

# PROGRAM SCHEDULE

2024 / JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>All programs are subject to change. We will post applicable updates on our website: <a href="http://www.generationsofiv.org">www.generationsofiv.org</a></b>		<b>The number after the program listing indicates on which page of the newsletter more info. can be found.</b>			1	
<b>3</b> 9:15 CardioTone(14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8)\ 1:00 Acupuncture (12) 1:00 Memoirs (9) Bucks Mont Senior Golf League (8)	<b>4</b> 9:00 Billiards Away vs Pennridge (8) 9:30 Billiards (8) 9:30-10:30 Shred Truck (4) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (4) 10:00 Scrabble (9) Haircuts by Appt. (12) 10:30 Rhythmfit (14) 12:45 Movie Matinee: A League of Their Own (4)	<b>5</b> Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) Hearing Care Appt. (12) DeSales PT Screen (3) 9:30 Dancefit (14) 10:30 Balance/Tone/ Stretch (14) ) 12:45 Summer Dance & Sing Along (4) 3:30 Caregivers Support (Virtual) (7)	<b>6</b> 8:45 Old Jail/Asa Packer Museum (15) 9:00 Billiards Away vs Hillview (8) 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) PA Medi Appt. (7)	<b>7</b> 9:30 Billiards (8) 10:30 Everything You Wanted to Know About LGBTQ (4) 10-2 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>8</b>	
<b>10</b> 9:15 Cardio Tone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:00 On The Move Open House (4) 10:30 Tai Chi (14) 10:45 Malagari Hours(7) 11:00 What's Up Doc Secrets of Longevity(5) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)	<b>11</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (4) 10:30 Rhythmfit (14) 1:00 Bingo (8) 6:30 Bereavement Support (7)	<b>12</b> Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Screen (3) 11:00 Recipe Swap & Sample:Strawberries (9) 10:30 Balance/Tone/ Stretch (14) 12:00 Corny Comedy Lunch (1) 1:30 Grief & Loss/ Caregivers (5) 2- Caregivers Support (7) 2:00 Bowling (8)	<b>13</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Weekend Comedy Trip (15) 10:00 Great Tours (4) 11-Mats that Matter(9) 12:45 Pinochle (9) 3:30 Board Meeting	<b>14</b> 9:30 Billiards (8) 9:30 Billiards Away vs Arbour Square (8) 10:00 Trivia at Ten (4) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>15</b>	
<b>17</b> 9:15 Cardio Tone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10-Amazing Brain (5) 10:30 Tai Chi (14) Blood Pressure Chk (12) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)	<b>18</b> 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (4) 10:00 Scrabble (9) Haircuts by Appt. (12) 10:30 Rhythmfit (14) 12:45 Public Benefits with LASP (5)	<b>19</b> Shuffleboard (9) 9:00 Billiards Away at Hershey Mill (8) 9:30 Billiards (8) 9:30 Meditation/SH (12) DeSales PT Screen (3) 9:30 Dancefit (14) 10:30 Balance/Tone/ Stretch (14) 10:30 Out to Lunch: Anthony's (16) 12-2 Collett Hours (7) Financial Counsel (7)	<b>20</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) Legal Aid (p. 7)	<b>21</b> 8:30 Grounds for Sculpture Trip (16) 9:30 Billiards (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>22</b>	
<b>24</b> 9:15 CardioTone (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)	<b>25</b> 8:30 Riverlady Lunch Cruise Trip (16) 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 9:45Mind/Body Pain (4) 10:30 Rhythmfit (14) 1:00 Bingo (8)	<b>26</b> Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) DeSales PT Screen (3) 9:30 Dancefit (14) 10:00 iPhone 101B Adv. Begin. Class (5) 10:30 Balance/Tone/ Stretch (14) 12:45 From Bowl to Bowel (5) 2:00 Bowling (8)	<b>27</b> 9:30 Billiards (8) 9:30 Sit,Stretch,Flex (14) 10:00 Great Tours (4) 11-Mats that Matter(9) 12:45 Pinochle (9) 12:45 Get the Most Out of Your Doc. Appt. (5)	<b>28</b> 9:30 Billiards (8) 9:00 Hlawatha Trip (15) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	<b>29</b>	
						<b>Schedule Announcements:</b> <b>• Effective June 7, Line Dancing is no longer offered.</b>