





# AUGUST 2016 Activities for Jackson Twp. Senior Center

Mon	Tue	Wed	Thur
1 8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers	2 8-3:45 Fitness Room 10am Knitting Hearts Club 12pm Lunch 1pm Bingo/S.Sneakers 2:15 Silver Sneakers	3 8-3:45 Fitness Room 9-12 Line Dancing 10-12 Wii Bowling League 12pm Lunch 1pm Bingo 2:30-3:30 Arts/Crafts	4 8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo 1pm Silver Sneakers Yoga
8 8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 11am Gospel Sing with Barry 12pm Pot Luck Dinner 1pm Divine Devotions <span style="float: right;">TRIP W/CAM TRAN</span>	9 8-3:45 Fitness Room 10am Knitting Hearts Club 12pm Lunch 1pm Bingo/S.Sneakers 2:15 Silver Sneakers SIGHT AND SOUND TRIP	10 8-3:45 Fitness Room 9-12 Line Dancing 10-12 Wii Bowling League 12pm Lunch 1pm Bingo 2:30-3:30 Snack Attack	11 8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo 1pm Silver Sneakers Yoga
15 8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 11am Brunch 12pm Chatterbug Society	16 8-3:45 Fitness Room 10am Knitting Hearts Club 12pm Lunch 1pm Bingo/S.Sneakers 2:15 Silver Sneakers	17 8-3:45 Fitness Room 9-12 Line Dancing 10-12 Wii Bowling League 12pm Lunch 1pm Bingo 2:30-3:30 Arts/Crafts 6PM CORN ROAST Grand Re-Opening 	18 8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo 1pm Silver Sneakers Yoga
22/29 8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Pizza w/Tina and Amy 1pm Women of the Bible Study TRIP W/CAM TRAN	23/30 8-3:45 Fitness Room 10am Knitting Hearts Club 12pm Lunch 1pm Bingo/S.Sneakers 2:15 Silver Sneakers	24 8-3:45 Fitness Room 9-12 Line Dancing 10-12 Wii Bowling League 12pm Lunch 1pm Bingo 2:30 Snack Attack Club	25 8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo 1pm Silver Sneakers Yoga
<p><b>*Every Monday Evening</b> <b>6:00pm</b> Horseshoes </p> <p style="text-align: center;">6-8 Fitness Room 6:30pm Pinochle</p>	<p><b>Blood Pressures</b></p> <p style="text-align: center;"><b><u>Before Lunch</u></b></p> <p style="text-align: center;">Aug 3<sup>rd</sup> Conemaugh Home Health Aug 18<sup>th</sup> Home Nursing Aug 24<sup>th</sup> Conemaugh Health</p>	<p><b>Nintendo Wii offered M-Th</b></p> <div style="text-align: center;"></div> <p>8:30 TO 11:30 AM 2:30-3:30 M-Thurs Wii Bowling League Wed. 10am-12pm</p>	<p><b>PARTY OF THE MONTH AUGUST 17</b></p> <div style="text-align: center;"></div> <p style="text-align: center;"><b>6PM</b>                      <b>CORN</b> <b>ROAST</b></p>

			<b>Grand Re-Opening</b>
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