


Mon	Tue	Wed	Thu	Fri
<p>Sunday February 26, 11:00 Join us for brunch at Swathmore College</p>	<p>For more information about any activity listed here, please contact Connie Woodring, Program Assistant, at 610-566-0505</p>	<p>1 Open Computer 9-4 Knit Wits Service Project 9 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Jeopardy 1:00 Crafts Club 1-2</p> <p>Veal Patty</p>	<p>2 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Pinochle Lessons 1-2 Wii 2-4</p> <p>Rotini w/ Meatballs</p>	<p>3 Wear Red Day Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Shopping at the ACME 1 Cognitive Fitness 1-2 Bridge Club 1-4 Egg Salad w/ Peppers</p>
<p>6 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30 Weaving Program 1-2:30 Lunch 12-12:45 Healthy Living Lecture 1:00 Scrabble Club 1:00</p> <p>Swedish Meatballs</p>	<p>7 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Bingo 1:00 YogaStretch 1-1:45 Wii 2-4</p> <p>Pizza Burger</p>	<p>8 Open Computer 9-4 Knit Wits Service Project 9 Pinochle Club 9-11:30 The Nurse is In 10-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Crafts Club 1-2 Kitchen Table Stories 1-2</p> <p>Turkey & Cheese Hoagie</p>	<p>9 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Pinochle Lessons 1-2 Wii 2-4</p> <p>Chicken Cacciatore</p>	<p>10 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30 Lunch 12-12:45 Shopping at the ACME 1 Chocolate Extravaganza 1 Bridge Club 1-4 Lemon Oregano Fish</p>
<p>13 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30 Lunch 12-12:45 Weaving Program 1-2:30 Visit from Nativity BVM 1:00 Scrabble Club 1:00</p> <p>Tortellini w/ Meat Sauce</p>	<p>14 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 YogaStretch 1-1:45 Valentine's Party 1:00 Wii 2-4</p> <p>Raspberry Chicken</p>	<p>15 Open Computer 9-4 Knit Wits Service Project 9 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Crafts Club 1-2 Legal Issues Affecting Seniors 1:00</p> <p>Turkey Noodle Casserole</p>	<p>16 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30 Lunch 12-12:45 Pinochle Lessons 1-2 Wii 2-4</p> <p>Rosemary Chicken</p>	<p>17 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30 Lunch 12-12:45 Cognitive Fitness 1:00 Shopping at the ACME 1:00 Bridge Club 1-4 Cheesy Tuna Cakes</p>
<p>20 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Weaving Program 1-2:30 Scrabble Club 1:00</p> <p>Beef Stroganoff</p>	<p>21 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Movie Matinee 1:00 YogaStretch 1-1:45 Wii 2-4</p> <p>Chicken Salad</p>	<p>22 Open Computer 9-4 Knit Wits Service Project 9 Pinochle Club 9-11:30 The Nurse is In 10-11:30 SilverSneakers® 10:30-11:30 Make Your Point 1:00 Crafts Club 1-2</p> <p>Butter Crumb Flounder</p>	<p>23 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Pinochle Lessons 1-2 Wii 2-4 Supper Club 5:00 Ruby Tuesdays in Springfield Mall Turkey Meatloaf</p>	<p>24 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30 Lunch 12-12:45 Pokeno Party 1-2 Shopping at the ACME 1:00 Bridge Club 1-4 Eggplant Parmesan</p>
<p>27 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Weaving Program 1-2:30 Reiki Sessions 1-2:30 Scrabble Club 1:00</p> <p>BBQ Chicken</p>	<p>28 Open Computer 9-4 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 Healthy Cooking Demo 12:30 YogaStretch 1-1:45 Wii 2-4</p> <p>Gingered Sliced Beef</p>	<p>29 Open Computer 9-4 Knit Wits Service Project 9 Pinochle Club 9-11:30 SilverSneakers® 10:30-11:30 Lunch 12-12:45 February Birthday Party 12:30 Crafts Club 1-2</p> <p>Veal Patty</p>		

Healthy Living Series

Monday, February 6, 1:00

Tuesday February 28, 12:30

In partnership with Penn State Cooperative Extension, the Healthy Living Series offers a monthly lecture and cooking demonstration. Join us on February 6 for a lecture on nutrition and heart health and on February 28 for a cooking and heart health demonstration. Free.

Kitchen Table Stories

Wednesday, February 8, 1:00

The kitchen table is where we gather with our friends and family and tell stories—stories about each other, about growing up, about the funny things, the sad things, and all those ordinary things in between. Roz Benton, professional storyteller and Marjorie Hipps facilitate this monthly group. Free.

Chocolate Extravaganza

Friday, February 10, 1:00

Celebrate Valentine's Day with all things chocolate. We will provide the chocolate fondue and we are requesting donations of dippers such as marshmallows, pretzel rods, bananas, graham crackers, apples, etc.

Legal Issues Affecting Seniors

Wednesday, February 15, at 1:00

Join Karen Tyler from Legal Aid of SEPA for an informative session on legal issues affecting seniors. Free.

Hometown Supper Club

Thursday, February 23, 5:00

This month we will eat at Ruby Tuesdays at the Springfield Mall. After eating, we will spend a few minutes shopping in Target. If you need assistance with transportation, please see Kathy or Connie.

Sunday Brunch at Swarthmore College

Sunday, February 26, 11:00

Join us at Swarthmore College for an all-you-can-eat brunch at their dining facilities. We will meet in the lobby of Sharples Dining Hall at 11:00. The cost is \$6.75 per person. If you need assistance with transportation, please see Kathy.

Reiki Sessions

Monday, February 27, 1:00 - 2:30

Reiki is a relaxation and healing practice that reduces tension and relieves stress. It induces a meditative state while infusing you and the practitioner with life force energy which can help heal the body, mind, and spirit, and balance the emotions. Myra

Reichel, Reiki Master, offers a Reiki Clinic from 1-2:30. The mini-sessions are free for those over 55. Reiki is done fully-clothed, is non-invasive and does not manipulate the body.

SilverSneakers® Muscular Strength and Range of Movement

Monday through Friday, 10:30—11:30

Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement.

SilverSneakers® YogaStretch

Tuesday afternoons, 1 - 1:45

Seated and standing yoga positions designed to help with balance, strength and flexibility.

