

McALISTERVILLE SENIOR CENTER

Center Manager: Carrie Noss

BRING A FRIEND

Hours: 8:30 AM—2:00 PM


MIFFLIN-JUNIATA AREA AGENCY ON AGING, INC

Center Phone: 463-3588

CARS Phone Number: 717-242-2277

All Activities are Optional

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9 am - Silver & Stretch 10 am - Cardio Circuit 11 am - Dice Bingo	2 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 11 am - Eye Screening	3 9 am - Silver & Stretch 10 am - Cardio Circuit 11 am - Word Search	4 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 11 am - Care & Share
7 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 11 am - Medi Home Health	8 9 am - Silver & Stretch 10 am - Cardio Circuit	9 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 11 am - Health Talk with Scott	10 9 am - Silver & Stretch 10 am - Cardio Circuit 11 am - Lunch at Sal's	11 CENTER CLOSED for Veteran's Day
14 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 11 am - Nurses Program	15 9 am - Silver & Stretch 10 am - Cardio Circuit	16 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 11 am - Piano with Sylvia	17 9 am - Silver & Stretch 10 am - Cardio Circuit 11 am - Craft Day	18 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 12 pm Baptist Church Lunch
21 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 11 am - Health Program	22 9 am - Silver & Stretch 10 am - Cardio Circuit 12:30 pm - Visit Shut-Ins	23 8:45 am - Cardio Sculpt 10 am - Silver Sneakers CLOSING AT NOON	24 CENTER CLOSED for Thanksgiving Day 	25 8:45 am - Cardio Sculpt 10 am - Silver Sneakers Movie day at 4 Seasons (Mifflintown) Center
28 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 11am - BINGO with Locust Grove	29 9 am - Silver & Stretch 10 am - Cardio Circuit	30 8:45 am - Cardio Sculpt 10 am - Silver Sneakers 11 am - Center Meeting		