

SENIOR ACTIVITIES AND SERVICES

July 2010 **MERCY CENTER ON AGING** 444 East. Grandview Boulevard. Erie, PA for information **824-2214**

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">5</p> <p style="text-align: center;">CENTER CLOSED- RECOVERING FROM OUR INDEPENDENCE DAY</p>	<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">6</p> <p>8:45 AEROBICS 9:00 Tennis at Pennbriar Party Bridge 9:30 500 Club 10:00 Mass (Terrace) 10:30 Ballroom Dance 1:00 Ten Cent Poker MOVIE -</p> <p style="text-align: center;">BEAUTY SHOP 8:30 -2:30 NURSE IN 8:00 - 12:30</p>	<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">7</p> <p>8:25 Total Fitness - 9:30 Studio Art STRETCH "N FLEX Quilting 9:35 Adv.Line Dance 10:00 Mass at Terrace JUST FOR JOCKS 10:00 Wii 11:00 Fitness From the Chair 12:30 HOME HEALTH CARE - WHAT IS IT? 2:00 BEGINNER ART</p> <p style="text-align: center;">NURSE in 8:00 - 12:00 BEAUTY SHOP 8:30-2:30</p>	<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">1/8</p> <p>8:45 AEROBICS 9:00 Knitting / Crocheting Tennis at Pennbriar Duplicate Bridge 10:00 Mass (Terrace)</p> <p style="text-align: center;">1:00 DR. FEDERICI, MERCYHURST COLLEGE 7/1 & 7/8</p> <p style="text-align: center;">BEAUTY SHOP 8:30 - 12:00 NURSE in 8:00 - 12:30</p>	<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">2/9</p> <p>9:00 Total Fitness 9:30 Pinochle 10:00 Mass at Terrace Just for Jocks 11:00 Fitness From the Chair 12:00 Center Closes</p> <p style="text-align: center;">BEAUTY SHOP 8:30-12:00</p>
<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">12</p> <p>9:00 Total Fitness 9:30 Euchre GRG SUPPORT GROUP 10:00 Mass (Terrace) 10:00 Just for Jocks 11:00 Fitness from the chair 12:00 Pinochle 1:30 BEGINNING DRAWING AND WATERCOLOR CLASS</p> <p style="text-align: center;">NURSE IN 8:00 - 12:30</p>	<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">13</p> <p>8:45 AEROBICS 9:00 Tennis at Pennbriar Party Bridge 9:30 500 Club 10:00 Mass (Terrace) 10:30 Ballroom Dance 1:00 Ten Cent Poker MOVIE -</p> <p style="text-align: center;">BEAUTY SHOP 8:30 -2:30 NURSE IN 8:00 - 12:30</p>	<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">14</p> <p>8:25 Total Fitness 9:30 Studio Art STRETCH "N FLEX QUILTING 9:35 Adv.Line Dance 10:00 Mass at Terrace JUST FOR JOCKS 10:00 Wii 11:00 Fitness From the Chair 12:00 PICNIC AND BINGORAMA 2:00 BEGINNER ART 3:00 MERCY CHORALE</p> <p style="text-align: center;">NURSE in 8:00 - 12:00 BEAUTY SHOP 8:30-2:30</p>	<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">15</p> <p>8:45 AEROBICS 9:00 Knitting / Crocheting Tennis at Pennbriar Duplicate Bridge 10:00 Mass (Terrace)</p> <p style="text-align: center;">1:00 SUMMER STROLLS W/ KEN</p> <p style="text-align: center;">BEAUTY SHOP 8:30 - 12:00 NURSE in 8:00 - 12:30</p>	<p style="text-align: center; border: 1px solid black; display: inline-block; padding: 2px;">16</p> <p>9:00 Total Fitness 9:30 Pinochle 10:00 Mass at Terrace Just for Jocks 11:00 Fitness From the Chair 12:00 Center Closes</p> <p style="text-align: center;">BEAUTY SHOP 8:30-12:00</p>

