

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

For more information, Call Anne 610-398-1094