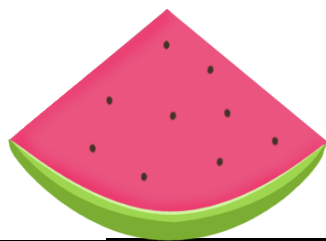


July



Bloomsburg Senior Center, Open 9:00-2:00 daily
 229 WEST 6th St, Bloomsburg 570-784-8615
 Lunch at 11:30, please order the day before by 10am



Mon

Tue

Wed

Thu

Fri

			<p>PICNIC/COVERED DISH WEDNESDAY JULY 20th WRITE WHAT YOU ARE BRINGING ON THE SIGN UP SHEET</p>	<p>1 9:00 COFFEE HR SHUFFLEBOARD GAME CARD GAMES</p>
<p>4 SR CENTER CLOSED ENJOY YOUR DAY STAY SAFE STAY HEALTHY</p>	<p>5 9:00 TEA TIME 10:00 YOGA CLASS 10:30 YOGA CLASS BINGO AFTER LUNCH</p>	<p>6 9:00 COFFEE HR 10:00 GENTLE SITTING TAI CHI MOVES ON VIDEO PROGRAM</p>	<p>7 9:00 TEA TIME 10:00 BALANCE TRAINING BY TODD FROM ENCOMPASS BACK PAIN EXERCISE CARDS AFTER LUNCH</p>	<p>8 9:00 COFFEE/COOKIES 10:00 HEALTHY RELATION GROUP BY OLIVIA SOUDER PLUS A BINGO GAME</p>
<p>11 9:00 COFFEE/COOKIES SHUFFLEBOARD GAME IPAD GAMES 9:30 EXERCISE WITH ANDREA</p>	<p>12 9:00 COFFEE HR 10:00 YOGA CLASS 10:30 YOGA CLASS BINGO 12:00 NOON</p>	<p>13 9:00 COFFEE HR PANERA BREAD DAY 10:30 EXERCISE CLASS WITH TRAINER DENISE CARDS AND GAMES</p>	<p>14 9:00 COFFEE TIME 10:30 FAMILY CARE SARA SPEAKING ON TICK INFO NICOYA FROM FREY'S TALKING ON FOOD, HOT AND LITE MEALS</p>	<p>15 TEA TIME TV TRIVIA GAMES PEDAL EXERCISE CHAIR DANCING VIDEO DANCE ON YOUR CHAIR</p>
<p>18 9:00 COFFEE HR 10:00 SCARLETT TALKING ON SUMMER VEGETABLES 12:00 BLOOD PRESSURE SCREENING</p>	<p>19 9:00 TEA/COOKIES 10:00 YOGA CLASS 10:30 YOGA CLASS BINGO AFTER LUNCH</p>	<p>20 9:00 TEA TIME 11:00 EXERCISE CLASS WITH TRAINER COLLIN COVERED DISH PICNIC MUST SIGN UP</p>	<p>21 9:00 COFFEE TIME 10:30 KRISTIE SPEAKING ON HOSPICE PLUS GAME & SNACKS SHUFFLEBOARD GAME CARDS YOUR CHOICE</p>	<p>22 SNACKS PUZZLES EXERCISE ON MACHINES DOMINOS AND CARDS</p>
<p>25 9:00 SNACKS IPAD GAMES 10:30 CRAFTS BY KIM CARDS AFTER LUNCH</p>	<p>26 9:00 COFFEE HR 10:00 YOGA CLASS 10:30 YOGA CLASS CARDS, UNO</p>	<p>27 9:00 TEA TIME 10:30 EXERCISE WITH TRAINER COLLIN CORNHOLE GAME</p>	<p>28 9:00 SNACKS 10:00 BIKE-O-VISION VIDEO BIKING AROUND THE WORLD EXERCISE WITH PEDAL MACHINE</p>	<p>29 COFFEE HR MOVIE DAY & POPCORN CARDS YOUR CHOICE</p>