Monday	Tuesday	Wednesday	Thursday	Friday
19 9:00 Total Fitness 9:30 Euchre 10:00 Mass (Terrace) 10:00 Just for Jocks 11:00 FITNESS FROM THE CHAIR 12:00 Pinochle 1:00 INVESTMENT CLUB NURSE IN 8:00 - 12:30	20 8:45 AEROBICS 9:00 Tennis at Pennbriar Party Bridge 9:30 500 Club 10:00 Mass (Terrace) 10:30 Ballroom Dance 1:00 MOVIE - Ten Cent Poker BEAUTY SHOP 8:30-2:30 NURSE IN 8:00-12:30 5:30 OUTDOOR SUMMER YOGA	21 8:25 Total Fitness 9:30 STRETCH 'N FLEX 9:35 Adv. Line Dance Studio Art 10:00 Mass (Terrace) JUST FOR JOCKS 10:00 Wii 11:00 CHAIR FITNESS 12:00 VICTORIAN PRINCESS LUNCH 2:00 Beginning art BEAUTY SHOP 8:30-2:30 NURSE IN 8:00 - 12:00	22 8:45 AEROBICS 9:00 Knitting / crocheting Tennis at Pennbriar 9:15 Duplicate Bridge 10:00 Mass (Terrace) 1:00 SUMMER STROLLS W/ KEN BEAUTY SHOP 8:30 - 11:00 NURSE IN 8:00 - 12:00	23 9:00 Total Fitness 9:30 Pinochle 10:00 Mass at Terrace 10:00 JUST FOR JOCKS 11:00 FITNESS FROM THE CHAIR 12:00 Center Closes BEAUTY SHOP 8:30 - 12:00
26 9:00 Total Fitness 9:30 Euchre GRG SUPPORT GR. 10:00 Mass (Terrace) 10:00 Just for Jocks 11:00 FITNESS FROM THE CHAIR 12:00 Pinochle NURSE IN 8:00 - 12:30	27 8:45 AEROBICS 9:00 Tennis at Pennbriar Party Bridge 9:30 500 Club 10:00 Mass (Terrace) 10:30 Ballroom Dance 1:00 MOVIE - Ten Cent Poker BEAUTY SHOP 8:30-2:30 NURSE IN 8:00-12:30 5:30 OUTDOOR SUMMER YOGA	28 8:25 Total Fitness 9:30 STRETCH 'N FLEX 9:35 Adv. Line Dance Studio Art 10:00 Mass (Terrace) JUST FOR JOCKS 10:00 Wii 11:00 CHAIR FITNESS 2:00 Beginning art ZOO DAY FOR SENIORS BEAUTY SHOP 8:30-2:30 NURSE IN 8:00 - 12:00	29 8:45 AEROBICS 9:00 Knitting / crocheting Tennis at Pennbriar 9:15 Duplicate Bridge 10:00 Mass (Terrace) 1:00 SUMMER STROLLS W/ KEN PHANTOM ON THE OPERA BEAUTY SHOP 8:30 - 2:30 NURSE IN 8:00 - 12:30	30 9:00 Total Fitness 9:30 Pinochle 10:00 Mass at Terrace 10:00 JUST FOR JOCKS 11:00 FITNESS FROM THE CHAIR 12:00 Center Closes BEAUTY SHOP 8:30 - 12:00

SENIOR ACTIVITIES AND SERVICES

AUGUST 2010 MERCY CENTER ON AGING 444 East. Grandview Boulevard. Erie, PA

for information **824-2214**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Total Fitness 9:30 Euchre 10:00 Mass (Terrace) 10:00 Just for Jocks 11:00 Fitness from the chair 12:00 Pinochle 1:30 BEGINNING DRAWING AND WATERCOLOR CLASS</p> <p>NURSE IN 8:00 - 12:30</p>	<p>3</p> <p>8:45 AEROBICS 9:00 Tennis at Pennbriar Party Bridge 9:30 500 Club 10:00 Mass (Terrace) 10:30 Ballroom Dance 1:00 Ten Cent Poker MOVIE -</p> <p>BEAUTY SHOP 8:30 -2:30 NURSE IN 8:00 - 12:30</p>	<p>4</p> <p>8:25 Total Fitness - 9:30 Studio Art STRETCH "N FLEX 9:35 Adv.Line Dance 10:00 Mass at Terrace JUST FOR JOCKS 10:00 Wii 11:00 Fitness From the Chair 12:30 LIFT REPRESENTATIVE 2:00 BEGINNER ART</p> <p>NURSE in 8:00 - 12:00 BEAUTY SHOP 8:30-2:30</p>	<p>5</p> <p>8:45 AEROBICS 9:00 Knitting / Crocheting Tennis at Pennbriar Duplicate Bridge 10:00 Mass (Terrace)</p> <p>1:00 DR. FEDERICI, MERCYHURST COLLEGE</p> <p>SUMMER STROLLS W/ KEN</p> <p>BEAUTY SHOP 8:30 - 12:00 NURSE in 8:00 - 12:30</p>	<p>6</p> <p>9:00 Total Fitness 9:30 Pinochle 10:00 Mass at Terrace Just for Jocks</p> <p>11:00 Fitness From the Chair 12:00 Center Closes</p> <p>BEAUTY SHOP 8:30-12:00</p>
<p>9</p> <p>9:00 Total Fitness 9:30 Euchre 10:00 Mass (Terrace) 10:00 Just for Jocks 11:00 Fitness from the chair 12:00 Pinochle 1:30 BEGINNING DRAWING AND WATERCOLOR CLASS</p> <p>NURSE IN 8:00 - 12:30</p>	<p>10</p> <p>8:45 AEROBICS 9:00 Tennis at Pennbriar Party Bridge 9:30 500 Club 10:00 Mass (Terrace) 10:30 Ballroom Dance 1:00 Ten Cent Poker MOVIE -</p> <p>BEAUTY SHOP 8:30 -2:30 NURSE IN 8:00 - 12:30</p>	<p>11</p> <p>8:25 Total Fitness 9:30 Studio Art STRETCH "N FLEX 9:35 Adv.Line Dance 10:00 Mass at Terrace JUST FOR JOCKS 10:00 Wii 11:00 Fitness From the Chair 12:00 ICE CRAM SOCIAL 2:00 BEGINNER ART 3:00 MERCY CHORALE</p> <p>NURSE in 8:00 - 12:00 BEAUTY SHOP 8:30-2:30</p>	<p>12</p> <p>8:45 AEROBICS 9:00 Knitting / Crocheting Tennis at Pennbriar Duplicate Bridge 10:00 Mass (Terrace)</p> <p>1:00 DR. FEDERICI SUMMER STROLL W/ KEN</p> <p>BEAUTY SHOP 8:30 - 12:00 NURSE in 8:00 - 12:30</p>	<p>13</p> <p>9:00 Total Fitness 9:30 Pinochle 10:00 Mass at Terrace Just for Jocks</p> <p>11:00 Fitness From the Chair 12:00 Center Closes</p> <p>BEAUTY SHOP 8:30-12:00</p>

