




Mechanicsburg Place: 97 W Portland St. Mechanicsburg, PA 17055

~ July 2019 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9:00- Billiards 10:00- Chorus 12:00- Bridge 12:30-Tai Chi 3:00- Swimming at Messiah Lifeways	<b>2</b> 9:00- Billiards 9:15- Walking Group 10:00- Devotions <b>10:00- Chair Yoga</b> 12:30- Cribbage 12:45- Struggling Musicians	<b>3</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Canasta	<b>4</b> MP Center CLOSED 	<b>5</b> MP Center CLOSED 	<b>6</b>
<b>7</b> Good Company II: 12:30pm <b>Waterfront Bar &amp; Grill (Enola)</b>	<b>8</b> 9:00- Billiards 10:00- Chorus 12:00- Bridge 12:30-Tai Chi 3:00- Swimming at Messiah Lifeways	<b>9</b> 9:00- Billiards 9:15- Walking Group 10:00- Devotions <b>10:00- Chair Yoga</b> <b>12:15- Blood Pressure</b> 12:30- Cribbage 12:45- Struggling Musicians	<b>10</b> 9:00- Billiards 9:30- Rummikub <b>10:20-ML Trip: Timbers in Mt Gretna</b> 10:00- Healthy Steps in Motion <b>12:15-Nutrition Presentation w/ Barb</b> 12:30- Canasta	<b>11</b> 9:00- Wii Bowling 9:15- Billiards 9:15- Walking Group <b>10:00 Bingo w/ Manor Care</b> 12:30- Pinochle 12:30- Oil Painting <b>7:30- Oyster mill</b>	<b>12</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Tai Chi 1:30- Line Dancing	<b>13</b>
<b>14</b> Good Company II: 12:30pm <b>Carraba's (Carlisle Pike)</b>	<b>15</b> 9:00- Billiards 10:00- Chorus 12:00- Bridge 12:30-Tai Chi 3:00- Swimming at Messiah Lifeways	<b>16</b> 9:00- Billiards <b>9:30-2:30-Senior Games Billiard Shoot at MP</b> 9:15- Walking Group 10:00- Devotions <b>10:00- Chair Yoga</b> 12:30- Cribbage 12:45- Struggling Musicians	<b>17</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Canasta	<b>18</b> MP Center CLOSED <b>Senior Games</b> 	<b>19</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Tai Chi 1:30- Line Dancing	<b>20</b>
<b>21</b> Good Company II: 12:30pm <b>Black &amp; Bleu (Carlisle Pike)</b>	<b>22</b> 9:00-12:00- Serv-Safe Training 9:00- Billiards <b>10:00- NO CHORUS</b> 12:00- Bridge 12:30-Tai Chi 3:00- Swimming at Messiah Lifeways	<b>23</b> 9:00- Billiards 9:15- Walking Group 10:00- Devotions <b>10:00- Chair Yoga</b> <b>12:15- Blood Pressure</b> 12:30- Cribbage 12:45- Struggling Musicians	<b>24</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Canasta	<b>25</b> 9:00- Wii Bowling 9:15- Billiards 9:15- Walking Group <b>10:00 Bingo w/ MP</b> 12:30- Pinochle 12:30- Oil Painting	<b>26</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Tai Chi 1:30- Line Dancing	<b>27</b>
<b>28</b> Good Company II: 12:30pm <b>Texas Roadhouse (CampHill)</b>	<b>29</b> 9:00- Billiards 10:00- Chorus 12:00- Bridge 12:30-Tai Chi 3:00- Swimming at Messiah Lifeways	<b>30</b> 9:00- Billiards 9:15- Walking Group 10:00- Devotions <b>10:00- Chair Yoga</b> 12:30- Cribbage 12:45- Struggling Musicians	<b>31</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Canasta	<b>Notes: If you would like to sign up for Lunch, please call the center @ (717)697-5947 the day before, before 10 AM. Thank you</b>		

