

Weekly Activities

MONDAY-FRIDAY

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

INTERMEDIATE COMPUTER • 10AM-12PM

10-week workshop thru August 5. Computer Lab. Cost: 2 Coupons

PSC CHOIR • On break until 9/9/24

TUESDAYS

CRAFT CORNER • 10AM-12PM

2nd Fl 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 W/SHEENA • 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

PAPER MACHE W/SHEENA • 1-3PM

Elements of sculpture using newspaper
2nd Fl Art Studio. Cost: 2 Coupons

LINE DANCE CLASS • 2-3PM

with Gloria Kingcade
Rooms A & B. Cost: 2 Coupons

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

WEDNESDAYS

CHI KUNG • 10-11AM

Room A or Zoom. Cost: 2 Coupons
Zoom ID: 860 2531 6103
Call In #: 1-646-558-8656

OPEN STUDIO • 10AM -1PM

Art Studio. Cost: No Fee

BEGINNER CERAMICS

On break until 9/9/24

ZUMBA • 11:15AM -12:15PM

Rooms A & B. Cost: 2 Coupons

BINGO • 12:30-1:30PM

Room B. Cost: No Fee

ADV. CERAMICS •

On break until 9/9/24

THURSDAYS

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

FITNESS CENTER COACH • 11AM-12 PM

Learn how to use the fitness center
equipment with Certified Trainer Noel
Davis. 2nd Fl. Fitness Center.

FRIDAYS

SIT & BE FIT • 10-11AM

Learning ways of exercising while
seated. Room A. Cost: No Fee

TAI CHI W/COFFEE CUP • 10-11AM

Room A. Cost: No Fee

BINGO • 12:30-1:30PM

Room B. Cost: No Fee

GENTLE MOVEMENT EXERCISE • 1-2PM

Room A. Cost: 1 Coupon

MOVIE TIME • 1:30-3:00PM

Auditorium. Cost: No Fee

Special Events

DOLLAR DAY! WITH SHEILA & FRIENDS

Wed, August 7, 10am-3pm •

1st Floor Lobby

(1st Wed of month) Prices vary.

HAPPY HATTERS SOCIAL SOCIETY MEETING

Wednesday, August 7, 1-3pm • Room A

(1st Wed of month)

Inglis Tech Solutions Presents SERVICES AND TRAINING FOR SENIORS! Thursdays, thru Sept. 10, 1z-2:30pm •

Room B

10 Week Workshop to learn how to use your
smart phone apps, web browsing, email, and
online accounts.

HEALTH DEPARTMENT TABLE

Wednesday, August 14, 12:30-1:30 pm •

First-floor Lobby

Women's Institute For Family Health Presents: MIND YOUR HEALTH

Wednesday, August 14, 1pm • Room A

Take charge of your life by managing your
stress.

HEPATITIS B/C presented by: Temple University Department of Research & Medicine

Thursday, August 15, 1-2pm • Room A

Educational Workshop and self-testing study
among African Americans.

NUTRITION FOR SENIORS presented by Ashley Monroy, Drexel University

Thursday, August 22, 1-2pm • Room B

JEFFERSON JAMS

Friday, August 23, 12pm •

GreenBean Internet Café

UNITY DAY 2024

PSC Arts Branch with PSC Allegheny!
Wednesday, August 28, 10am-3pm

Please join in on a good time with PSC
Avenue of the Arts Branch. No Fee. Please
sign up at the program window to attend.

PSC ARTS BOOK CLUB

Presented by NewCourtland Pastoral Care

Friday, August 30, 2-3pm • Room B

(last Friday of the month)

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