

January Wellness 2023

*Programs are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Center Closed 2 	3 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL	4 10:30 BODY SCULPTING 12:30 NOW & ZEN, AUD. 2 1:30 BADMINTON	5 11:30 CHAIR YOGA 1:30 PICKLEBALL	6 10:00 ZUMBA
9 11:00 BODY SCULPTING 12:30 DANCERCISE	10 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL	11 10:30 BODY SCULPTING 1:30 BADMINTON	12 10:00 LINE DANCING 11:30 CHAIR YOGA 1:30 PICKLEBALL	13 10:00 ZUMBA
Senior Center Closed 16 	17 10 – 12 Penn Med Blood Pressure Screening 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL	18 10:30 BODY SCULPTING 12:30 NOW & ZEN, AUD. 2 1:30 BADMINTON	19 PING PONG CLOSED UNTIL 12:30 for PENN MED VISION SCREENING 9:30 – 12:30 Call to register (888) 897- 8979 11:30 CHAIR YOGA 1:30 PICKLEBALL	20 10:00 ZUMBA
23 11:00 BODY SCULPTING 12:30 DANCERCISE	24 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL	25 10:30 BODY SCULPTING 1:30 BADMINTON	26 11:30 CHAIR YOGA 1:30 PICKLEBALL	27 10:00 ZUMBA
30 11:00 BODY SCULPTING 12:30 DANCERCISE	31 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL			

