January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Melissa 793-1353 **Michelle 793-1340** **Wendy 793-1312**	**Menu for IL Dinner on Jan. 8:** Our own hand-breaded Fish Macaroni & Cheese Stewed Tomatoes Coleslaw Rolls w/Butter Pie Beverage $12.00 + tax per person RSVP BY JAN. 3 – Call 793-1317 to do so	**Please sign up for ALL trips/events (in red) that you wish to attend to help us with planning.** **Calendar is subject to change.**	**1** **Happy New Year!!!**	**2** **9:45**-Silver Toning (LGR) **11:00**-Chats with Charlie (GCC) **1:00**-Scrabble (Player's Club) **1:15**-Senior Nutrition (Library) **2:00**-What's New? Discussion Group about things to make your life easier (Rec Room) **3:30**-Chapel Choir Practice (BMC)	**3** **9:15**-Chair Stretching (LGR) **9:30**-Shopping trip to Logan Town Center **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:15**-Intro to Fitness Room **4:30**-Terrace Hour (Cafe) **6:00**-Card Club (Library) RSVP for the IL Dinner (which will be held on Jan. 8) by the end of TODAY to avoid a late fee	**4** **10:00**-Table Tennis, Darts and Shuffleboard (LGR) **10:00**-Needlework (Great Room) **2:00**-Bingo (Library) **3:00**-Card Club (Library)
5 **10:30**-Chapel Worship (BMC) **3:00**-Card Club (Library)	**6** **9:15**-Silver Cardio (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:00**-Bible Study (Library) **2:00**-Hot Chocolate Mint Floats (Rec Room) **2:00**-Cognitive Fitness (Library) **6:00**-Card Club (Library)	**7** **9:30**-Wal-Mart **9:45**-Silver Toning (LGR) **12:00**-Bridge (Player's Club Room 2nd floor Southview) **1:15**-Yoga (LGR) **2:00**-"The New & Old Roaring 20s" Presentation by Harald Dertinger (GCC) **7:00**-Vespers (BMC)	**8** **9:00**-"Dining for Dollars" at Marteen's Restaurant (Six Mile Run) **9:00**-Massages by Ashley (LMT) **10:00**-Swing into Shape (LGR) **10:30**-Water Arthritis "stations on your own" (Pool) **10:30**-Blood Pressure Screening (Community Nursing Office) **11:00**-Water Volleyball **1:15**-Line Dancing (LGR) **2:00**-Book Club/Paula (2nd floor meeting room) **4:30**-IL Dinner (Cafe) RSVP by calling 793-1317 BY JAN. 3 to avoid a late fee **6:30**-Altoona Men's Choir Holiday Program (GCC)	**9** **9:45**-Silver Toning (LGR) **1:00**-Scrabble (Player's Club) **1:15**-Senior Nutrition (Library) **2:00**-Polar Coaster Party (Winter theme) (Cafe) **2:00**-Lutheran Communion (BMC) **3:30**-Chapel Choir Practice (BMC)	**10** **9:15**-Chair Stretching (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **2:00**-Card Making for Valentine's Day **4:30**-Terrace Hour (Cafe) **6:00**-Card Club (Library)	**11** **10:00**-Needlework (Great Room) **10:00**-Table Tennis, Darts and Shuffleboard (LGR) **2:00**-Bingo (Library) **3:00**-Card Club (Library)
12 **10:30**-Chapel Worship - Sacrament of Holy Communion (BMC) **3:00**-Card Club (Library)	**13** **9:15**-Silver Cardio (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:00**-Bible Study (Library) **2:00**-Cognitive Fitness (Library) **3:00**-Oh Fudge! Let's Make Some! (Rec Room) **6:00**-Card Club (Library)	**14** **9:30**-Giant Eagle **9:45**-Silver Toning (LGR) **1:15**-Yoga (LGR) **2:00**-Men's Snack & Yack Pack - Venison BBQ (Cafe) **3:00**-Alzheimers Support Group (Club Room) **7:00**-Vespers (BMC)	**15** **9:00**-Wake Up w/Wendy (Rec Room) **9:15**-Zumba Gold (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Arthritis (Pool) **11:00**-Water Volleyball **12:30**-Blood Pressure Screening (Community Nursing Office) **1:15**-Line Dancing (LGR) **2:00**-Food Demo/Food Focus Group (EACR) **5:45**-Grief Support Group (Library)	**16** **9:30**-Dollar