






4 Seasons Senior Center

47 CJEMS Lane, Mifflintown, PA. 17059

JULY 2024

Center Phone: 717-436-6847

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9am Coffee & social time 10am Exercise 12pm Games</p>	<p>2 9:00am-11:00am Chair Volleyball 12:00 pm Chair Stretching</p>	<p>3 10:00am Exercise 11:00am– 1pm Craft (Please RSVP) See display</p>	<p>4  4TH OF JULY INDEPENDENCE DAY</p>	<p>5 10:00am Exercise 11am Picnic Day & Games</p>
<p>8 10:00am Exercise 11:00am Bingo with Rachel /ASERA 12:00pm games</p>	<p>9 9:00am-11:00am Chair Volleyball 12:00 pm Chair Stretching</p>	<p>10 10:00am Exercise 11am Wii Games 12pm Corn Hole</p>	<p>11 9:00am Walking Club 10:00am Cards 10am Dominos</p>	<p>12 10:00am Exercise Music in the Park @ East Waterford</p>
<p>15 9am Coffee & Social time 10:00am Exercise 11am Movie & Popcorn</p>	<p>16 9:00am-11:00am Chair Volleyball 12:00 pm Chair Stretching</p>	<p>17 10:00am Exercise 11:00pm Birthday Social Megan W/Villa 12pm Corn Hole</p>	<p>18 9:00am Walking Club 10:00am Cards 10am Dominos</p>	<p>19 10:00am Exercise 11:00pm Games 12:00pm Ted Talks</p>
<p>22 10:00am Exercise 11:00am B/P checks W/Amanda UPMC</p>	<p>23 9am-11am CIM Chair Volleyball 12:00 pm Chair Stretching</p>	<p>24 9am Coffee & social time 10:00am Exercise 12:00pm Corn Hole</p>	<p>25 9:00am Walking Club 10:00am Cards 10am Dominos</p>	<p>26 10:00am Exercise 11:00am Free Lunch</p>
<p>29 9am Coffee & Social time 10:00am Exercise 12pm Puzzles</p>	<p>30 9:00am-11:00am Chair Volleyball 12:00 pm Chair Stretching</p>	<p>31 10:00am Exercise 9:30am Center Meeting 12pm Corn Hole</p>	<p>Lunch Served Mon-Fri at 11:30 </p>	<p>Group Exercise Mon. Wed. Fri. 10-11AM </p>