

## Weekly Activities

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

### MONDAY-FRIDAY

#### PSC FITNESS CENTER • 9AM-3PM

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! • 9AM-4:15PM

##### 1ST & 2ND FLOOR LOBBIES

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

### MONDAYS

#### STAINED GLASS • 10AM-1PM

Art Studio. Cost: 4 Coupons

#### TLC SUPPORT GROUP • 10-11AM

Led by Social Worker Simone Rubin, offering suggestions for coping with issue of today. Room A. Cost: No Fee

#### STARTING SEPTEMBER 11:

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

2nd Floor Room C Computer Lab or Zoom

Zoom ID#: 831 1542 8778

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

Cost: No Fee

#### PSC CHOIR RETURNS SEPT. 11 • 1-2:30PM

Room A. Cost: No Fee

### TUESDAYS

#### CRAFT CORNER • 10AM-12PM

2nd Floor Art Studio. Cost: 2 Coupons

#### BIBLE STUDY • 10-11:30AM

2nd Floor Auditorium or

Conference Call: 1-617-769-8590

Cost: Free. Will Offering Excepted

#### PAINTING CLASS • 10AM-12PM

Art Studio. Cost: 2 Coupons

#### 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!

##### GAME BOARD DESIGN • 1-3PM

with Sheena. 2nd Floor Art Studio.

Cost: 2 Coupons

##### LINE DANCE CLASS • 2-3PM

with Gloria Kingcade

Rooms 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

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

Art Studio. Cost: 3 Coupons

#### ZUMBA • 11:15AM -12:15PM

Room A. Cost: 2 Coupons

#### BINGO • 12:30-1:30PM

Room A Cost: No Fee

#### ADVANCED CERAMICS • 1-3PM

Art Studio. Cost: 3 Coupons

### 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 A or Zoom

Zoom ID#: 879 3893 1427

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

Cost: 2 Coupons

### FRIDAYS

#### TAI CHI W/COFFEE CUP • 10-11AM

Room A. Cost: No Fee

#### OPEN STUDIO • 1-3PM

Art Studio. Cost: No Fee.

#### STARTING SEPTEMBER 8:

##### SIT & BE FIT • 1PM

2nd Floor Room B

##### MOVIE TIME • 1:30-3PM

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

In Honor of Senior Center Month, please join us for the following activities:

#### UPENN NURSING STUDENTS

Every Tuesday & Thursday, 9am-4pm

Blood Pressure Checks, Health Education Presentations, & Thought Provoking Games! 2nd Floor Lobby

#### DOLLAR DAY! with Sheila

Wednesday, September 6, 10am-3pm

(1st Wed of the month) 1st Floor Lobby

#### RED HAT SOCIETY MEETING

Wednesday, September 6, 1-3pm

(1st Wed in the month) Room A

#### HEALTH DEPARTMENT TABLE

Wednesdays, Sept. 6 & 20,  
12:30-1:30pm

1st Floor Lobby

#### Firefighter Nancy Rosado Presents:

##### FIRE SAFETY PREVENTION

Tuesday, September 6, 12-1pm

How to get a smoke detector for free & home escape plans. GreenBean Internet Cafe

#### Lunch & Learn:

##### HELP YOURSELF TO HEALTH

Let's Talk Chronic Disease Trainings

Thursday, September 7

Two Seatings: 11am and 12 noon

Green Bean Café

#### FREE CONCERT WITH RONALD CAMPBELL

Classical Recital (Dramatic Baritone)

Tuesday, September 19, 1-2pm

Second Floor Auditorium

#### HELP YOURSELF TO HEALTH:

A Chronic Disease

Self-Management Program

Runs for 6 Weeks on Thursdays:

Sept. 21, 28, Oct. 5, 12 19 and 26

12:30-3:00pm

Registration required by Tuesday, September 19 at the Program Window.

2nd Floor Room A

#### Rick Spector's Moviehouse Productions

Presents: REMEMBERING PHILADELPHIA

NEIGHBORHOODS

Friday, September 22, 1-2pm

Second Floor Auditorium

#### Philadelphia Dept. of Public Health Presents

FALL HEALTH RESOURCES

Wednesday, Sept. 27, 12:30-1:30pm

Fall health information/resources for older adults including general COVID-19 updates. 2nd Floor Room A

#### Jefferson Medical Students

LUNCH TIME JAMS

Friday, September 29, 12 -1pm

GreenBean Internet Café