

Weekly Activities

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

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

BEGINNER COMPUTER • 10AM-12PM

10-week workshop run until Nov. 5. Computer Lab. Cost: 2 Coupons

PSC CHOIR • 1-2:30PM

Room A. Cost: 1 Coupons

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

EDUCATIONAL ANIMATION • 1-3PM

Join Sheena Garcia for this media class designed for seniors, focusing on creating educational animation videos for children. 2nd Fl 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)

OPEN STUDIO • 10AM -1PM

Art Studio. Cost: No Fee

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

ADV. CERAMICS • 1-3PM

Art Studio. Cost: 3 Coupons

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-12PM

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

OPEN STUDIO • 10AM-1 PM

Art Studio 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

Wednesday, September 4, 10am-3pm •

1st Floor Lobby

(1st Wed of month) Prices vary.

HAPPY HATTERS SOCIAL SOCIETY MEETING

Wednesday, September 4, 1-3pm • Room A

(1st Wed of month)

HEALTH DEPARTMENT TABLE

Wednesdays, September 4 & 25,

12:30-1:30 pm • First-floor Lobby

In Honor of Senior Center Month:

SEPTA CCT Connect Presents:

NEW MOBILE APP INFORMATION SESSION

Wednesday, September 11, 11am-12pm • 2nd

Floor Auditorium

TechOwl w/Temple University

Home & Safety Technology

Wednesday, Sept. 11, 1pm • Room B 2nd Floor

Explore tools to support aging in place including medication, fall prevention and home technology.

Divine Resource: TAKE BACK YOUR HEALTH

Thursday, September 12, 12-1pm • GreenBean

Internet Cafe

Learn about foods to avoid to preventing disease.

KWANZAA GIFT MAKING WORKSHOP

Fridays, September 13 & 27, 10-12pm •

Art Studio

Join Malika Parker for an exciting 2-day workshop making gifts will be the prizes for the Kwanzaa Carnival.

Independence Blue Cross Presents:

TECHNOLOGY AND DATA SECURITY

INFORMATION FOR SENIORS

Wednesday, September 18, 1-2pm •

2nd Floor Auditorium

PHILADELPHIA REGISTER OF WILLS OFFICE PRESENTATION

Wednesday, September 25, 1-2pm •

2nd Floor Auditorium

Learn about probate, wills inheritance and estate tax, preserving and protecting records & archives with April Scott Street, Senior Advisor of Public Engagement.

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