

JANUARY 2017 Senior Circle & Senior Resource Center

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	2 9am- Walk	3 9am- Walk 7pm- Diabetes SG	4 9am – Breakfast Buddies 9:30am- Chair Exercise 11:30 Fit n Fifty- Phoenixville Hospital State of the Art Health 1pm Birthday party- host Compassionate Companions	5 9am- Walk 12pm, 1pm, 2pm- Elder Care Lawyer appts w/ John (by appointment only)	6	
	9 9am- Walk 10am & 11am- w/ Vince Medicare made EZ 1pm – Parkinson’s SG	10 9am- Walk 1pm- Lunch Bunch @ Valley Forge Pizza	11 9:30- Chair Exercise 11am- New Member Orient 1pm- Embrace The New Year Event w Chestnut Knoll S L, Tri County Home Care 7pm- LGBT SG	12 9am- Walk 1pm- SC Winter Games @ Atria Woodbridge	13	
	16 9am- Walk 10:30am Diabetes SG	17 9am- Walk 10:30 Munch & Learn 5 Fatal Retirement Errors w/ L.I.F.E. Education	18 9am-Breakfast Buddies 9:30- Chair Exercise	19 9am- Walk 12pm, 1pm, 2pm- Elder Care Lawyer appts w/ John (by appointment only)	20	
	23 9am- Walk 10am & 11am- w/ Vince Medicare made EZ 7pm Tobacco Free SG	24 9am- Walk 1pm Lunch Bunch @ Asian Cafe 1 to 3:30 pm- Financial Consults w Bonnie Thompson 5:30 Breast Cancer SG	25 9:30- Chair Exercise 12:30pm- Lunch & Learn Allergy Management w/ PMA Doctors 2pm- BINGO	26 9am- Walk 1pm- SC Winter Games @ Atria Woodbridge	27	
	30 9am- Walk 8:15am- Pampering @ TCHS Pickering	31 9am- Walk	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	

