

## Weekly Activities

**\*\* FIRST TIME YOU TRY ANY CLASS  
THERE IS NO FEE! \*\***

### MONDAY-FRIDAY

#### **PSC FITNESS CENTER • 9am -1pm**

Athletic shoes only (sneakers). Medical form needs to be completed by your doctor to use the fitness center. The form is available at the Program Window.

#### **GAME TIME IS BACK! • 9am-4pm**

##### **1st & 2nd Floor Lobbies**

Two people only at a table for Skip-Bo, Dominos, Checkers & Chess. Please do not move tables and chairs to allow for more than two players. Your cooperation is appreciated!

### MONDAYS

#### **EXPRESS YOURSELF THROUGH SOUL FITNESS CLASS • 10-11AM**

w/ Angelique Long

Room B. Cost: 1 Coupon

#### **STAINED GLASS • 10AM-1PM**

Art Studio. Cost: 4 Coupons

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

Zoom Only: ID#: 831 1542 8778

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

Cost: No Fee

#### **PSC CHORUS • 1-2:30**

w/Nancy Carter, Choir Director

Room A. Cost: 1 Coupon

### TUESDAYS

#### **CRAFT CORNER • 10AM-12PM**

Art Studio. Cost: 2 Coupons

#### **BIBLE STUDY • 10-11:30AM**

Auditorium or Conference Call:

1-617-769-8590

Cost: Free. Will Offering Excepted

#### **PAINTING CLASS • 10AM-12PM**

Room B. Cost: 2 Coupons

#### **JUST LISTENING CIRCLE •**

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

Room A. Cost: No Fee

#### **STORYTELLING & WRITING • 1-2PM**

Room B or Zoom ID: 842 5288 8500

PW: 554559 Call In #: 1-646-558-8656

Cost: No Fee

#### **New Class!**

#### **PAPER MÂCHÉ • 1-3PM**

with Sheena. Art Studio. Cost: 2 Coupons

#### **LINE DANCE CLASS • 2-3PM**

with Gloria Kingcade

Room A & B. Cost: 2 Coupons

### WEDNESDAYS

#### **CHI KUNG • 10-11AM**

Room A or Zoom. Cost: 2 Coupons

Zoom ID: 860 2531 6103

Call In #: 1-646-558-8656

#### **New Class!**

#### **BEGINNER CERAMIC CLASS • 10AM-12PM**

Art Studio. Cost: 3 Coupons

### WEDNESDAYS (cont.)

#### **ZUMBA • 11:15AM -12:15PM**

Room A. Cost: 2 Coupons

#### **BINGO • 12:30-1:30PM**

Room A. Cost: No Fee

#### **OPEN STUDIO • 1-3PM**

Art Studio. Cost: No Fee

### THURSDAYS

#### **JEWELRY BEADING • 10-12PM**

with Elizabeth Cason

Art Studio. Cost: 2 Coupons

#### **IPAD CLASS • 10AM-12PM**

w/Mr. Brown. Room B. Cost: 1 Coupon

#### **CHAIR YOGA • 10:30-11:30AM**

w/Kind Essence. Room B or on Zoom

Zoom ID#: 879 3893 1427

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

Cost: 2 Coupons

### FRIDAYS

#### **CERAMICS • 10AM-12PM**

Art Studio. Cost: 3 Coupons

#### **TAI CHI W/COFFEE CUP • 10-11AM**

Room A. Cost: No Fee

#### **New Class!**

#### **FITNESS CENTER COACH • 10-11AM**

Learn how to safely use the fitness

equipment w/Angelique Long.

Fitness Center. Cost: No Fee

#### **BEGINNER SPANISH • 11AM-12PM**

w/Jose Dominguez.

Room B. Cost: No Fee

#### **MOVIE TIME • 1:30-2:30 PM**

(April 14, 21, 28)

Auditorium. Cost: No Fee

## Coffee Cup Events

#### **ALZHEIMER PRESENTATION**

#### **MONDAYS (BIWEEKLY) • 3-4PM**

Zoom ID#: 955 3693 5644

#### **Exercise Program in Mandarin**

#### **MONDAYS • 6PM**

Zoom ID#: 948 3132 2765

#### **Jefferson ON HEALTH**

#### **TUESDAYS • 10:30AM**

Zoom 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 ID#: 550 527 7215 PW: 19147

## Special Events

#### **LUNCH & LEARN: FALL & ACCIDENT PREVENTION w/Gerardo, Temple Public Health Intern**

**Monday April 3, 11am & 12pm Seatings**

GreenBean Internet Café

#### **AARP FREE TAX AID FUND PROGRAM**

**Wednesdays, April 5 & 12, 10am-2pm**

Call 814-808-7165 to schedule your appointment.

Room C

#### **DOLLAR DAY! with Sheila**

**Wednesday, April 5, 10am-3pm**

(1st Wed of the month) Dollar day items & more!

1st Floor Lobby

#### **HEALTH DEPARTMENT TABLE**

**Wednesdays, April 5 & 19, 12:30-1:30pm**

1st Floor Lobby

#### **RED HAT SOCIETY MEETING**

**Wednesday, April 5, 1-3pm (1st Wed in month)**

Room A

#### **INFORMATION SESSION**

**with Simone Rubin, Counselor**

**Thursday, April 6, 12-1pm**

GreenBean Internet Café

#### **HOW NUTRITION CHANGES AS YOU AGE**

**with James Jackson Market Point - Humana**

**Thursday, April 13, 12-1pm**

GreenBean Internet Café

#### **LUNCH & LEARN: LIHEAP PRESENTATION**

**w/ Fiona, Temple Social Work Intern**

**Friday, April 14, 11am & 12pm Seatings**

GreenBean Internet Café

#### **LUNCH & LEARN: ORAL HEALTH & PERIODONTAL DISEASE w/ Gerardo, Temple Public Health Intern**

**Monday, April 17, 11am & 12pm Seatings**

GreenBean Internet Café

#### **MEET AND GREET with Rise Senior Living**

**HealthPro Heritage**

**Tuesday, April 18, 11am-and 12pm**

GreenBean Internet Café

#### **JEFFERSON JAMS**

**Friday, April 21, 12pm**

Enjoy a jam session with Jefferson Medical

Students. GreenBean Internet Café

#### **LUNCH & LEARN: TELEHEALTH**

**w/ Gerardo, Temple Public Health Intern**

**Monday, April 24, 11am & 12pm Seatings**

GreenBean Internet Café

#### **Arnold Barr Delaware County College Professor**

**Presents: PLANETARIUM SHOW -"THE MOON**

**OUR CLOSEST COSMIC NEIGHBOR"**

**Thursday, April 27, 1-2pm**

Room B

#### **HEARING SCREENINGS with Britt Cardwell**

**from Sound Investment Hearing Service**

**Friday, April 28, 10am-1pm**

2nd Floor Lobby