

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>COLD MEAL: Turkey & Cheddar Slider, Carolina Coleslaw, Applesauce, Milk</p> <p>10am Tai Chi (\$4)</p> <p>10am Crafts with Friends (\$4)*</p> <p>12pm Scavenger Hunt Pt 1*</p> <p>1pm Game Club</p> <p>1pm Korean Computer Class</p> <p>1pm Korean Dance & Drums</p> <p>3:30pm Korean Smart Phone Class 1</p>	<p>Chicken Pot Pie, Cauliflower, Apricot Halves, Milk</p> <p>10am Wii Bowling</p> <p>10am Fit for the Future (\$4)</p> <p>10am Medicare Counseling **</p> <p>10am-1pm Shiatsu Appts*</p> <p>12pm PA Health & Wellness Bday Celebration & Program*</p> <p>12:45pm Progressive Pinochle</p> <p>2pm Korean Bong Sul</p> <p>2:30pm Korean Drawing 2</p> <p>3:30pm Korean Sax</p>	<p>Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk</p> <p>9am Yoga (\$4)</p> <p>10:15am Chair Yoga (\$4)</p> <p>1pm Korean Women's Bong Sul</p> <p>2pm Korean Line Dancing</p> <p>3pm ESL for Koreans</p> <p>4pm Korean Creative Music Talk 3</p>	<p>CLOSED for the 4th of July</p>
	<p>Chicken Burger with Roasted Peppers & Provolone, Wild & Brown Rice Pilaf, Steamed Broccoli, Milk</p> <p>10am Fit for the Future (\$4)</p> <p>10am Whist/Other Games</p> <p>12:30pm Food for Thought*</p> <p>2pm Korean Bong Sul</p> <p>3pm Korean Table Tennis</p> <p>4pm Korean Choir Class 7</p>	<p>Pasta with Meatballs, Peas, Fruit Salad, Milk</p> <p>10am Tai Chi (\$4)</p> <p>10am Story Time w/ Josephine*</p> <p>10am-12pm State Rep. Malagari Office Hours**</p> <p>12pm Scavenger Hunt Pt 2*</p> <p>1pm Game Club</p> <p>1pm Korean Computer Class</p> <p>1pm Korean Dance/Drums</p> <p>3:30pm Korean Smart Phone Class 8</p>	<p>SPECIAL LUNCH \$10: Cheeseburger, Coleslaw, Watermelon, Chocolate Chip Cookie, Milk</p> <p>10am Wii Bowling</p> <p>10am Fit for the Future (\$4)</p> <p>10am Medicare Counseling**</p> <p>11:30am Special Lunch w/ Russ Rentler Entertainment (\$10)*</p> <p>12:45pm Progressive Pinochle</p> <p>2pm Korean Bong Sul</p> <p>2:30pm Korean Drawing 9</p> <p>3:30pm Korean Sax</p>	
<p>Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, Milk</p> <p>10am Fit for the Future (\$4)</p> <p>10am Whist/Other Games</p> <p>11:30am Lunch/Movie Matinee*</p> <p>12:30pm Prayer Care*</p> <p>2pm Korean Bong Sul 14</p> <p>3pm Korean Table Tennis</p>	<p>COLD MEAL: Roasted Vegetable Grinder, Green Beans w/ Vinaigrette, Mandarin Oranges, Milk</p> <p>10am Tai Chi (\$4)</p> <p>10-10:30am Free BP Checks*</p> <p>10:30-11:15am Help Yourself to Healthy Living: Immunization Update*</p> <p>12pm Scavenger Hunt Pt 3 & Ice Cream Social Fundraiser*</p> <p>1pm Game Club</p> <p>1pm Korean Computer Class</p> <p>1pm Korean Dance/Drums</p> <p>3:30pm Korean Smart Phone Class 15</p>	<p>COLD MEAL: Chicken Salad on Lettuce, Tomato & Cucumber, Three Bean Salad, Tapioca Pudding, Milk</p> <p>10am Wii Bowling</p> <p>10am Fit for the Future (\$4)</p> <p>10am Medicare Counseling**</p> <p>12:45pm Advisory Council**</p> <p>12:45pm Progressive Pinochle</p> <p>2pm Korean Bong Sul</p> <p>2:30pm Korean Drawing</p> <p>3:30pm Korean Sax 16</p>	<p>Turkey w/ Gravy, Glazed Sweet Potatoes, Green Beans, Milk</p> <p>9am Yoga (\$4)</p> <p>10:15am Chair Yoga (\$4)</p> <p>12:30pm MontCo Assoc for the Blind</p> <p>1pm Korean Women's Bong Sul</p> <p>2pm Korean Line Dancing</p> <p>3pm ESL for Koreans</p> <p>4pm Korean Creative Music Talk 17</p>	<p>Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk</p> <p>9:30am All Levels Pinochle</p> <p>11am-1pm Tech Tutoring**</p> <p>12:30pm Bingo</p> <p>12:30pm Korean Beginner Drumming</p> <p>1:30pm Korean Kalimba</p> <p>2pm Korean Bong Sul</p> <p>3pm Korean Book Club 18</p> <p>3pm Korean Sax</p>
