

Weekly Activities

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

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 discussions are confidential. Room A. Cost: No Fee

BEGINNER COMPUTER CLASS • 10AM-12PM

10-week workshop thru May 20. Computer Lab. Cost: 2 Coupons

PSC CHOIR • 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 FOR PRODUCTS (Merchandise Design) • 10AM-12PM

Embellishment Design for Mugs, Plates, Mats, Tee-shirt and more w/ Sheena. 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

PLUSHIE TOY DESIGN • 1-3PM

Designing & making soft toys w/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

ZUMBA • 11:15AM -12:15PM

Rooms A & B. Cost: 2 Coupons

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

WEDNESDAYS (cont)

BINGO • 12:30-1:30PM

Room B. 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. 2nd Floor Room B.

Cost: 1 Coupon

CHAIR YOGA • 10:30-11:30AM

w/Kind Essence. Room A.

Cost: 2 Coupons

FRIDAYS

GENTLE MOVEMENT EXERCISE • 10-11AM

w/JoAnna Turner. Room A.

Cost: 1 Coupon

TAI CHI W/COFFEE CUP • 11AM-12PM

Room A. Cost: No Fee

OPEN STUDIO • 10AM-1PM

Art Studio. Cost: No Fee.

BINGO • 12:30-1:30PM

Room B. Cost: No Fee

SIT & BE FIT • 1-2PM

Learning ways to exercise while seated! Room A. Cost: No Fee

MOVIE TIME • 1:30-3:00PM

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

FREE AARP TAX PREPARATION

Mondays, 10am-2pm until April 15th

You must make an appointment at the Program Window between 9am-1pm Monday-Friday.

LUNCH & LEARN: Internet Safety

Presented by Kelly & Leah, Temple University Students

Monday, April 1, 11am & 12pm Seatings •

GreenBean Internet Cafe

DOLLAR DAY! WITH SHEILA

Wed, April 3, 10am-3pm • 1st Floor Lobby

HEALTH DEPARTMENT TABLE

Every other Wednesday, 12:30-1:30pm • 1st Fl. Lobby

HAPPY HATTERS MEETING (Red Hatter Society)

Wednesday, April 3, 1-3pm • Room A

MAKING THE CONNECTION 10 WEEK WORKSHOP

Thursdays thru April 18, 2024, 1-2:30pm • Room A

How to connect, set goals and deal with difficult situations through gameplay & discussions. Gift cards awarded to participants. Sign up at Program Window.

PSC ARTS GOT TALENT SHOW!

Friday, April 5, 1-2pm • 2nd Floor Auditorium

Calling all singers, dancers, poets, musicians, and comedians, all are welcome! Winner will represent PSC Arts in the PCA Carousel of Talent Show in June. Sign up at Program Window (open 9am-1pm)

Please RSVP to preform by April 1st. No Cost

LUNCH & LEARN: Low Income Home Energy Assistance Program (LIHEAP)

Presented by Kelly, Temple Social Work Student

Monday, April 8, 11am and 12pm Seatings •

GreenBean Café Internet Cafe

LUNCH & LEARN: Jefferson Lung Cancer Study Recruitment

Wed, April 10, 12pm • GreenBean Internet Café

PROPERTY RIGHTS & ESTATE PLANNING WORKSHOP

Presented by Let's See If We Can Help Inc In collaboration with PCA, Senior Law Center & The Urban League

Friday April 12, 1pm • 2nd Floor Auditorium

LUNCH & LEARN: Discounted Utility Programs

Presented by Kelly, Temple Social Work Student

Monday, April 15, 11am & 12pm Seatings • GreenBean Café

Internet Cafe

SLEEP IMPROVEMENT w/ Leah, Temple Public Health Student

Wednesday April 17, 11am • GreenBean Internet Café

DATING GAME SHOW Presented by Henry Hill Post 385 Inc

Thursday, April 18, 1-3pm • 2nd Floor Auditorium

VOLUNTEER APPRECIATION WEEK

April 22-26 - See Front Page for Details

CLASSICAL PIANO CONCERT

Music by Ilyah Beck In Honor of Passover

Tuesday, April 23, 11am • GreenBean Café Internet Cafe

LUNCH & LEARN: Immunization Preventative Care and Heart Health

with Jefferson Pharmacy Students

Thursday, April 25, 12pm • GreenBean Internet Café

FOODS THAT REDUCE INFLAMMATION

w/ Leah, Temple Public Health Student

Friday, April 26, 12pm • GreenBean Internet Café

PSC ARTS BOOK CLUB: Becoming by Michelle Obama

Presented by NewCourtland Pastoral Care

Friday, April 26, 2-3pm • Room B

HEALTHY STEPS FOLLOW UP CLASS w/ Jo Anna

Tuesday, April 30, 10am -12pm • Room A

Only for March 2024 class participants.

PCA CIVIC EDUCATIONAL SESSION:

The Upcoming Presidential Election

Tuesday, April 30, 2:30pm • GreenBean Internet Cafe

Join Volunteer Attorneys at this teatime talk. Snacks provided.