

Monday

Tuesday

Wednesday

Thursday

MAY 19th—BASKET PARTY AT THE FIRE HALL. DOORS OPEN AT NOON. DRAWING AT 3. STAY OR DROP YOUR TICKETS AND LEAVE. FIRE CO. WILL HAVE FOOD FOR SALE. CALL AMY WITH QUESTIONS OR FOR TICKETS!

8 a.m.-3:45 p.m. – Exercise Room
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
9 a.m. – Noon – Line Dancing
10 a.m. – Noon – Wii Bowling
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo w/Senior Life Johnstown
2:30 p.m.- Craft (Must Sign Up)

8 a.m. -- 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
12 p.m. – Lunch (Please sign up)
1:00 p.m. - Bingo

7

8

9

10

8 a.m. – 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
11:30 a.m. - Yoga
12:00 p.m.-- Lunch
6:30 p.m. – Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. – Exercise Room
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
9 a.m. – Noon – Line Dancing
10 a.m. – Noon -- Wii Bowling
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo w/Laurel Wood

8 a.m. -- 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
12 p.m. – Lunch (Please sign up)
1:00 p.m. - Bingo

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8 a.m. – 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
11:30 a.m. - Yoga
12:00– Lunch (Senior Life Ebensburg)
6:30 p.m. – Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. – Exercise Room
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
9 a.m. – Noon – Line Dancing
10 a.m. – Noon – Wii Bowling
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo w/Amber Hills
2:30 p.m.- Snack (Must Sign Up)

8 a.m. -- 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
12 p.m. – Lunch (Please sign up)
1:00 p.m. - Bingo

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8 a.m. – 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
11:30 a.m. - Yoga
12 p.m. – Lunch (\$2)
6:30 p.m. – Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. – Exercise Room
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
9 a.m. – Noon – Line Dancing
10 a.m. – Noon – Wii Bowling
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo

8 a.m. -- 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
12 p.m. – Lunch (Please sign up)
1:00 p.m. - Bingo

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CLOSED

Join Us for the Annual Memorial Day Ceremony Beginning at 11 a.m.

8 a.m.-3:45 p.m. – Exercise Room
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
9 a.m. – Noon – Line Dancing
10 a.m. – Noon – Wii Bowling
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
2:30 p.m. – Trivia (Please Sign Up)

8 a.m. -- 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
12 p.m. – Lunch (Please sign up)
1:00 p.m. - BIG Bingo