<p>SUNDAY DINNER OUTING</p> <p>13 4pm Dinner & Phillies @ Poppys*</p>				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Roasted Chicken Thighs with Sweet Potatoes, Green Beans, Blueberry Buckle, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm The Road to Valley Forge: Revolutionary War Presentation* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 21</p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p>10am Tai Chi (\$4) 10:30am Wii Jeopardy* 12pm Legal Consultations* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phones 22</p>	<p>Swedish Meatballs, Egg Noodles, Peas, Peaches, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 10am-12pm State Sen. Collett Office Hours** 12:30pm Medicare Prevention Fraud Prevention* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 23 3:30pm Korean Sax</p>	<p>COLD MEAL: Ham & Swiss Sandwich, Macaroni Salad, Fruit Salad, Milk</p> <p>THEME THURSDAY: Phillies* 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:45pm Trivia with Nancy 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 24 4pm Korean Creative Music Talk</p>	<p>Waffles and Turkey Sausage Patty, Breakfast Potatoes, Collard Greens, Milk</p> <p>9:30am All Levels Pinochle 10:30am Grief Support 10:30am We are the Red Cross* 11am-1pm Tech Tutoring** 12:30pm Korean Beginner Drumming 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 25 3pm Korean Saxophone</p>
<p>Baked Mac & Cheese, Stewed Tomatoes, Steamed Green Beans, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 12:00pm Book Club* 12:30pm Veteran's Resource Group* 12:30pm Prayer Care Group* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 28</p>	<p>White Chicken Chili, Brown Rice, Roasted Zucchini & Stewed Tomatoes, Milk</p> <p>10am Tai Chi (\$4) 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 29</p>	<p>Chicken Pot Pie, Cauliflower, Apple Crumble, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:30pm Hula Hoop Fun* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 30 3:30pm Korean Sax</p>	<p>COLD MEAL: Fusilli Salad w/ White Beans, Grilled Marinated Chicken Breast, Canned Pears, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 31</p>	<div style="text-align: center;"> <h2>JULY IS</h2> <p>National Minority Mental Health Awareness Month & Disability Pride Month</p> </div>

- **Items with *** are Special Programming for this month. Additional information is available in the "Special Program Descriptions" section of our newsletter or at the front desk of either Center.
- **Items with **** are Resources & Services with additional information available in the "Illuminate Your Options" section of our website or electronic newsletter.
- Our center is open 8am - 4pm, Mon-Fri, with access to self-organized Rummikub, Puzzles, Card Games, Chess, and Creative Coloring. See Sabrina or a greeter at the front desk for questions or to access materials.

Programs are free unless otherwise indicated.



Scan me

Detailed descriptions for all of our regular and recurring programming can be found on our website:
www.sparkseniorcenters.org
or scan the QR code.