



*****TRAVEL CORNER*****

Breakfast for Lunch is held every Monday

No Reservations Required

Serving 10:30am TO 12:30pm

BRING A FRIEND!

December Dates

1st, 8th, 15th, 22nd & 29th CHOW bus Market 11-12

1st - Aging w/Vitality Workshop 1pm

2nd - LGT Law Series 12:30pm

2nd - Social Club 1pm

3rd- Executive Board 9:30am

3rd - Membership Meeting 12pm

5th - Holiday Rummage Sale 9-2pm

8th - STARS Info & Renewal 12:15pm

8th - Aging w/Vitality Workshop 1pm

9th - Blood Pressure 10am

9th - Holiday Luncheon w/Animal Adventure 11:45

14th - Oatmeal Scotchie Pancakes 10:30am

17th - Philly Cheese Steak Day 11:30am

17th - First Ward Choral Concert 1pm

25th – Center Closed

31st - New Year's Eve Luncheon 11:45am

Aging with Vitality Workshop Series

December 1st– Sleep & Balance

**December 8th– Brain Longevity and Memory Power
1-3pm**

For First Ward Members Only

Come and learn strategies to help you age with vitality and keep your inner child alive!



SPECIAL BREAKFAST FOR LUNCH!!

December 14th – Oatmeal Scotchie Pancakes

All remaining trips will be departing from the St.

**Michael's
Church parking lot.**

12/1-2 Hershey Christmas. 1 night stay at the Hershey Lodge. Dinner w/Christmas show. Lights of Hershey tour. Breakfast at the hotel and visit to Hershey Chocolate World. \$210

2016 Trip Schedule will be available shortly.

Please call 203-1179 with any questions



Wednesday, December 9th

Come and enjoy a cup of Hot Chocolate while listening to your favorite Christmas Carols.

Wear your favorite Christmas Sweater for a chance at a prize.

Bingo @ 10:30am

Animal Adventure @ 12:15pm

New Year's Eve Party, Dec. 31st

Details to be announced at a later date

Thursdays

Swim & Water Aerobics Class

At West Middle School Pool

For First Ward Members Only!

Water Aerobics Class - 4:00-4:30pm

Open Swim– 4:30-6:00pm

*****Attention First Ward Member*****

If you have recently moved, changed phone numbers or have a new emergency contact person we need to know! Please stop by the office to update your contact information.