


July 2019 Phoenixville Seniors & Senior Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9am- Walk	2 9am- Walk 7pm Diabetes SG	3 9am-Breakfast Buddies @ O'Grady's 9:30 am- NO Chair Exercise See you in September 11:30am- NO Fit & Fifty See you in September	4 	5
8 9am- Walk 10am & 11am- w/ Vince Medicare made EZ appts 1:30pm- Parkinson's SG NEW time and location at the Phoenixville YMCA	9 Senior Trip 9am- Walk 1pm- Lunch Bunch @ Nudy's 2:30pm Easy Breathers SG	10 12noon- General Members July Picnic w Spring Mills, Sara Care, Home Instead 7pm- LGBTQ SG	11 9am- Walk 10:30am- Heart Failure 2pm Caregiver SG – MOB II 3 rd floor Board Room 6pm Tobacco Cessation	12
15 9am- Walk	16 9am- Walk 10:30- Munch & Learn Screening for Health Q&A with Exton Senior Living	17 9am- Breakfast Buddies @ Tony's 1pm- Birthday Party hosted by Echo Lake	18 9am- Walk 12pm, 1pm, 2pm – Elder Care Lawyer appts	19
22 9am- Walk 10am & 11am w/Vince Medicare made EZ appts 6pm Tobacco free	23 9am- Walk 1pm- Lunch Bunch @ O'Grady's 5:30pm- Breast Cancer SG	24 9:30am- Chair Exercise 12:30pm-Lunch & Learn Spot the Spot – Dermatology Specialists of Montgomery county 2pm- BINGO	25 9am- Walk	26
29 9am- Walk	30 9am- Walk	31	Call 610-983-1452 To reserve for <u>ALL</u> programs unless another # is provided in current newsletter	Entries in <u>BLACK</u> are Held in MOB I Suite 202 Entries in <u>RED</u> are Held in MOB II Suite 300