

July 2010

Clearfield Center for Active Living - Daily Programming

Daily activities include Nintendo Wii, Internet Cafe, lending library, puzzles, and cable television.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| | | | 1 11:00 AM Managing Chronic Pain, Clearfield Community Nurses 1:30 PM Bridge & Pinochle | 2 9:00 AM YMCA Aquatics Club Preregistration Required 10:30 AM Crazy Bingo 11:30 AM Fourth of July Sundaes |
| 5 Closed for Independence Day | 6 11:00 AM Blood Pressure Checks Clearfield Home Health Sing-A-Long | 7 9:00 AM YMCA Aquatics Club Preregistration Required 11:15 AM Osteoarthritis Becky, DRMC Rehab 12:00-4:00 PM Bowling Boomers Clearfield Bowling Lanes | 8 11:00 AM Brain Aerobics 1-3:00 PM Farmers Market Voucher Program at Clearfield Career & Technology Center 1:30 PM Bridge & Pinochle | 9 9:00 AM YMCA Aquatics Club Preregistration Required 11:00 AM Bingo |
| 12 9:00 AM YMCA Aquatics Club Preregistration Required 1-3:00 PM Farmers Market Voucher Program at Clearfield Career & Technology Center 11:00 AM Cards & Games | 13 11:00 AM Blood Pressure & Blood Glucose Checks Colonial Courtyard 12:30 PM Center Officers' Meeting | 14 9:00 AM YMCA Aquatics Club Preregistration Required 11:00 AM Brain Aerobics 12:00-4:00 PM Bowling Boomers Clearfield Bowling Lanes | 15 11:00 AM Mountain Laurel Summer Fun Bingo Basket Give-a-way and Prizes for all! 1-3:00 PM Farmers Market Voucher Program at Clearfield Career & Technology Center 1:30 PM Bridge & Pinochle | 16 9:00 AM YMCA Aquatics Club Preregistration Required 11:00 AM Bingo |
| 19 9:00 AM YMCA Aquatics Club Preregistration Required 9-11:30 AM Painting w/Dulce 11:00 AM Cards & Games 1-3:00 PM Farmers Market Voucher Program at Clearfield Career & Technology Center | 20 11:00 AM Sing-A-Long | 21 9:00 AM YMCA Aquatics Club Preregistration Required 11:00 AM Bright Horizons 12:00-4:00 PM Bowling Boomers Clearfield Bowling Lanes | 22 11:00 AM Brain Games 1-3:00 PM Farmers Market Voucher Program at Clearfield Career & Technology Center 1:30 PM Bridge & Pinochle | 23 9:00 AM YMCA Aquatics Club Preregistration Required 11:00 AM Bingo |
| 26 9:00 AM YMCA Aquatics Club Preregistration Required 11:15 AM Marsha Emhoff Clearfield Jefferson Drug & Alcohol 1-3:00 PM Farmers Market Voucher Program at Clearfield Career & Technology Center | 27 11:00 AM Blood Pressure Checks Mountain Laurel Sing-A-Long | 28 9:00 AM YMCA Aquatics Club Preregistration Required 11:00 AM Brain Aerobics 12:00-4:00 PM Bowling Boomers Clearfield Bowling Lanes | 29 11:00 AM Ice-cream Social with guests from Knickerbocker 1-3:00 PM Farmers Market Voucher Program at Clearfield Career & Technology Center 1:30 PM Bridge & Pinochle | 30 9:00 AM YMCA Aquatics Club Preregistration Required 11:00 AM Bingo |