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~ August 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	If you would like to sign up for Lunch, please call the center @ (717)697-5947 the day before, before 10 AM. Thank you			<b>1</b> 9:00- Wii Bowling 9:15- Billiards 9:15- Walking Group <b>10:00 Bingo w/ Amber</b> 12:30- Pinochle 12:30- Oil Painting	<b>2</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Tai Chi 1:30- Line Dancing	<b>3</b>
<b>4</b> Good Company II: 12:30pm <b>Zanelli's (New Cumberland)</b>	<b>5</b> 9:00- Billiards 10:00- Chorus 12:00- Bridge 12:30-Tai Chi 3:00- Swimming at Messiah Lifeways	<b>6</b> 9:00- Billiards 9:15- Walking Group 10:00- Devotions <b>10:00- Chair Yoga</b> 12:30- Cribbage 12:45- Struggling Musicians	<b>7</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Canasta <b>1:00- Advisory Board Meeting</b>	<b>8</b> 9:00- Wii Bowling 9:15- Billiards 9:15- Walking Group <b>10:00 Bingo w/ Manor Care</b> 12:30- Pinochle 12:30- Oil Painting <b>Knoebels Grove</b>	<b>9</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Tai Chi 1:30- Line Dancing	<b>10</b> <b>12:20- ML Trip to Totem Pole Playhouse</b>
<b>11</b> Good Company II: 12:30pm <b>Boiling Springs Tavern</b>	<b>12</b> 9:00- Billiards 10:00- Chorus 12:00- Bridge 12:30-Tai Chi 3:00- Swimming at Messiah Lifeways	<b>13</b> 9:00- Billiards 9:15- Walking Group 10:00- Devotions <b>10:00- Chair Yoga</b> <b>12:15- Blood Pressure</b> 12:30- Cribbage 12:45- Struggling Musicians	<b>14</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Canasta	<b>15</b> 9:00- Wii Bowling 9:15- Billiards 9:15- Walking Group <b>10:00 Bingo w/ MP</b> <b>12:15- Presentation by Michael from ML Wellness</b> 12:30- Pinochle 12:30- Oil Painting <b>7:30- Oyster mill</b>	<b>16</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Tai Chi 1:30- Line Dancing	<b>17</b>
<b>18</b> Good Company II: 12:30pm <b>Chilli's (Carlisle Pike)</b>	<b>19</b> 9:00- Billiards 10:00- Chorus 12:00- Bridge 12:30-Tai Chi 3:00- Swimming at Messiah Lifeways	<b>20</b> 9:00- Billiards 9:15- Walking Group 10:00- Devotions <b>10:00- Chair Yoga</b> <b>12:15- Vertigo Presentation</b> 12:30- Cribbage 12:45- Struggling Musicians	<b>21</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Canasta	<b>22</b> 9:00- Wii Bowling 9:15- Billiards 9:15- Walking Group <b>10:00 NO Bingo</b> 12:30- Pinochle 12:30- Oil Painting	<b>23</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Tai Chi 1:30- Line Dancing	<b>24</b>
<b>25</b> Good Company II: 12:30pm <b>Long Horn (Carlisle Pike)</b>	<b>26 MP Senior Closed Annual Picnic at Theresa Davis house</b> 	<b>27</b> 9:00- Billiards 9:15- Walking Group 10:00- Devotions <b>10:00- Chair Yoga</b> <b>12:15- Blood Pressure</b> 12:30- Cribbage 12:45- Struggling Musicians	<b>28</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Canasta	<b>29</b> 9:00- Wii Bowling 9:15- Billiards 9:15- Walking Group <b>10:00 NO Bingo</b> 12:30- Pinochle 12:30- Oil Painting	<b>30</b> 9:00- Billiards 9:30- Rummikub 10:00- Healthy Steps in Motion 12:30- Tai Chi 1:30- Line Dancing	<b>31</b>

