


September 2019 Phoenixville Seniors & Senior Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> 	<p>3 9am- Walk</p> <p>10:30am- Get Zen with Vonda</p> <p>7pm- Diabetic SG</p>	<p>4 9am- Breakfast Buddies @ O'Grady's</p> <p>9:30am- Chair Exercise</p> <p>11:30am- Fit n Fifty- YMCA</p> <p>5 Wishes Tri County Hospice</p>	<p>5 9am- Walk</p> <p>12pm, 1pm, 2pm- Elder Care Lawyer appts w/ John</p> <p>6pm- Tobacco Cessation</p>	<p>6</p>
<p>9 9am- Walk</p> <p>10am & 11am- w/Vince Medicare made EZ appts</p> <p>1:30pm- Parkinson's SG <i>NEW time and location at the Phoenixville YMCA</i></p>	<p>10 9am- Walk</p> <p>1pm- Lunch Bunch @ Liberty Union</p> <p>2:30- Easy Breathers</p>	<p>11</p> <p>9:30am- Chair Exercise</p> <p>1pm- General Members Smart 911 w Elder Care Lawyer John Maioriello</p> <p>7pm- LGBTQ SG</p>	<p>12 9am- Walk</p> <p>10:30am- Heart Failure SG</p> <p>11:30am- Lunch & Tour @ Landing of Collegeville</p> <p>2pm- Caregiver SG- MOB II 3rd flr Board Room</p>	<p>13</p>
<p>16 9am- Walk</p> <p>10:30am- Diabetes SG</p>	<p>17 9am- Walk</p> <p>10:30- Munch & Learn 10 Ways to Love your Brain with Southeastern Home Health</p>	<p>18 9am- Breakfast Buddies @ Tony's</p> <p>9:30am- Chair Exercise</p> <p>1pm- Birthday Party hosted by Exton Senior Living</p>	<p>19 9am- Walk</p> <p>12pm, 1pm, 2pm – Elder Care Lawyer appts</p>	<p>20</p>
<p>23 9am- Walk</p> <p>10am & 11am w/Vince Medicare made EZ appts</p> <p>6pm Tobacco free</p>	<p>24 9am- Walk</p> <p>10:30am Get Zen with Vonda</p> <p>1pm- Lunch Bunch @ Nook & Kranny</p> <p>5:30pm- Breast Cancer SG</p>	<p>25</p> <p>9:30am- Chair Exercise</p> <p>12:30pm- Lunch & Learn- Topic TBA Axia / Valley Forge GYN</p> <p>2pm- BINGO</p>	<p>26 9am- Walk</p> <p>11:30am -Lunch & Tour @ Providence Place of Collegeville</p>	<p>27</p>
<p>30 9am- Walk</p>		<p>PACS Donations: <i>Toilet Paper, Paper Towels, Dish & Laundry Soap</i></p>	<p>Call 610-983-1452 To reserve for <u>ALL</u> programs unless another # is provided in current newsletter</p>	<p>Entries in BLACK are Held in MOB I Suite 202</p> <p>Entries in RED are Held in MOB II Suite 300</p>