

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
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2	3 Chair Yoga 10:30am Caregiver Cafe 1-2:30pm	4 Sit & Sew 10am	5 Cards 9am & 10am Chair Yoga 10:15am Bingo Kyla 11am	6 Cars & Coffee 9-11am Movies & Popcorn (The Adam Project) 12:30 pm	7 Chair Yoga 10:30am AT&T 11:30am	8
9	10 Chair Yoga 10:30am Backstrokes Singing Support Group 1:00 pm	11 First, Breakfast Women's Group 9-11am Sit & Sew 10am Make &Take Cards 10am	12 Cards 9am & 10am Chair Yoga 10:15am Bingo Naomi 11am	13 Cars & Coffee 9-11am	14 Chair Yoga 10:30am	15
16	17 Chair Yoga 10:30am Caregiver Cafe 1-2:30pm	18 Sit & Sew 10am	19 Cards 9am & 10am Chair Yoga 10:15am Bingo Lorri 11am	20 Cars & Coffee 9-11am ALZ Meeting 10am Expo Scott Thrivent 11am Movies & Popcorn (Route 66 S1E2) 12:30 pm	21 Chair Yoga 10:30am AT&T 11:30am	22
23	24 Chair Yoga 10:30am	25 Beginners Painting 10am Sit & Sew 10am	26 Cards 9am & 10am Chair Yoga 10:15am Bingo Linda 11am Naomi Expo (Presby Manor) 11am Gabi (Medicaid) Expo 11am	27 Cars & Coffee 9-11am Grief Support Group Jody (573)433-9568 10am	28 Chair Yoga 10:30am LIVE MUSIC Raging Grannies 11:15 am	29
30	31 Chair Yoga 10:30am					

All PCS activities are FREE to the community. Donations to PCS are welcome!

Have an idea for a new class or event? Call Kristin at (573)598-8155 or email Kporter@phelpsseniors.org