

# July 2010

## Kylertown Center for Active Living - Daily Programming

*Daily activities include Puzzles, Reading, Computer/Internet Service, Crafts, and Quilting.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  11:00 AM Nutrition Bingo	2  10:45 AM Cards, Games, & Puzzles
5  Closed for Independence Day	6  10:45 AM Blood Glucose Checks w/Colonial Courtyard	7  11:00 AM Exercise with Penny	8  11:00 AM Nutrition Bingo	9  9:30-10:30 AM Farmers Market Vouchers  10:45 AM Cards, Games, Puzzles, & Crafts
12  10:30 AM Cards, Games, & Puzzles  11:00 AM Exercise with Pam	13  11:00 AM Blood Pressure Checks w/Clearfield Home Health	14  11:00 AM Exercise with Penny	15  11:00 AM Nutrition Bingo	16  9:30-10:30 AM Farmers Market Vouchers  10:45 AM Cards, Games, Puzzles, & Crafts
19  10:30 AM Cards, Games, & Puzzles  11:00 AM Exercise with Pam	20  10:30 AM Cards, Games, & Puzzles	21  11:00 AM Exercise with Penny	22  11:00 AM Nutrition Bingo	23  9:30-10:30 AM Farmers Market Vouchers  10:45 AM Cards, Games, Puzzles, & Crafts
26  10:30 AM Blood Pressure Checks w/Conemaugh Home Health  11:00 AM Exercise with Pam	27  10:30 AM Cards, Games, & Puzzles	28  11:00 AM Exercise with Penny	29  11:00 AM Nutrition Bingo	30  9:30-10:30 AM Farmers Market Vouchers  10:45 AM Cards, Games, Puzzles, & Crafts