



JUNE, 2010 Meadowood Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 NO NOON BUFFET 10:00 AM Alicia Lutzky – Hearing Specialist (CB Lounge) 10:00 AM Tear Soup support Group (Lib) 7:00 PM An Evening of Arias, Art Songs, Old Favorites/Tenor Kevin Delaney with Jim Batt at the Piano (Aud)	3 "SENIOR AWARDS DINNER" Awards Presentation by the MRA Reservations Strongly Suggested (MDR)	4 11:00 AM Worship (Lib) 4:00 PM Shabbat Services (Lib) 4:30 - 5:30 PM Social Hour (Guest House) 6:45 PM Movie: <i>It's Complicated</i> (Aud)	5 4:15 PM Catholic Mass (Aud) 6:45 PM Movie: <i>Sherlock Holmes</i> (Aud)
6 10:00 AM Quaker Meeting (Fitness Rm) 2:00 PM Worship (LH Maple Ave. Lounge) 2:00 PM Phila Orchestra Live Broadcast (Aud) 	7	8 6:30 PM Bus Leaves /Philadelphia Orchestra 7:00 PM Jeff Uhlig & Edward Schultz explore the repertoire for Piano & Flute (Aud)	9 12:00 Noon Buffet (Main Dining Room) 1:00 PM Rep. Bradford's Staff (Lib)	10 SHREDDING DAY 2:15-3:15 PM Bookmobile 7:00 PM Square Dancing (Fitness Court)	11 11:00 AM Worship (Lib) 12:30 PM Bus Leaves/ Parkside Orchid Nursery 6:45 PM Movie: <i>The Blind Side</i> (Aud) 7:00 PM Bus #1 Leaves/Stagcrafters	12 4:15 PM Catholic Mass (Aud) 6:45 PM Movie: <i>Avatar</i> (Aud)
13 2:00 PM Worship (LH Maple Ave. Lounge) 	14 FLAG DAY 11:00 AM Current Events (Board Rm) 11:00 AM Caregiver's Support Group (CB Lounge) "BIRTHDAY NIGHT" Reservations by June 9th Sorry, No Guests	15 1:30 PM Transitions (CB Lounge)	16 NO NOON BUFFET "Doo Wop Party" Reservations a Must by June 10 th Sorry no Guests 7:00 PM Fun Music Provided by the Singers & Caroliers (Aud)	17 3:30 PM TOWN MEETING (Aud)	18 11:00 AM Worship (Lib) 2:00 PM Schwenkfelder Tea (CB Lounge) 2:15 PM Meadowood Swingers (WGC) 6:45 PM Movie: <i>Shrek the Third</i> (Aud) 7:00 PM Bus #2 Leaves/Stagcrafters	19 4:15 PM Catholic Mass (Aud) 6:45 PM Movie: <i>West Side Story</i> (Aud)
20 FATHER'S DAY Guests Welcome Reservations Strongly Suggested (Ext. 3619) 2:00 PM Worship (LH Maple Ave.Lounge)	21 FIRST DAY OF SUMMER	22 11:00 AM Catholic Mass (Lib) 6:15 PM Bus Leaves/Mann Music Center 7:00 PM CREAM: Allan K. Grim, Hand Writing Analysis (Aud)	23 12:00 Noon Buffet (Main Dining Room) 7:00 PM The Montgomery County Band Marches into Meadowood Auditorium (Aud)	24 9:00 AM CREAM: Exploritas (Elderhostel) Day of Discovery (Aud) See CREAM Bulletin Board 9:30 AM Bus Leaves Wellness Walk, Armentrout/Camp Woods Trails 2:15-3:15 PM Bookmobile	25 11:00 AM Worship (Lib) 6:45 PM Movie: <i>Shall We Kiss</i> (Aud)	26 4:15 PM Catholic Mass (Aud) 6:45 PM Movie: <i>Crazy Heart</i> (Aud)
27 2:00 PM Worship (LH Maple Ave. Lounge)	28 11:00 AM Current Events (Board Rm) 11:00 AM Caregiver's Support Group (CB Lounge)	29 7:00 PM CREAM: Thomas Sullivan, Montgomery County Director of Public Safety – Topic Emergency Calling 911 (Aud)	30 12:00 Noon Buffet (Main Dining Room) "Strawberry Festival" Strawberry Inspired Cuisine at Dinner 6:45 PM Movie: <i>Escape From Fort Bravo</i> (Aud)	SEE REVERSE SIDE FOR FITNESS CALENDAR		

