING  
 11:45-1:45 A MATTER OF BALANCE  
 12:15 PM PRESENTATION:  
 SPINAL HEALTH AND JOINT PAIN  
 SAT, OCT 22, TAI CHI 9-11 AM


**24**  
 9 AM RUMMIKUB  
 10-11:30 AM PENNY POKER  
 10:15 AM HEALTHY STEPS EXERCISE  
 10:30-NOON INT. BRIDGE LESSONS  
 10:45 AM LINE DANCING  
 NOON - 2:30 PM BRIDGE  
  
 12:15 PM AED TRAINING  
 2 PM SECOND WINDS PRACTICE  
 5:15 PM STRETCH, WEIGHTS & WALK

**25** **Death in the Diner**  
**Murder Mystery at**  
**Philipsburg Senior Center**  
**9:30 AM-1:30 PM**  
**(must pre-register)**  
 9 AM RUMMIKUB  
 9 AM HIKING GROUP  
 10 AM WALK THE MALL  
 11 AM WEIGHT TRAINING  
 1 PM CANASTA

**26**  
 9 AM RUMMIKUB/PUZZLES  
 10 AM LINE DANCING LESSONS  
 10:45 AM LINE DANCING  
 12:15 PM SENIOR SIZE WITH HEARTHSIDE  
 5-7 PM TAI CHI (Must pre-register)

**27** **SHOPPING TRIP TO**  
**SHARON PA & GROVE CITY**  
**WITH LUNCH AT A GERMAN**  
**RESTAURANT (SIGN UP NOW!)**  
 9 AM RUMMIKUB  
 10:30 BEGINNER BRIDGE LESSONS  
 11 AM WEIGHT TRAINING  
 NOON - 2:30 PM BRIDGE  
 12:30-3:30 PM ARTIST OPEN STUDIO  
 5:15 PM STRETCH, WEIGHTS & WALK



**28**  
 9 AM PUZZLING PICTURE  
 RUMMIKUB  
 10 AM OPEN CRAFTS  
 10 AM MAH JONGG  
 10:15 AM HEALTHLY STEPS EXERCISE  
 10:45 AM LINE DANCING  
 11:45-1:45 A MATTER OF BALANCE  
 12:15 PM PROGRAM PLANNING  
 SAT, OCT 29, TAI CHI 9-11AM

**31**  
 9 AM RUMMIKUB  
 10:15 AM HEALTHY STEPS EXERCISE  
 10-11:30 AM PENNY POKER  
 10:30-NOON INT. BRIDGE  
  
 10:45 AM LINE DANCING  
 NOON - 2:30 PM BRIDGE  
 11 AM HALLOWEEN COSTUME PARTY & COVERED DISH PARTY  
 5:15PM STRETCH, WEIGHTS, & WALK



**2**

**EXCITING NEWS:**  
**WE SOON WILL BE**  
**MOVING TO THE NEW**  
**CENTRE REGION ACTIVE**  
**ADULT CENTER.**  
**STAY TUNED.**

 **OLD BAG AUCTION**   
**NOVEMBER 2 10 AM-1 PM**

**JOIN US FOR THE FIRST ANNUAL 2016 "OLD BAG AUCTION".**  
 NEW AND SLIGHTLY USED PURSES, TOTES, BACK-PACKS & MORE WILL BE AUCTIONED OFF TO THE HIGHEST BIDDER. ENJOY REFRESHMENTS & ACTIVITIES AS THE BIDDING BEGINS.

**DONATIONS OF NEW AND SLIGHTLY USED ITEMS CAN BE DROPPED OFF AT THE ACTIVE ADULT CENTER.**