

## 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 • 10-11AM (NEW TIME!)

2nd Floor Room C Computer Lab or Zoom  
Cost: 1 Coupon

#### PSC CHOIR • 1-2:30PM

New Director Greg Scott original "Breakwater" Member. Room A. Cost: No Fee

### TUESDAYS

#### UPENN NURSING STUDENTS • 9AM-3PM

Blood Pressure Checks, Health Education, & Thought-Provoking Conversations.  
1st & 2nd Floor Lobbies. Cost: No Fee

#### 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

#### 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 CERAMICS • 10AM-12PM

Art Studio. Cost: 3 Coupons

### WEDNESDAYS (cont.)

#### 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

#### UPENN NURSING STUDENTS • 9AM-3PM

Blood Pressure Checks, Health Education, & Thought-Provoking Conversations.  
1st & 2nd Floor Lobbies. Cost: No Fee

#### 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. Cost: 2 Coupons

#### PAINTED, WOVEN ABSTRACT ART WORKSHOP BY DIANE LITTEN • 1-3PM

Thru Dec 14. Theme: Personal & Community Values. 2nd Floor Art Studio. Cost: No Fee. Registration Req. at Program Window.

#### STORYTELLING THROUGH THE ART OF MUSIC! • 1-2:30PM

w/ The Hello Arts Theater, Thurs thru Nov. 9  
Room A. Cost: 1 Coupon

### FRIDAYS

#### GENTLE MOVEMENT EXERCISE • 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 • 1:30-2:30PM

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

#### DOLLAR DAY! with Sheila

Wednesday, November 1, 10am-3pm  
(1st Wed of the month) 1st Floor Lobby

#### HEALTH DEPARTMENT TABLE

Wednesdays, November 1 & 15, 12:30-1:30pm  
1st Floor Lobby

#### RED HAT SOCIETY MEETING

Wednesday, November 1, 1-3pm  
(1st Wed in the month) Room A

#### MEDICARE INFORMATION SESSION

Present by CARIE

Thursday, November 2, 12:30-1:30pm

2nd Floor Room B

#### LUNCH & LEARN: Philly Counts Health

Community Worker Program

Friday, November 3, 11am & 12pm seatings

GreenBean Internet Café

#### GLORY THE MOVIE: In Honor of Veterans Day

Friday, November 3, 1:30pm

2nd Floor Auditorium

#### JEFFERSON JAMS MEDICAL STUDENTS

Friday, November 10, 12-1pm

Enjoy munching with music!

GreenBean Internet Cafe

#### VETERANS DAY EVENT

Friday, November 10, 1pm

Are you a Veteran? Please come and let us celebrate you and hear about your military service experience. With Albert El, Veteran Historian (all are welcome to attend). 2nd Floor Auditorium.

#### STAY SAFE ONLINE!

Present by AARP w/ Brenda Bellinger

Monday, November 13, 12:30-1:30

Room B

#### DIVINE RESOURCES NUTRITION WORKSHOP

Tuesday, November 14, 12-1pm

Take back your health!

GreenBean Internet Cafe

#### Lunch and Learn:

#### BOOK CLUB INFORMATION SESSION

Thursday, November 16, 11am & 12pm Seatings

with Jennell Maddox w/ Pastoral Care Program

GreenBean Internet Café

#### ANNUAL THANKSGIVING LUNCHEON

Monday, November 20, 11am-12:45pm

Entertainment 10:00am in 2nd Floor Auditorium.

Seating by 11:15am in GreenBean Internet Café, 2nd Floor Room A, B & C. Tickets required to attend. \$1.25 suggested donation at the Program Window. Registration required by Mon, Nov. 13th.

#### Golden Voices Festival

"AN ODE TO OLDER ADULTS"

at KleinLife 10100 Jamison Ave 19116 Tuesday,  
November 21, 2023, 10am -12pm

Please join PSC, PCA & five other Philly Senior Centers. Enjoy the wonderful voices of PSC Arts & Coffee Cup chorus along with other senior choirs. Ticket information provided at the Program Window. CCT rides available for cardholders.

#### Lunch & Learn:

#### KELLY TECH TALKS

Presented by Temple Social Work Student

Kelly Joseph

Monday, November 27, 11am & 12pm Seatings

GreenBean Internet Cafe.