JUNE, 2010 MEADOWOOD FITNESS CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

	1 <u>11:00am-12:00pm</u> POOL ATTENDED 7:45 Ab & Back 8:30 AM Strength Training 9:30 AM Pool Aerobics 10:30 AM Sit N' Fit(low impact)	2 <u>8:00-10:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics 1 PM T'ai Chi 1PM Pool Aerobics	3 <u>11:00am-12:00pm</u> POOL ATTENDED 7:45 Ab & Back 8:30 AM Strength Training 9:30 AM Pool Aerobics 10:30 AM Sit N' Fit(low impact)	4 <u>8:00-9:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics	5/6 <u>Pool Open</u> 9:00am – 5:00pm NO ATTENDANT
7 <u>8:00-10:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics 1PM Pool Aerobics	8 <u>11:00am-12:00pm</u> POOL ATTENDED 7:45 Ab & Back 8:30 AM Strength Training 9:30 AM Pool Aerobics 10:30 AM Sit N' Fit(low impact)	9 <u>8:00-10:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics 1 PM T'ai Chi 1PM Pool Aerobics	10 <u>11:00am-12:00pm</u> POOL ATTENDED 7:45 Ab & Back 8:30 AM Strength Training 9:30 AM Pool Aerobics 10:30 AM Sit N' Fit(low impact)	11 <u>8:00-9:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics	12/13 <u>Pool Open</u> 9:00am – 5:00pm NO ATTENDANT
14 <u>8:00-10:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics 1PM Pool Aerobics	15 <u>11:00am-12:00pm</u> POOL ATTENDED 7:45 AM Ab & Back 8:30 AM Strength Training 9:30 AM Pool Aerobics 10:30 AM Sit N' Fit(low impact)	16 <u>8:00-10:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics 1 PM T'ai Chi 1PM Pool Aerobics	17 <u>11:00am-12:00pm</u> POOL ATTENDED 7:45 Ab & Back 8:30 AM Strength Training 9:30 AM Pool Aerobics 10:30 AM Sit N' Fit(low impact)	18 <u>8:00-9:00am</u> POOL ATTENDED <u>NO FITNESS CLASSES</u>	19/20 <u>Pool Open</u> 9:00am – 5:00pm NO ATTENDANT
21 <u>8:00-10:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics 1PM Pool Aerobics	22 <u>11:00am-12:00pm</u> POOL ATTENDED 7:45 AM Ab & Back 8:30 AM Strength Training 9:30AM Pool Aerobics 10:30 AM Sit N' Fit(low impact)	23 <u>8:00-10:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics 1 PM T'ai Chi 1PM Pool Aerobics	24 <u>11:00am-12:00pm</u> POOL ATTENDED 7:45 Ab & Back 8:30 AM Strength Training 9:30 AM Pool Aerobics WELLNESS WALK 10:30 AM Sit N' Fit(low impact)	25 <u>8:00-9:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics	26/27 <u>Pool Open</u> 9:00am – 5:00pm NO ATTENDANT
28 <u>8:00-10:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics 1PM Pool Aerobics	29 <u>11:00am-12:00pm</u> POOL ATTENDED 7:45 AM Ab & Back 8:30 AM Strength Training 9:30AM Pool Aerobics 10:30 AM Sit N' Fit(low impact)	30 <u>8:00-10:00am</u> POOL ATTENDED 9 AM Body Recall 10 AM Chair Aerobics 1 PM T'ai Chi 1PM Pool Aerobics	<p>Please note: If you have signed a pool release – you may swim: Monday – Friday from 8am – 8pm and Saturday and Sunday from 9am – 5pm by using the combination lockbox located outside the pool to gain access. This schedule indicates what hours each day the pool <u>WILL BE ATTENDED</u> by a member of the fitness staff.</p> <p>There will be <u>no pool attendant</u> on weekends.</p> <p>At all unattended hours of operation – you may swim in the pool at your own risk.</p>		

SEE REVERSE SIDE FOR ACTIVITY