

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

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 • ON HOLD
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

BINGO • 12:30-1:30PM
Room B. Cost: No Fee

ADVANCED CERAMICS • 1-3PM
Art Studio. Cost: 3 Coupons

THURSDAYS

JEWELRY & BEADING • ON HOLD

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
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 of exercising 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

DOLLAR DAY! WITH SHEILA
Wed, May 1, 10am-3pm • 1st Floor Lobby
(1st Wed of month) Prices vary.

HAPPY HATTERS MEETING (Red Hatter Society)
Wed, May 1, 1-3pm • Room A
(1st Wed of month).

RICH DIET FOR SENIORS
Thursday, May 2, 1pm • Room B
w/Noel Davis, Paris Fit LLC.
Cost: No Fee

MOTHER'S DAY BREAKFAST
Wed, May 8, 9-10am • GreenBean Internet Cafe
Registration required at the Program Window (open 9am-1pm M-F) Cost: \$2.00

HEALTH DEPARTMENT TABLE
Wed. May 8 & 22, 12:30-1:30pm • 1st Fl. Lobby

Billy Denny, Founder Henry Hill Post 385 Presents:
THE FAMILY FEUD GAME
Thursday, May 9, 1-2:30 pm • 2nd Fl Auditorium
Cost: No Fee

ADVISORY COUNCIL AFTERNOON TEA
Friday, May 10, 1:30-3pm • GreenBean Internet Café
Please see a council member for ticket sales.
Cost: \$25.00 per person

Inglis Assistive Tech Solutions Presents:
"BECOME MORE TECHNICALLY SAVVY"
Thursday May 16, 1-2pm • Room B
Group classes on topics that help answer questions older adults have about their personal devices, to become more technically savvy. Cost: No Fee

PSC Arts Older Americans Month Celebration
EXHIBIT / ART SHOW RECEPTION
Thursday, May 23, 2-4pm
Refreshments will be provided, and family and friends are welcome to attend. If you would like your creative artwork displayed in the exhibit please bring your artwork to the center front desk by Thursday, May 2nd.
Cost: No Fee

FIRE SAFETY PRESENTATION
Presented by the Philadelphia Fire Department
Friday, May 24, 1pm • 2nd Floor Auditorium
Cost: No Fee

NATIONAL SENIOR HEALTH & FITNESS DAY
Wednesday, May 29, 10am-12pm • on the Front Porch
Join Chi Kung and Zumba on the porch and let's enjoy the fresh air while we exercise. Refreshments will be provided for class participants. Cost: No Fee

VOLUNTEER MEETING (for volunteers only!)
Friday, May 31, 1-2pm • Room A
Cost: No Fee

PSC ARTS BOOK CLUB:
Becoming by Michelle Obama
Presented by NewCourtland Pastoral Care
Friday, May 31, 2-3pm • Room B