General, Peach Hill Farm Market & Zimmerman's Store **9:45**-Silver Toning (LGR) **11:00**-Chats with Charlie (GCC) **1:00**-Scrabble (Player's Club) **1:15**-Senior Nutrition (Library) **2:00**-Making Pastor Mary's Homemade Marshmallows-yummy! (Rec Room) **2:30**-Catholic Mass (BMC) **3:30**-Chapel Choir Practice (BMC)	**17** **9:15**-Chair Stretching (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:15**-Intro to Fitness Room **2:00**-Snowman Craft (Rec Room) **4:30**-Terrace Hour (Cafe) **6:00**-Card Club (Library)	**18** **10:00**-Table Tennis, Darts and Shuffleboard (LGR) **10:00**-Needlework (Great Room) **2:00**-Bingo (Library) **3:00**-Card Club (Library)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 **10:30**-Chapel Worship (BMC) **3:00**-Card Club (Library)	**20** **9:15**-Silver Cardio (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:00**-Bible Study (Library) **2:00**-Cognitive Fitness (Library) **3:00**-Soup Making-Pasta Faggioli (Rec Room) **6:00**-Card Club (Library)	**21** **9:30**-Wal-Mart **9:45**-Silver Toning (LGR) **12:00**-Bridge (Player's Club Room 2nd floor Southview) **2:00**-Chatty Chicks Ladies Group-pin party-wear your brooches, trade if you'd like (Cafe) **7:00**-Vespers (BMC)	**22** **9:00**-Massages by Ashley (LMT) **9:15**-Zumba Gold (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Arthritis (Pool) **11:00**-Water Volleyball **1:15**-Line Dancing (LGR) **2:00**-Movie Documentary about Mr. Rodgers "Won't You Be My Neighbor" (GCC)	**23** **9:00-12:00-**Come visit with puppies: Smokey & Bandit (Rec Room) **9:45**-Silver Toning (LGR) **1:00**-Scrabble (Player's Club) **1:15**-Senior Nutrition (Library) **2:00-**Pet Talk – bring your per or pet photos (Rec Room) **3:30**-Chapel Choir Practice (BMC)	**24** **9:15**-Chair Stretching (LGR) **10:15**-Trip to WTAJ Studio and Lunch at Zach's **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **4:30**-Terrace Hour (Cafe) **6:00**-Card Club (Library)	**25** **10:00**-Needlework (Great Room) **10:00**-Table Tennis, Darts and Shuffleboard (LGR) **2:00**-Bingo (Library) **3:00**-Card Club (Library)
26 **10:30**-Chapel Worship (BMC) **3:00**-Card Club (Library)	**27** **9:00**-Pastries for Guys & Gals (Northview Coffee Shop) **9:15**-Silver Cardio (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:00**-Executive Committee Meeting (Library) **2:00**-Cognitive Fitness (Library) **3:00**-Sip & Color (Rec Room) **6:00**-Card Club (Library)	**28** **9:30**-Giant Eagle **11:00**-Religious Life Committee Meeting (BMC) **12:30**-Visit the Nine Lives Cafe in Hollidaysburg & stop at Village Closet in Duncansville **1:15**-Yoga (LGR) **2:00**-Parkinson's Support Group w/Jody Hurley (Library) **7:00**-Vespers (BMC)	**29** **9:00**-Wake Up w/Wendy (Rec Room) **9:15**-Zumba Gold (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Arthritis (Pool) **11:00**-Water Volleyball **1:15**-Line Dancing (LGR) **2:00**-Circle of Friends (Rec Room)	**30** **9:45**-Silver Toning (LGR) **11:00**-Chats with Charlie (GCC) **1:00**-Chilli Cook-off and Contest (Cafe) **1:00**-Scrabble (Player's Club) **1:15**-Senior Nutrition (Library) **3:30**-Chapel Choir Practice (BMC)	**31** **9:15**-Chair Stretching (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00-1:00**-Pick up day for Claysburg Pizza Auxiliary Fundraiser (Library) **11:00**-Water Volleyball **2:00**-Snowy Mason Jar and Snowy Owl Crafts (Rec Room) **4:30**-Terrace Hour (Cafe) **6:00**-Card Club (Library)	

LGR = Legends Game Room **GCC = Givler Cultural Center** **EACR = Ernie Angell Conference Room**
BMC = Bice Memorial Chapel **Rec Room = Michelle & Wendy's Office**