<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Call 610-983-1452**  
**To reserve for ALL programs unless another # is provided in current newsletter** | Entries in **BLACK** are  
Held in MOB I Suite 202  
Entries in **RED** are  
Held in MOB II Suite 300 |  |  |  |
| 3 9am- Walk | 4 9am- Walk  
7pm- Diabetic SG | 5 9:30am- Chair Exercise  
11:30am- Fit n Fifty- YMCA  
*What Did You Say?* (hearing issues) | 6 9am- Walk  
10:30am- Qi Gong $5.00  
12pm, 1pm, 2pm- Elder Care Lawyer appts w/ John | 7 |
| 10 9am- Walk  
10am & 11am- w/Vince Medicare made EZ appts  
12:15pm- Pampering  
1:30pm- Parkinson’s SG @ Phoenixville YMCA | 11 9am- Walk  
10:30am- **Breakfast & Brain Teasers** @ Brandywine  
1pm- Lunch Bunch @ Nudy's | 12 9:30am- Chair Exercise  
1 - 3pm *Aging with Grace in Place* EXPO | 13 9am- Walk  
10:30am- Qi Gong $5.00  
10:30am- Stroke SG  
11:30am- *Lunch & Tour* Woodbridge Place  
2pm- Alzheimer SG  
2pm- Cardiac Connect SG in Cardio Pulm Rehab | 14 |
| 17 9am- Walk  
10:30am- Diabetes SG | 18 9am- Walk  
10:30- Munch & Learn w Spring Mill *Topic TBA* | 19 9:30am- Chair Exercise  
1pm- *Birthday Party* host- Providence Place | 20 **Senior Trip**  
9am- Walk  
10:30am- Qi Gong $5.00  
12pm, 1pm, 2pm- Elder Care Lawyer appts w/ John | 2 |
| 24 9am- Walk  
10am & 11am w/Vince Medicare made EZ appts  
6pm Tobacco Free SG | 25 9am- Walk  
1pm- Lunch Bunch @ O'Grady's  
5:30pm- Breast Cancer SG | 26 9:30am- Chair Exercise  
12:30pm- Lunch & Learn *Common Causes of Foot & Ankle Aches*- Dr Matthew Rementer, DPM | 27 9am- Walk  
10:30am- Qi Gong $5.00 | 28 |