

BENTON SENIOR CENTER
 42 COMMUNITY DRIVE
 BENTON, PA. 17814
 925-6533 Mon—Fri 8:30– 2



JULY
2022

Meal Reservations:
 the day before
 by 10:00 a.m.

| Mon | Tue | Wed | Thu | Fri |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <p>Aug 3—Eye screenings and talk Aug 8 Talk on abuse by Brenda A From Area on Aging</p> | | <p>Life is short, so break the rules. Forgive quickly, kiss slowly and love truly. Laugh uncontrollably and never regret anything that made you smile!</p> | <p>Coming Events: Multi Center Picnic PPL Lake Aug 11th!</p> | <p>1. Coffee 9 July 4 plans 9:30 Exercise 10 What's that patriotic song title 12</p> |
| <p>4. Center Closed! Happy 4th of July</p> | <p>5. Pedal Power 9:30 Morning Chat w/ Terry 10 Cards 10:30 Free time 12</p> | <p>6. Coffee/Tea 9:30 Exercise 10 Wii Games 10:30 Local and National News 12 Panera Day</p> | <p>7. Coffee/Tea 9 Pinochle Tournament 9 Word finds 9:30 Games of Choice 12</p> | <p>8. Local happenings 9 Exercise 10 What's your Watermelon treat 12</p> |
| <p>11. Board Meeting 9 Share a laugh 9:30 Exercise 10 Seated Scavenger Hunt 12 (In Gazebo)</p> | <p>12. Pedal Power 9:30 Shuffleboard –competition 9:30 & 12 Inside games available also 9:30 & 12</p> | <p>13. Exercise 10 Shoulder Motion by Todd 10:30 Games 12 Covered Dish Day</p> | <p>14. Morning Chat and Share a laugh 9 Pedal Power 9:30 Game w/ Kim McCarty 10:30</p> | <p>15. Stretch those limbs 9 Exercise 10 Staying Hydrated 10:30 Puzzles 12</p> |
| <p>18. Coffee/Tea 9 Trivia 9:30 Exercise 10 Redevelopment news by Matt 10:30</p> | <p>19. Morning drink 9 Pedal Power 9:30 Bell ringing 10 LRC game 12</p> | <p>20. Panera 9 Exercise 10 Strokes & BP by Amanda 10:30</p> | <p>21. Coffee 9 Passing Card Tournament 9 Crafts 10:30 & 12</p> | <p>22. Morning Chat 9 Exercise 10 Something unusual you own and what is its story 10:30</p> |
| <p>25. Morning drink and share a laugh 9 Exercise 10 What's your Conflict Reaction Profile 10:30</p> | <p>26. Pedal Power 9:30 Wii Games 10 Ice Cream Party 12 Spoonerisms 12:30</p> | <p>27. Coffee/Tea 9 Exercise 10 Milton Berle one liners 11 Cards 12</p> | <p>28. Pedal Power 9:30 This was the Year 1984 @ 10 Crafts 12</p> | <p>29. Local week-end happenings 9 Exercise 10 Bingo 12</p> |