





July 2016 Activities for Jackson Twp. Senior Center

Mon	Tue	Wed	Thur
<p>4</p> 	<p>5</p> <p>8-3:45 Fitness Room 10am Knitting Hearts Club 12pm Lunch 1pm Bingo/S.Sneakers 2:15 Silver Sneakers</p>	<p>6</p> <p>8-3:45 Fitness Room 9-12 Line Dancing 12pm Lunch 1pm Bingo 2:30-3:30 Arts/Crafts</p>	<p>7</p> <p>8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo 1pm Silver Sneakers Yoga FARMERS MARKET 10-12</p>
<p>11</p> <p>8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 11am Gospel Sing with Barry 12pm Lunch w//Senior Life 1pm Divine Devotions</p>	<p>12</p> <p>8-3:45 Fitness Room 10am Knitting Hearts Club 12pm Lunch 1pm Bingo/S.Sneakers 2:15 Silver Sneakers</p>	<p>13</p> <p>Closed Due to Festival</p>	<p>14</p> <p>Closed Due to Festival</p>
<p>18</p> <p>Closed Due to Festival Till 12PM SHOP W/CAM TRAN</p>	<p>19</p> <p>8-3:45 Fitness Room 10am Knitting Hearts Club 12pm Lunch 1pm Bingo/S.Sneakers 2:15 Silver Sneakers</p>	<p>20</p> <p>8-3:45 Fitness Room 9-12 Line Dancing 12pm Lunch 1pm Bingo 2:30-3:30 Arts/Crafts</p>	<p>21</p> <p>8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo 1pm Silver Sneakers Yoga</p>
<p>25</p> <p>8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers LUAU Lunch at 12pm Entertainment by DJ Skiddy at 1pm</p> 	<p>26</p> <p>8-3:45 Fitness Room 10am Knitting Hearts Club 12pm Lunch 1pm Bingo/S.Sneakers 2:15 Silver Sneakers</p>	<p>27</p> <p>8-3:45 Fitness Room 9-12 Line Dancing 12pm Lunch 1pm Bingo 2:30 Snack Attack Club</p>	<p>28</p> <p>8-3:45 Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo 1pm Silver Sneakers Yoga</p>
<p>*Every Monday Evening</p>  <p>6:00pm Horseshoes</p> <p>6-8 Fitness Room 6:30pm Pinochle</p>	<p>Blood Pressures</p> <p>Before Lunch</p> <p>July 6th Conemaugh Home Health July 21st Home Nursing July 27th Conemaugh Health</p>	<p>Nintendo Wii offered M-Th</p>  <p>8:30 TO 11:30 AM 2:30-3:30 M-Thurs Wii Bowling League Wed. 10am-12pm</p>	<p>PARTY OF THE MONTH JULY 25TH</p> 