

MARCH 2017 Senior Circle & Senior Resource Center

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<p>Call 610-983-1452 To reserve for <u>ALL</u> programs unless another # is provided in current newsletter</p>	<p><u>PACS Donations:</u> Warm Winter Casserole items, Soup, Stews</p>	<p>1 9am-Breakfast Buddies 9:30am- Chair Exercise 11:30 Fit n Fifty- 6 Wise Lessons on Aging w Chestnut Knoll 1pm Birthday party host TBA</p>	<p>2 9am- Walk 12pm,1pm, 2pm – Elder Care Lawyer appts w John (by appointment only)</p>	<p>3</p>	
	<p>6 9am- Walk</p>	<p>7 9am- Walk 7pm- Diabetes SG</p>	<p>8 9:30am Chair exercise 11am- New Member Orient 1pm- General members Aging in Place w Southeastern Medical HC 7pm- LGBT SG</p>	<p>9 9am- Walk 11:30 am- Lunch & Tour @ Manatawny Manor 1pm-SC Winter Games@ Atria Woodbridge</p>	<p>10</p>	
	<p>13 9am- Walk 8:15am- Pampering @ TCHS Pickering 10am & 11am w Vince Medicare made EZ 1pm – Parkinson’s SG</p>	<p>14 9am- Walk 1pm- Lunch Bunch @ Asian Cafe</p>	<p>159am-Breakfast Buddies 9:30am Chair Exercise</p>	<p>16 9am- Walk 12pm,1pm, 2pm – Elder Care Lawyer appts w John (by appointment only) 1pm- Luck of the Irish Atria SL / Chestnut knoll @ Home</p>	<p>17</p>	
	<p>20 9am- Walk 10:30am Diabetes SG</p>	<p>21 9am- Walk 10:30 Munch & Learn Bring Balance to your Budget w Bonnie Thompson Edward Jones</p>	<p>22 9:30am Chair Exercise 12:30 Lunch & Learn- Oh My Aching Arm Dr. Michael Messina w Valley Forge Orthopedics 2pm- BINGO</p>	<p>23 9am- Walk 11:30am – Lunch & Tour Keystone Villa @ Douglasville 1pm- SC Winter games@ Atria Woodbridge</p>	<p>24</p>	
	<p>27 9am- Walk 10am & 11am w Vince Medicare made EZ 7pm Tobacco Free</p>	<p>28 9am- Walk 1pm- Lunch Bunch @ Valley Forge Pizza 1-3:30pm- Financial Consults w Bonnie Thompson 5:30 Breast Cancer SG</p>	<p>29 9:30am Chair Exercise</p>	<p>30 9am- Walk</p>	<p>31 Entries in BLACK are held in MOB I, Suite 202. Entries in RED are held in MOB II- 300</p>	