



## Weekly Classes

Please see below classes that are available for in person, on zoom or both!  
**Pre-registration and health screening is required for all in-person classes and indoor events.**  
\*Please call 215-546-5879 to pre-register.\*

### MONDAYS

#### MR. BROWN'S COMPUTER CLASS 11:30AM-12PM

Learn to use a computer, video, zoom, cellphone and your tablet.  
**ZOOM ONLY:** ID#: 831 1542 8778  
Phone Call In #: 1-929-205-6099

### THURSDAYS

#### CHAIR YOGA • 11:30-12:30PM

with Jo Anna Turner  
**ZOOM ONLY:** ID#: 865 209 7137  
Password: CIRFIT  
Phone Call In #: 1-646-558-8656

### TUESDAYS

#### CRAFT CORNER • 10AM IN PERSON ONLY: Art Studio

#### STORYTELLING & WRITING 1-2 PM

**IN PERSON:** Room A  
**ZOOM:** ID#: 842 5288 8500  
Password: 554559  
Phone Call In #: 1-646-558-8656  
**PAINTING CLASS • 1-3PM**  
with Sheena Garcia  
**IN PERSON ONLY:** Room A

### WEDNESDAYS

#### ZUMBA • 11:15AM -12:15PM IN PERSON CLASS IS BACK!!

**IN PERSON:** Room A  
**ZOOM:** ID#: 865 2097 137  
Password: CIRFIT  
Phone Call In #: 1-646-558-8656

#### BINGO • 12:30-1:30PM IN PERSON ONLY: Room A

#### OPEN STUDIO • 1-3 PM IN PERSON ONLY: Art Studio

### FRIDAYS

#### BIBLE STUDY • 10-11AM CONFERENCE CALL ONLY Phone Call In #: 617-769-8590 (NO ACCESS CODE)

#### CERAMICS • ON BREAK UNTIL 9/9

#### LINE DANCING • 1:30-2:30PM with Gloria Kingcade **IN PERSON ONLY:** Room A

### Coffee Cup Events

#### ALZHEIMER PRESENTATION MONDAYS (BIWEEKLY) • 3-4PM **ZOOM ONLY:** ID#: 955 3693 5644

#### Exercise Program in Mandarin MONDAYS • 6PM **ZOOM ONLY:** ID #: 948 3132 2765

#### Jefferson ON HEALTH TUESDAYS • 10:30AM **ZOOM ONLY:** ID# 853 7597 2302

#### Townhall Meeting In Mandarin WEDNESDAYS • 3PM **ZOOM ONLY:** ID #: 550 527 7215

#### THE BEST DAY OF MY LIFE STORYTELLING PROGRAM THURSDAYS, 2PM **ZOOM ONLY:** ID #: 550 527 7215 Passcode 19147

## Special Events

Pre-registration and health screening is required for all in-person classes and indoor events.

Fire Dept. presents:  
**FIRE SAFETY AND FALL PREVENTION**  
Friday, July 1, 10-11am  
**IN PERSON:** 2nd Floor Auditorium

Philly Health Department:  
**PSC ARTS SUMMER SERIES**  
Wednesdays, 12:30-1:30pm  
**IN PERSON:** 1st Floor Lobby

**RED HATTER MEETING**  
Wednesday, July 6, 1-3pm  
**IN PERSON:** Room B

**JUST LISTENING CIRCLES**  
Wednesdays (Biweekly, Starting 7/13),  
10am-11am  
**ZOOM ONLY:** ID#: 832 5694 7693  
Password: 382678  
Phone Call In #: 1-929-205-6099  
<https://justlistening.net/>  
**SUMMER ZOOM SESSIONS:**  
July 13: Guilt and Shame  
July 27: Security and Fear  
August 10: Medical and Health Concerns  
August 24: Forgiveness

United Health Presentation:  
**HELPING PEOPLE LIVE HEALTHIER LIVES**  
Friday, July 15, 11am-12noon  
**IN PERSON:** 2nd Floor Auditorium

Divine Resources Team  
**NUTRITION SUPPORTING IMMUNE SYSTEMS**  
Tuesday, July 19, 1-2pm  
**IN PERSON:** 2nd Floor Auditorium

Educational Event Presented by Humana  
**HEALTHY BRAIN AND GENERAL HEALTH & LIFESTYLE**  
Friday, July 22, 1-2pm  
**IN PERSON:** 2nd Floor Auditorium

