

January 2019

Check out **Calendar Activities, Menu, and Current Events** for all of LifeSpan on the website:

www.lifespanpa.org

Activities every day include **Mall Walking** from 8:30 a.m.-1 p.m. You are invited to enjoy a cup of coffee and discuss **current events**, use the **Computer Nook**, play **Billiards**, work **Puzzles**, and get a book from the **Book Nook**.

For the month of **January** we will be showing episodes of CSI Las Vegas at 11 a.m. on Wednesdays. This program shows how investigators determine how a crime was committed and by whom. Do you have the ability to follow the clues and solve the crime along with the team? Join us on **Wednesday** mornings for the show and some popcorn.



On Friday January 4, the movie **Mamma Mia 2 – Here We Go Again** will be shown at 10:30 a.m. Join us for popcorn and Pepsi and be prepared to laugh at the antics of the cast. If you liked the first movie, you will enjoy this one just as much.

This year Phipps Conservatory is boasting all new indoor displays, a renovated Palm Court, 10 6 ft. tall winter ice towers, and holiday trees made of tropical plants, succulents, sedums and goose feathers leading to a 22 ft. Fraser fir looking over the reflecting pond. We will take a trip to the conservatory on **Thursday January 3rd** for those who would like to take in the displays this year. Cost for the tickets is \$17.



On Wednesday, January 16, at 10:30 a.m., a representative from Miracle Ear will be here to talk about hearing and aging. They will set up a time to do basic hearing tests and ear cleaning.

Did you know that Legacy Lanes has both a Ladies Day and Senior Social? Participants at Century III's LifeSpan are welcome at both events. They occur on the second and third Fridays of the month at 10 a.m. Most Fridays you will complete your session by 1:30 p.m., but you should allow yourself until 2 p.m. in case your session lasts a little longer. For \$15 you will receive 3 games of Bowling, Shoes, Bingo and Lunch with drinks. In January Ladies Day will be **January 11**, and the Senior Social is **January 18**.



During the months of January and February we will be having 3 different exercise classes a week. On **Mondays** we will do **Strength Training** from 9:30 to 10:30 a.m., **Wednesdays** we will do **Yoga** from 9:30 to 10:30 a.m., and on **Thursdays** we will do **Senior Aerobics** from 10 to 11 a.m. These classes will be **\$3** each and all are welcome. If you've made a resolution to live healthier during 2019, these classes will help you reach your goal!

