

FEBRUARY 2017 Senior Circle & Senior Resource Center

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 9am- Breakfast Buddies 9:30am- Chair Exercise 11:30 Fit n Fifty- Reduce Risk of Heart Attack & Stroke 1pm Birthday party – host Southeastern Homecare	2 9am- Walk 12pm, 1pm, 2pm- Elder Care Lawyer appts w John (by appointment only)	3	
	6 9am- Walk	7 9am- Walk 7pm- Diabetes SG	8 9:30- chair exercise 11am- New Member Orient 1pm- General Members Valentine's Event w Parkhouse/ Exton SL Synergy Energy Home Care 7pm- LGBT SG	9 9am- Walk 1pm- SC Winter Games @ Atria Woodbridge 2pm- Cardiac Connect	10	
	13 9am- Walk 10am & 11am- w Vince Medicare made EZ 12:30- Pampering @ TCHS Pickering 1pm – Parkinson's SG	14 9am- Walk 1pm- Lunch Bunch @ Nudy's on Bridge 2pm Easy Breathers SG	15 9am-Breakfast Buddies 9:30- Chair Exercise	16 9am- Walk 12pm, 1pm, 2pm- Elder Care Lawyer appts w John (by appointment only)	17	
	20 9am- Walk 10:30am Diabetes SG	21 9am- Walk 10:30 Munch & Learn Facing the Losses of Life w Pastor Don, Tri County Hospice	22 9:30- chair exercise 12:30 Lunch & Learn- Reduce your Risk of Heart Attack & Stroke 2pm- BINGO	23 9am- Walk 1pm- SC Winter Games @ Atria Woodbridge	24	
	27 9am- Walk 10am & 11am- w Vince Medicare made EZ 7pm Tobacco Free SG	28 9am- Walk 1pm Lunch Bunch @ G Lodge 1 to 3:30 pm- Financial Consults w Bonnie Thompson 5:30 Breast Cancer SG	Call 610-983-1452 To reserve for <u>ALL</u> programs unless another # is provided in current newsletter	<u>PACS Donations:</u> Warm Winter Casserole items, Soup, Stews	Entries in <u>BLACK</u> are held in MOB I, Suite 202. Entries in <u>RED</u> are held in MOB II- 300	