## Healthy Eating: July 2022

In Person Congregate Meals: Tues, Wed, & Fri  
Pre-Registration & Health Screening Required 215-546-5879

Grab & Go Lunches: Mon & Thurs, 9am-2pm  
Porch Area • Face Mask Required

Suggested Contribution \$1.25 for In Person & Grab and Go Meals



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
|  |  |  |  | <b>INDEPENDENCE DAY FESTIVE MEAL</b><br>IN PERSON DINING<br><b>Hot Meal Only:</b><br>Cheeseburger on Wheat Bun w/ Lettuce Leaf, Tomato Slice, Mustard & Ketchup, BBQ Baked Beans, Sweet Corn on Cob, Dill Pickle, Fresh Watermelon Slice  |
| <b>Center Closed in Observance of Independence Day</b> 4<br>   | <b>IN PERSON DINING</b> 5<br><b>Hot:</b> BBQ Chicken Legs, Baked Sweet Potatoes, Spinach, Cornbread, Fresh Orange<br><b>Cold:</b> Turkey & Cheese Sandwich on Wheat Bread w/ Lettuce Leaf, Tomato & American Cheese, Coleslaw, Red Bell Pepper Ring Mandarin Orange  | <b>IN PERSON DINING</b> 6<br><b>Hot:</b> General Tso's Chicken, Brown Rice, Oriental Blend, Egg Roll w/ Duck Sauce, Fortune Cookie<br><b>Cold:</b> Roast Beef & Cheese Sandwich on Multigrain Bread w/Lettuce Leaf, Tomato, Low Salt American Cheese, Macaroni Salad, Low Sodium Mayo, Fresh Banana  | <b>GRAB &amp; GO MEAL</b> 7<br>Grilled Chicken Teriyaki Wheat Wrap, Shredded Red Cabbage, Shredded Carrots, Chopped Green Onions, Chopped Tomato & Low Salt Teriyaki Sauce, Tricolor Pasta Salad, Sliced Peaches | <b>IN PERSON DINING</b> 8<br><b>Hot:</b> Ground Turkey Meat Sauce w Spaghetti Noodles, Italian Broad Beans, Garlic Bread, Fresh Banana, Sugar Free Strawberry Jell-O<br><b>Cold:</b> Tuna Salad Sandwich on Wheat Bun w/ Tomato, Low Salt American Cheese, Shredded Lettuce w/ Low Salt Parmesan Cheese, Croutons & Fat Free Caesar Dressing, Fresh Orange                    |
| <b>GRAB &amp; GO MEAL</b> 11<br>Grilled Chicken Burrito Bowl, Chopped Romaine, Quinoa, Chopped Tomato & Green Peppers, Shredded Mozzarella Cheese w/ 1 Low Fat Ranch Dressing, Pear Halves                 | <b>IN PERSON DINING</b> 12<br><b>Hot:</b> Breaded Chicken Patty on Bun w/ Honey Mustard, Salad w/ Kale & Baby Spinach, Low Fat Italian Dressing, Stewed Tomatoes, Strawberry Greek Yogurt<br><b>Cold:</b> Low Sodium Roast Beef & Swiss Cheese Sandwich on Rye Bread w/ Low Fat Russian Dressing & Coleslaw, Carrot & Raisin Salad, Fresh Orange   | <b>IN PERSON DINING</b> 13<br><b>Hot:</b> Beef Pepper Steak, Egg Noodles, Asian Blend Veggie, Wheat Dinner Roll w/ Margarine, Fresh Banana<br><b>Cold:</b> Seafood Salad Sandwich on Croissant w/ Low Sodium American Cheese, Lettuce Leaf, Tomato, Chopped Kale, Broccoli Florets, Cranberries w/ Reduce Fat Italian Dressing, Fresh Apple  | <b>GRAB &amp; GO MEAL</b> 14<br>Grilled Chicken Caesar Salad, Chopped Romaine, Low Salt Parmesan Cheese, Low Salt Chickpeas, Fat Free Caesar Dressing Whole Wheat Dinner Roll, Sugar-Free Vanilla Pudding        | <b>IN PERSON DINING</b> 15<br><b>Hot:</b> Baked Cod w/Lemon Dill Sauce, Broccoli, Lima Beans, Wheat Dinner Roll, Peaches<br><b>Cold:</b> Diced Turkey Salad Sandwich on Wheat Bun w/ 1 Lettuce Leaf, Tomato, Pasta Salad, Fresh Banana  |
