



















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Activity Calendar 2024 	 10:30 – 11:15	Emergency Preparedness workshop 10:30AM	 HIM w/Ken Healthy Steps in Motion Exercise	 10:30 – 11:15
7	8	9	10	11
10:30-11:30 IM STILL STANDING PRESENTATION RISK & FALL PREVENTION Please sign up	 10:30 – 11:15	TAI CHI FOR ARTHRITIST WEEK 5 10:15- 11AM	 HIM w/Ken Healthy Steps in Motion Exercise	 10:30 – 11:15
14	15	16	17	18
 10:15 AM	 10:30 – 11:15	TAI CHI FOR ARTHRITIST WEEK 6 10:15- 11AM	 HIM w/Ken Healthy Steps in Motion Exercise	 10:30 – 11:15
21	22	23	24	25
 10:15 AM Halloween Candy Molds	 10:30 – 11:15	TAI CHI FOR ARTHRITIST WEEK 7 10:15- 11AM	 HIM w/Ken Healthy Steps in Motion Exercise	 10:30 – 11:15
28	29	30	31	
 10:15 AM	 10:30 – 11:15	TAI CHI FOR ARTHRITIST WEEK 8 10:15- 11AM	 HIM w/Ken Healthy Steps in Motion Exercise	Slatington Senior Center Please join us for lunch and activities!

Activities & Speakers open to everyone, whether you participate in lunch or not.
Please place your lunch order by 10am the day before.

Contact Stacy at 610-767-1250 for more info or to sign up for lunch! Slatington Senior Center is located at 425 Kuntz St. Slatington, inside the G. Dilliard Bldg.
 The Center is open to the public!