







# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Calendar Activities, Menu and Current Events for all of LifeSpan can now be found on the website	<a href="http://www.lifespanpa.org">www.lifespanpa.org</a>					
	Dec 31 <b>Center Closed</b>	1 <b>Center Closed</b>	2 8:30 Mall Walking 9:30 Yoga 11:00 CSI Las Vegas	3 8:30 Mall Walking 10:00 Aerobic Exercise	4 8:30 Mall Walking 10:30 Movie Mama Mia 2	5
6	7 8:30 Mall Walking 9:30 Strength Training	8 8:30 Mall Walking 10:30 Bingo 11:00 Health & Wellness	9 8:30 Mall Walking 9:30 Yoga 11:00 CSI Las Vegas	10 8:30 Mall Walking 8:30 Panera 9:30 Advisory Board 10:00 Exercise Tape	11 8:30 Mall Walking 10:00 Legacy Lanes (Ladies Day)	12 
13 	14 8:30 Mall Walking 9:30 Strength Training	15 8:30 Mall Walking 10:30 Shanghai	16 8:30 Mall Walking 9:30 Yoga 10:30 Miracle Ear 11:00 CSI Las Vegas	17 8:30 Mall Walking 10:00 Aerobic Exercise	18 8:30 Mall Walking 10:00 Legacy Lanes (Senior Social)	19
20	22 <b>Center Closed</b>	22 8:30 Mall Walking 10:30 Bingo 11:00 Health & Wellness	23 8:30 Mall Walking 9:30 Yoga 11:00 CSI Las Vegas	24 8:30 Mall Walking 10:00 Aerobic Exercise	25 8:30 Mall Walking 11:30 Lunch Bunch	26 
27 	28 8:30 Mall Walking 9:30 Strength Training	29 8:30 Mall Walking 10:30 Bunco 11:00 Health & Wellness	30 8:30 Mall Walking 9:30 Yoga 11:00 CSI Las Vegas	31 8:30 Mall Walking 8:30 Panera 10:00 Aerobic Exercise		