

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. All class discussions are confidential. Room A. Cost: No Fee

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: 1 Coupon

PSC CHOIR • 1-2:30PM

New Director Greg Scott original "Breakwater" Member. Room A. Cost: 1 Coupon

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

Room B. 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

WEDNESDAYS (cont.)

BEGINNER CERAMIC CLASS

10AM-12PM

Art Studio. Cost: 3 Coupons

ZUMBA • 11:15AM -12:15PM

Rooms A & B. 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

"GENTLE MOVEMENT"

EXERCISE CLASS • 10-11AM

w/JoAnna Turner. Room B. Cost: 1 Coupon

TAI CHI W/COFFEE CUP • 10-11AM

Room A. Cost: No Fee

OPEN STUDIO • 1-3PM

Art Studio. Cost: No Fee.

SIT & BE FIT • 1PM

2nd Floor Room A

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

UPENN NURSING STUDENTS

Tuesdays & Thursdays, 9am-4pm

Blood Pressure Checks, Health Education, & Thought-Provoking Conversations. 1st & 2nd Floor Lobby.

DOLLAR DAY! with Sheila

Wednesday, October 4, 10am-3pm

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

HEALTH DEPARTMENT TABLE

Wednesdays, October 4 & 18, 12:30-1:30pm

1st Floor Lobby

RED HAT SOCIETY MEETING

Wednesday, October 4, 1-3pm

(1st Wed in the month) Room A

PAINTED, WOVEN ABSTRACT ART WORKSHOP

By Diane Litten

Theme: Personal and Community Values

Thursdays, from Oct. 5 to Dec. 14, 1-3pm

Please register at Program Window (Limited Seating)

2nd Floor Art Studio. Cost: No Fee

Current Class Participants Only:

PAINTING W/PLANTS

Every Other Monday (Oct. 9 & 23) • 1:30pm

If you are a student enrolled in this class join Elizabeth as we finish our quilt! Art Studio

BOOK CLUB COMING TO PSC ARTS!

FIND OUT MORE AT A LUNCH & LEARN:

Tuesday, October 10, 11am & 12pm Seatings

w/ Pastor Jennell Maddox, NewCourtland

Pastoral Care Program. GreenBean Internet Café.

The Hello Arts Theater:

TELLING STORIES THROUGH THE ART OF MUSIC!

Learn more at our Open House:

Thursday, October 12, 1-2:30pm Room A

Four Week Workshop:

Thursdays, Oct. 19 to Nov. 9, 1-2:30pm Room A

LUNCH & LEARN: Memory, thinking and aging study information session.

Presented by Temple University Cognitive Lab

Monday, October 16, 11am & 12pm Seatings

GreenBean Internet Café.

TOWN HALL MEETING W/ PSC STAFF IS BACK!

Bring your questions and suggestions!

Wednesday, October 18, 1pm

2nd Floor Auditorium

LET US TALK "SEPTA CCT CONNECT"!

with Speaker: Helen Gallant from CARIE

Thursday, October 19, 12-1pm

Learn about CCT service, help with problems, and CCT Connect Tips. GreenBean Internet Café

JEFFERSON MEDICAL STUDENTS JAM SESSION

Friday October 20, 12- 1pm

GreenBean Internet Café

RED HATTERS MEMORIAL SERVICE FOR EVELYN

DARKU (For Red Hatter Members Only)

Wednesday, October 25, 2pm

GreenBean Internet Café

MEMORIAL PLAQUE DEDICATION:

In Honor of Elba Baldinger

Friday, October 27, 2pm

Refreshments will be provided. Registration required at the Program Window to attend by Friday, Oct. 20. GreenBean Internet Café.

HARVEST PARTY

Tuesday, October 31, 1:30-3:00pm

Registration is required. Please sign up at the Program Window. GreenBean Internet Café. Cost \$2.00