

## Weekly Classes

Please see below classes that are available for in person, on zoom or both!

**Health screening required for all in-person classes and indoor events.**

### MONDAYS

#### EXPRESS YOURSELF THROUGH SOUL • 10-11AM

Low impact dance party for your mind, body & spirit w/ Angelique Long

**IN PERSON:** Room B

#### STAINED GLASS • 10AM-1PM

**IN PERSON:** Art Studio

#### COMPUTER CLASS 11:30AM-12PM

**ZOOM ONLY:** ID#: 831 1542 8778

Phone Call In #: 1-929-205-6099

#### PSC CHOIR • NEW TIME: 1-2:30

w/Nancy Carter, New Choir Director

**IN PERSON:** Room A

### TUESDAYS

#### CRAFT CORNER • 10AM-12PM

**IN PERSON:** Art Studio

#### BIBLE STUDY • 10-11:30AM

**IN PERSON:** Auditorium

Conference Call#: 1-617-769-8590

#### JUST LISTENING CIRCLE •

10:30AM-1:30PM w/ Ella Rose

**IN PERSON:** Room A

#### STORYTELLING & WRITING • 1-2PM

**IN PERSON:** Room A

**ZOOM:** ID 842 5288 8500 PW 554559

Phone Call In #: 1-646-558-8656

#### PAINTING CLASS • 1-3PM

with Sheena Garcia

**IN PERSON:** Art Studio

**New Time and Date!**

#### LINE DANCE CLASS • 2-3PM

with Gloria Kingcade

**IN PERSON:** Room A & B

### WEDNESDAYS

#### CHI KUNG • 10-11AM

Chinese exercise that combines movement with calm breathing exercise w/Maria.

**IN PERSON:** Room A

#### ZUMBA • 11:15AM -12:15PM

**IN PERSON:** Room A

**ZOOM:** ID: 935 8140 6287

Phone Call In: 1-646-558-8656

#### BINGO • 12:30-1:30PM

**IN PERSON:** Room A

#### OPEN STUDIO • 1-3PM

**IN PERSON:** Art Studio

### THURSDAYS

#### CHAIR YOGA • 10:30-11:30AM ON ZOOM UNTIL MARCH 16TH

**ZOOM:** ID#: 879 3893 1427

Phone Call In #: 1-646-558-8656

**Open on Thursdays beginning 3/16!  
CLASSES STARTING MARCH 16:**

#### JEWELRY BEADING • 10-12PM

with Elizabeth Cason

**IN PERSON:** Art Studio

#### MR. BROWN IPAD CLASS • 10-11AM

**IN PERSON:** Room B

#### CHAIR YOGA • 10:30-11:30AM

**IN PERSON:** Room B

### FRIDAYS

#### CERAMICS • 10AM-12PM

**IN PERSON:** Art Studio

#### TAI CHI W/COFFEE CUP • 10-11AM

**IN PERSON:** Room A

#### BEGINNER SPANISH • 11AM-12PM

w/Jose Dominguez

**IN PERSON:** Room B

#### MOVIE TIME • 1:30-2:30 PM

**IN PERSON:** Auditorium

#### CHINESE SPEAKING CLASS • 2-3PM

w/ Lee Au & Michael Tsuei

**IN PERSON:** Room B

## 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

### PSC FITNESS CENTER OPEN!

**MON, TUES, WED & FRI** (Closed Thurs, 3/2 & 3/9)

**OPEN MON-FRI STARTING 3/13**

**9am -1pm**

Athletic shoes only (sneakers). Medical form needed for use, available at the front desk.

### Game Time Is Back!

**MON, TUES, WED & FRI** (Closed Thurs, 3/2 & 3/9)

**MON-FRI STARTING 3/13**

**1:30 -3pm • 2nd Floor Lobby**

Two people only at a table for Skip-Bo and Dominos.

Please do not move tables and chairs to allow for more than two players. Your cooperation is appreciated!

## Special Events

**Health screening required for all in-person classes & indoor events.**

### RED HAT SOCIETY MEETING

**March 1, 1-3pm** (1st Wed of the month)

**IN PERSON ONLY:** Room A

### HEALTH DEPARTMENT TABLE

**Wednesdays, March 1, 15, 29, 12:30-1:30pm**

**IN PERSON ONLY:** 1st Floor Lobby

### DOLLAR DAY! with Sheila

**March 1, 10am-3pm** (1st Wed of the month)

Dollar day items and more!

**IN PERSON ONLY:** 1st Floor Lobby

### AARP TAX AID FUND PROGRAM

**Wednesdays, 10am-2pm**

Call 814-808-7165 to schedule your appointment.

### MOVIE TIME!

**Fridays, March 3, 10, 17, 24, 31 at 1:30pm**

**IN PERSON ONLY:** 2nd Floor Auditorium

**3/3** Just Mercy **3/10** Ride Along **3/17** The Departed

**3/24** Which Way Is Up **3/31** Goodfellas

### ST. PATRICK DAY MAKE IT & TAKE IT

**Friday, March 17, 10-11am**

Create greeting cards w/Fiona, Temple Social Work Intern for residents at PowerBack Rehab.

**IN PERSON ONLY:** 2nd Floor Lobby

### SNAP - Supplemental Nutrition Assistance Program INFORMATION SESSIONS

presented by Fiona Cinquegrana

**Friday, March 17, 11am and 12pm**

**IN PERSON ONLY:** GreenBean Internet Café

### BLOOD PRESSURE ASSESSMENTS

**W/Thomas Jefferson Nursing Students**

**Friday, March 24, 1-2pm**

**IN PERSON ONLY:** 1st floor Lobby

### Penn Community Nursing Students Present:

**HEART HEALTHY DIET (NUTRITION)**

**Wednesday, March 29, 12-1pm**

**IN PERSON ONLY:** GreenBean Internet Café

### MEN'S SUPPORT GROUP

w/ Harold Faust, Housing Counselor & Geraldo Salgado-Martinez, Temple Public Health Intern

**Friday, March 31, 11am-12pm**

**IN PERSON ONLY:** GreenBean Internet Cafe