



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

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LUNCH MENU
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UPCOMING TRIPS
MOVIE SCHEDULE
MASSAGE THERAPY DATES
... AND MUCH MORE!

**VALLEY CENTER FOR ACTIVE ADULTS
WEEKLY EVENTS CALENDAR—JANUARY, 2019**

Mon	Tue	Wed	Thu	Fri
2019 Dues are now due—\$10	1 CENTER CLOSED 	2 8:30-Puzzles 9:30-Uke Practice 10:30-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1 -Bingo	3 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	4 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 at the Movies **
7 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-Billiards 2-Cornhole Game	8 8:30-Puzzles 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 2—Creative Writers Group	9 8:30-Puzzles 9:30-Uke Practice 10:30-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1 -Bingo	10 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 1-Advisory Board 1-3:30—Kim Shaffer - State Related Issues	11 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review 11:45-Your Health, Gab Fest, Trivia, Daily Laugh Noon-Lunch, 1-Storytellers Circle
14 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-Billiards 2-Cornhole Game	15 8:30-Puzzles 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Blood Pressure Check 1-Chair Yoga	16 8:30-Puzzles 9:30-Uke Practice 10:30-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1 -Bingo	17 8:30-Puzzles 10-Sr. Fitness 11-TRX (GAW) 11:45-Gab Fest, Trivia, Daily Laugh January Birthday Celebration Noon-Lunch 1-Chair Yoga (GAW) 1-Card Club	18 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
21 CENTER CLOSED 	22 8:30-Puzzles 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga	23 8:30-Puzzles 9:30-Uke Practice 10:30— Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1 -Bingo	24 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	25 8:30-Puzzles 9-Shuffleboard 11-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 *+
28 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	29 8:30-Puzzles 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga	30 8:30-Puzzles 9:30-Uke Practice 10:30— Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1 -Bingo	31 8:30-Puzzles 10-Sr. Fitness 11-TRX (GAW) 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga (GAW)	** “The Post” with Meryl Streep and Tom Hanks *+ “Duck Soup” - the Marx Brothers + Safe Driving Mindset