MONTHLY HEALTY HABIT: Stop eating foods with hydrogenated oils, trans fats and high fructose corn syrup!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		1 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	2 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING		3 4 9:30 PINOCHLE 10:00 SING-A-LONG	5
6	7 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	8 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	9 9:30 WEDNESDAY CARD PLAYERS 9:30 GENERAL MEETING (SPECIAL PRESENTATION FOLLOWING MEETING) 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS 	10 11 9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	12
13 MOTHERS DAY	14 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	15 9:30 COMPUTER CLUB 10:00 CARFIT 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	16 9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS 10:00 PERSIAN SENIOR GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING 1:30 RED HAT LADIES	10:00 EXCURSION GROUP TRIP NEMOURS ESTATE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS	17 18 17'S TEA TIME ! 11:00 AM ALL ACTIVITIES CANCELLED	19
20	21 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	22 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	23 9:30 WEDNESDAY CARD PLAYERS 9:30 QUILTING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:30 Wellness Wednesday "Stress Relief In Older Adults"	2 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO 111:00 BREAD DAY 11:30 OUTREACH - LEACH	24 25 CLOSED FOR MEMORIAL DAY HOLIDAY	26
27	28 CLOSED FOR MEMORIAL DAY HOLIDAY	29 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	30 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:00 MLH PRESENTATION "Vaccines aren't just for kids" 12:30 CANASTA 1:00 LINE DANCING	3 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS	1	