

January 2014					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Next Gen Senior Center</b> <b>184 S. Lime St Quarryville, Pa</b> <b>786-4770</b>	<b>CENTER HOURS</b>  <b>8:30 -2:00</b>		1 <b>CENTER CLOSED</b>	2 Ferguson and Hassler Self Defense Class 10:30 Zumba Gold Trivia Puzzles	3 9:30 Exercise Food Bank Bingo Nutrition
(Email) <a href="mailto:sascinc@frontiernet.net">sascinc@frontiernet.net</a>  <b>Eschbach Bus Service 284-4162</b> <a href="http://www.nextgenservicesinc.org">www.nextgenservicesinc.org</a>	6 9:30 Exercise Current Events Oatmeal History & Trivia w/ Recipe	7 9:30 Exercise BP check w/ Laura Penn State Nutrition w/ Donna	8 10:00 Chorus Practice 9:30 Bible Study- Tracy Glover Town Meeting	9 Intergenerational Activity w/ Senior Buddies 10:30 Zumba Gold	10 9:30 Exercise Joe Well-Toy Collector-Program Nutrition
<b>Daily List of Activities:</b>  Puzzles/Trivia  Bocce Ball  Wii Games  Walking Club  Assorted Card Games  Board Games	13 9:30 Exercise Current Events Games with Agape Care	14 9:30 Exercise Snack-o-game Choice of Daily Activities	15 10:00 Chorus Practice 9:30 Bible Study- Daniel Crisman	16 10:30 Zumba Gold Winter Trivia Choice of Daily Activities	17 9:30 Exercise Nutrition Special Discussions/Ideas
	20 <b>CENTER CLOSED</b>	21 9:30 Exercise <b>Nat'l Hug Day!</b> Nutrition/current events	22 10:00 Chorus Practice 9:30 Bible Study- Steven Bowser	23 Intergenerational Activity w/ Senior Buddies 10:30 Zumba Gold	24 9:30 Exercise Make Soft Pretzels Nutrition Choice of Daily Activities
<b>Monthly Service Projects-</b> Plastic Cap Collection; Food Bank Bingo & Change Donations for Charities!	27 9:30 Exercise Current Events Make-a-Wish Foundation Program	28 9:30 Exercise Intergenerational Activity w/ Senior Buddies	29 10:00 Chorus Practice 9:30 Bible Study- Elaine Bortman	30 10:30 Zumba Gold Choice of Daily Activities <b>Celebrate Nat'l            Puzzle Day!</b>	31 9:30 Exercise Movie Day Nutrition <b>*Backwards Day*</b>
<b>Happy New Year!</b>					