| <b>GRAB &amp; GO MEAL</b> 18<br>Low Salt Roast Beef & Cheese Sandwich on Multigrain Bread, w/ Low Sodium American Cheese, Lettuce Leaf, Tomato, Pasta Salad, Low Calorie & Sodium Mayonnaise, Fresh Orange | <b>IN PERSON DINING</b> 19<br><b>Hot:</b> Baked Turkey Ham w/ Crushed Pineapples, Buttered Noodles, Mini Corn on Cob, Fresh Spinach Salad, w/ Roasted Unsalted Walnuts, Low Fat French Dressing, Fresh Apple<br><b>Cold:</b> Southwest Chicken Wheat Wrap, 1 Reduced Fat Sour Cream, Black Beans, Diced Red Pepper, Corn, Low Sodium Cheddar Cheese, Fresh Kale w/ Diced Tomato, Low Salt Chickpeas, Pineapple Chunks                          | <b>IN PERSON DINING</b> 20<br><b>Hot:</b> Szechuan Beef w/Low Salt Szechuan Sauce, Brown Rice, Asian Blend Vegetable, Fortune Cookie, No Sugar Added Chocolate Ice Cream<br><b>Cold:</b> Turkey & Cheese Hoagie on Wheat Roll w/ Shredded Lettuce, Tomato, Chopped Onions, Coleslaw, Low Calorie Mayonnaise, Low Fat Strawberry Yogurt   | <b>GRAB &amp; GO MEAL</b> 21<br>Seafood Salad Sandwich on Wheat Bun w/ Lettuce Leaf, Tomato, Chopped Kale, Broccoli Florets, Cranberries, Unsalted Walnuts, w/ Reduced Fat Italian Dressing, Mandarin Oranges    | <b>IN PERSON DINING</b> 22<br><b>Hot:</b> Hot Open-Faced Turkey on Wheat Bread w/ Low Salt Gravy, Baked Russet Potato, Steamed Broccoli, Tossed Salad w/ Romaine Lettuce, Cucumbers & Tomatoes, Low Fat Ranch Dressing, Mango<br><b>Cold:</b> Cold Chicken Salad Platter, Hard Cooked Egg, Celery Sticks, Carrot Sticks, Croissant, Pickled Beets, Fresh Banana               |
| <b>GRAB &amp; GO MEAL</b> 25<br>Egg Salad Sandwich on Wheat Bread w/ Lettuce Leaf & Slices of Tomato, Pasta Salad, Red Bell Pepper Ring, Fresh Orange  | <b>IN PERSON DINING</b> 26<br><b>Hot:</b> Grilled Beef Sausage w/ Sliced Onions & Peppers on a Wheat Roll, Baked Russet Potato w/ Cheddar Cheese, Tossed Romaine Salad w/ Tomatoes & Cucumbers, Reduced Fat Italian Dressing, Fruit Cocktail<br><b>Cold:</b> Chicken Caesar Wrap, Grilled Chicken, Wheat Tortilla, Low Salt Mozzarella Cheese, Shredded Lettuce, Baby Spinach w/ Diced Onions & Low-Fat Ranch Dressing, Pickled Beets, Peaches | <b>IN PERSON DINING</b> 27<br><b>Hot:</b> Shrimp Fried Rice, Steamed Shrimp, Steamed Brown Rice, Steamed Broccoli, Wheat Dinner Roll w/ Margarine, Fresh Banana<br><b>Cold:</b> Turkey Pesto Wheat Wrap, Low Salt Turkey, Teaspoon Pesto Sauce, Low Salt Mozzarella Cheese, Shredded Lettuce, Diced Tomato, Cucumber, & Shredded Carrots w/ Unsalted French Dressing, Fresh Banana | <b>GRAB &amp; GO MEAL</b> 28<br>Tuna Salad Sandwich on Wheat Bun w/ Low Salt Cheddar Cheese, Tomato, Shredded Lettuce, Three Bean Salad, Fresh Orange  | <b>IN PERSON DINING</b> 29<br><b>Hot:</b> Breaded Fish w/ 1 Tartar Sauce on a H/B Bun, Baked Steak Fries, Green Beans, Ketchup, Fresh Orange, Chilled Peas<br><b>Cold:</b> Low Salt Turkey BLT Sandwich on Wheat Bread, Turkey Bacon w/Lettuce Leaf, Tomato, Chopped Kale, Broccoli Florets, Unsalted Walnuts w/ Low Fat Italian Dressing, Red Skin Potato Salad, Fresh Apple |