

# PROGRAM SCHEDULE

2024 / JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 9:00 Billiards Away vs Shannondell (8) 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (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)	2 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:00 Scrabble (9) 10:00 Painted Garden Decor Rocks! (6) Haircuts by Appt. (12)	3 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) Hearing Care Appt. (12) NO Dancefit (14) DeSales PT Screen (3) 10:30 Balance/Tone/ Stretch (14) 12:00 Great American Songbook Lunch (3) 3:30 Virt. Caregivers Sup.(7)	4 <b>Generations Closed</b>	5 9:30 Billiards (8) 9:30 Chanticleer Gardens Trip (16) 10 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	6 9:30 Billiards (8) 9:30 Chanticleer Gardens Trip (16) 10 Board Game Day (8) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	The number after the program listing indicates on which page of the newsletter more information can be found.
8 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:30 Tai Chi (14) 10:45 Malagari Hours / SEPTA KEY(p. 7) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)	9 9:00 Billiards Away vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Billiards (8) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8) 6:30 Bereavement Support (7)	10 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) DeSales PT Screen (3) 9:30 Sound of Music Trip (16) 10:30 Balance/Tone/ Stretch (14) 11:00 Recipe Swap Picnic Fare&Snacks (9) 12:45 Budding Bird(6) 2 - Caregivers Sup.(7) 2:00 Bowling (8)	11 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Tours (4) 11-Mats that Matter (9) 11-Footloose Trip (16) <b>Generations Closes</b> <b>Early For Staff Training</b> NO Pinochle (9) 3:30 Board Meeting	12 9:30 Billiards (8) 10-Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	13 9:30 Billiards (8) 10-Name That Tune (5) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	14
15 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10-Get Great Sleep (6) 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)	16 9:15 Newsletter Mailing (9) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) Haircuts by Appt. (12) 10:00 Scrabble (9) 12:45 Movie Matinee: Top Gun Maverick (5)	17 6:00 Day at the Beach Trip (16) 9-Shuffleboard (9) 9:30 Billiards (8) 9:15 Billiards Home vs Hershey Mill (8) DeSales PT Screen (3) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/ Stretch (14) 12-2 Collett Hours (p. 7) Financial Counsel.(7) 1:00 10 Warning Signs of Alzheimers + Music as Medicine (3)	18 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Tours (4) 12:45 Pinochle (9) Legal Aid (p. 7)	19 9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	20 9:30 Billiards (8) 9:30 AARP Safe Driving Refresher (6) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8)	21
22 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (8) 10:00 Trivia at Ten (4) 10:30 Tai Chi (14) 12:30 Dup.Bridge (8) 1:00 Memoirs (9) 1:00 Acupuncture (12) Bucks Mont Senior Golf League (8)	23 9:15 Billiards Home vs Pennridge (8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14) 1:00 Bingo (8)	24 9-Shuffleboard (9) 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/ Stretch (14) 1:30 Behind The Kitchen Counter: Summer Entertain. (6) 2:00 Bowling (8)	25 9:00 Bird in Hand Trip (16) 9:30 Billiards (8) 9:30 Sit, Stretch, Flex (14) 10:00 Great Tours (6) 11-Mats that Matter (9) 12:45 Pinochle (9)	26 9:15 Billiards Home vs Arb. Square (8) 9:30 Phila. Signature Lunch Cruise (16) 10:30 Release & Restore Yoga (14) 12:30 Mah Jong (8) 12:45 Digital Wellness (6)	27 8:30 Veterans Tribute Concert & Picnic Trip (17)	28
29 9:15 CardioTone (14) 9:30 Hand & Foot (8) 9:30 Billiards (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)	30 9:15 Billiards Home vs Meadowood(8) 9:30 Sit, Stretch, Flex (14) 9:30 Hand & Foot (8) 10:30 Rhythmfit (14)	31 8:00 Hard Rock Casino Trip (16) 9-Shuffleboard (9) 9:30 9:30 Billiards (8) 9:30 Meditation/SH (12) 9:30 Dancefit (14) 10:30 Balance/Tone/ Stretch (14) 1:00 Longest Day Music Bingo (1)	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>Schedule Announcements:</b> • We will be closed on Thursday, July 4. • We will close early on Thur., July 11.		