

## 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 don't move tables and chairs to allow for more than four players.

### MONDAYS

#### BEGINNER BALLET • 10-11AM

Room A. Cost: 2 Coupons

#### 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 issues of today. Discussions are confidential. Room B. No Fee

#### INTERMEDIATE COMPUTER • 10AM-12PM

10 Weeks 1/6-3/17. Computer Lab. Cost: 2 Coupons

#### BEGINNER FRENCH • 1-2PM

Room B. Cost: No Fee

#### PSC CHOIR • 12:30-2:30PM

Room A. Cost: 1 Coupons

### TUESDAYS

#### BIBLE STUDY • 10-11:30AM

2nd Floor Auditorium or Conference  
Call: 1-617-769-8590. 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

w/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

#### ADV. CERAMICS • 1-3PM

Art Studio. Cost: 3 Coupons

### THURSDAYS

#### NEW ART PROJECT STARTS 1/9/25:

#### FANS OF HOMAGE • 10-11:30 AM

#### 9 weeks, January 9 to March 6, 2025

Join Iife Nii Owoo to use fans to create collages, mixed medium, paintings, and writing scripts to shape and record family memories. 10 participants only. Register at the program window now! 2nd Floor Art Studio. No Fee

#### IPAD CLASS • 10AM-12PM

w/Mr. Brown. 2nd Fl 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 equipment with Certified Trainer Noel Davis. 2nd Fl. Fitness Center. No Fee

### FRIDAYS

#### GENTLE MOVEMENT EXERCISE • 10-11:15AM

Room A. Cost: 1 Coupon

#### OPEN STUDIO • 10AM -1PM

Art Studio. Cost: No Fee

#### TAI CHI • 11:15AM-12PM

Room A. 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 • 1:30PM

Auditorium: No Fee

## Special Events

#### DOLLAR DAY! WITH SHEILA

Wednesday, January 8, 10am-3pm •

1st Fl. Lobby (1st Wed of month) Prices vary.

#### HAPPY HATTERS SOCIAL SOCIETY

#### RED HATTER MEETING

Wednesday, January 8, 1-3pm • Room A

(1st Wed of month)

#### HEALTH DEPARTMENT TABLE

Weds, January 15 & 29, 11am-1pm •

First-floor Lobby

#### Patina Primary Care presents:

#### A CONVERSATION ABOUT

#### AGING IN PLACE

Wednesday, January 15, 1:30-2:30 pm •

Room A

#### SEPTA ACCESS PRESTATION

Wednesday, January 22, 11am •

GreenBean Café

#### NUTRITION FOR SENIORS

Food for healthy seniors with Noel Davis

Thursday, January 23, 12-12:45pm •

GreenBean Internet Cafe

#### Penn's Village presents: PHONE CLINIC

1st session: Friday, January 24, 1-2 pm •

Room A

Workshop to learn how to use your

smartphone apps for web browsing.

Number of participants limited to 10.

#### PHL City ID presents

#### APPLY FOR YOUR PHL! CITY ID

Wednesday, January 29, 1-3pm • Room A

Limited of 30 applications

## 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

#### THURSDAYS • 2PM

Zoom ID#: 550 527 7215 PW: 19147