MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:30 AM Coffee Hour	9:30 AM Coffee Hour Board Games/Cards	9:30AM Coffee Hour	CENTER	9:30 AM Coffee Hour Board Games/Cards
10:00 AM Tai Chi		10:00 AM Wii Bowling 10:15AM In-person	CLOSED FOR	9:30 AM Mahjong 10:00 AM
12:00 PM LUNCH	12:00 PM LUNCH	Chair Exercise 12:00 PM LUNCH	4 <sup>™</sup> OF JULY HOLIDAY	Chair Exercises DVD  12:00 PM LUNCH
8	9	10	11	12
9:30 AM Coffee Hour 10:00 AM Tai Chi 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards	9:30 AM Coffee Hour  10:00 AM Wii Bowling 10:15AM In-person Chair Exercise	9:30 AM BINGO 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 9:30 AM Mahjong 10:00 AM Chair Exercises DVD
		12:00 PM LUNCH		12:00 PM LUNCH
15	16	17	18	19
9:30 AM Coffee Hour 10:00 AM Tai Chi	9:30 AM Coffee Hour Board Games/Cards	9:30AM Coffee Hour 10:00 AM Wii Bowling	9:30 AM BINGO 12:00 PM LUNCH	9:30 AM Coffee Hour Board Games/Cards 9:30 AM Mahjong
12:00 PM LUNCH	12:00 PM LUNCH	10:15AM In-person Chair Exercise 12:00 PM LUNCH		10:00 AM Chair Exercises DVD 12:00 PM LUNCH
22	23	24	25	26
9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
Coffee Hour	Coffee Hour	Coffee Hour	BINGO	Coffee Hour
40.00.414	Board Games/Cards	40.00 41414	40.00 51411111011	Board Games/Cards
10:00 AM Tai Chi		10:00 AM Wii Bowling	12:00 PM LUNCH	9:30 AM
12:00 PM LUNCH	12:00 PM LUNCH	10:15 AM In-person Chair Exercise 12:00 PM LUNCH		Mahjong 10:00 AM Chair Exercises DVD
		12.001 W LONGIT		12:00 PM LUNCH
29	30	31		
9:30 AM	9:30 AM to 12:30 PM	Cedar View	Cedar View	Lunch reservations
Coffee Hour	Allentown Health Bureau	Picnic	Senior Center	should be made by 10:00 AM the day
10:00 AM	Medication Education	FIUIIU		before. Call Anne at
Tai Chi			July	610-398-1094
12:00 PM LUNCH		No Regular	2024	We are located at
2011011	12:00 PM LUNCH	Activities	Activities	4230 Dorney Park Rd
			Calendar	Allentown, PA 18104

For more information, Call Anne 610-398-1094