



the Center *insider*

**THE LATEST NEWS FROM THE VALLEY CENTER FOR
ACTIVE ADULTS**

**135 KALASSAY DRIVE
LIGONIER, PA
CENTER HOURS
8:00 a.m. to 3:30 p.m.
EMAIL: supervisor@valleylig.net
WEBSITE: www.valleylig.org**

IN THIS ISSUE

**WEEKLY CALENDAR
LUNCH MENU
RIVERS CASINO SCHEDULE
MIND MATTERS VIDEO PRESENTATIONS
SPECIAL MENU
STORYTELLERS CIRCLE
OPEN MIC
CREATIVE WRITERS
UPCOMING TRIPS
MOVIE SCHEDULE
MASSAGE THERAPY DATES
... AND MUCH MORE!**

**VALLEY CENTER FOR ACTIVE ADULTS
WEEKLY EVENTS CALENDAR—DECEMBER, 2018**

Mon	Tue	Wed	Thu	Fri
3 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Massage Therapy (by appt) 1-Brain Games 1-Billardards	4 8:30-Puzzles 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Blood Pressure Check 1-Chair Yoga	5 8:30-Puzzles 9:30-Uke Practice 10:30-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	6 8:30-Puzzles 10-Sr. Fitness 11-TRX (GAW) 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga (GAW) 1-Card Club	7 8:30-Puzzles 9-Shuffleboard 9:30 Uke Class 11:30-Weekly News Review 11:45-Your Health, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Friday Afternoon Movie **
10 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billardards	11 8:30-Puzzles 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 2—Creative Writers Group	12 8:30-Puzzles 9:30-Uke Practice 10:30-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	13 8:30-Puzzles 10-Sr. Fitness 11-TRX (GAW) 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga (GAW)	14 8:30-Puzzles 9-Shuffleboard 9:30 Uke Class 11:30-Weekly News Review 11:45-Your Health, Gab Fest, Trivia, Daily Laugh 12—High School Luncheon
17 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Massage Therapy (by appt) 1-Brain Games 1-Billardards 2-Cornhole Game Rivers Casino Trip	18 SPECIAL MENU 8:30-Puzzles 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Blood Pressure Check 1-Chair Yoga	19 8:30-Puzzles 9:30-Uke Practice 10:30-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	20 8:30-Puzzles 10-Sr. Fitness 11-TRX (GAW) 11:45-Gab Fest, Trivia, Daily Laugh December Birthday Cele- bration Noon-Lunch 1-Chair Yoga (GAW) 1-Card Club	21 8:30-Puzzles 9:30 Uke Class 9-Shuffleboard 10:30-Mind Matters Video + 11:30-Weekly News Review 11:45-Your Health, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Cornhole Game
24 8:30-Puzzles 10-Sr. Fitness Tai Chi Class—CANCELLED 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billardards 2-Cornhole Game	25 CENTER CLOSED MERRY CHRISTMAS 	26 8:30-Puzzles 9:30-Uke Practice Meditation Class— CANCELLED 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	27 8:30-Puzzles 10-Sr. Fitness 11-TRX (GAW) 11:45-Gab Fest, Trivia, Daily Laugh. Noon-Lunch 1-Chair Yoga (GAW) 1-Card Club	28 8:30-Puzzles 9-Shuffleboard 10:30-Open Mic 11:30-Weekly News Review 11:45-Your Health, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Cornhole Game 1-Friday Afternoon Movie *+
31 8:30-Puzzles 10-Sr. Fitness Tai Chi Class—CANCELLED 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billardards 2-Cornhole Game	1 CENTER CLOSED 	** Dolly Parton's Christmas of Many Colors-Circle of Love *+ Into the Arms of Strangers: Stories of the Kindertransport	Saturday, December 8- Holiday Luncheon – \$25. Tickets available at the Center	Friday, December 14th at noon— Ugly Christmas Sweater Contest