

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

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. All discussions are confidential. Room B. Cost: No Fee

BEGINNER COMPUTER • 10AM-12PM

10-week workshop run until Nov. 5. 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

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

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. No Fee

FRIDAYS

GENTLE MOVEMENT EXERCISE • 10-11:15AM

Room A. Cost: 1 Coupon

OPEN CERAMICS STUDIO • 10AM -1PM

Art Studio. Cost: No Fee

TAI CHI W/COFFEE CUP • 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

UPENN NURSING STUDENTS

Every Tuesday & Thursday, 9am-1pm •

1st Floor Lobby. Blood Pressure Checks, Medication Assessments & Health Education Presentation.

DOLLAR DAY! WITH SHEILA & FRIENDS

Wednesday, November 6, 10am-3pm •

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

VETERANS DAY EVENT

Wednesday, November 6, 11am • Auditorium with William Denny, Henry Hill Post Founder
Cost: No Fee

HAPPY HATTERS SOCIAL SOCIETY

RED HATTER MEETING

Wednesday, November 6, 1-3pm • Room A
(1st Wed of month)

PCA ADVOCACY DAY

November 6, 1pm • Auditorium

Let your voice be heard and learn how PennCare budget cuts will impact seniors in PA!

Philadelphia Fire Dept. Presentation

HOME FIRE SAFETY

November 7, 1-2pm • 2nd Floor Auditorium
Protect yourself in your home.

HEALTH DEPARTMENT TABLE

Wednesdays, November 13 & 27,
11am-1pm • First-floor Lobby

Ennoble Care Presents:

HEALTH CARE INFORMATION

Wednesday, November 13, 2-3pm • Auditorium

SEPTA ACCESS PRESENTATION

Thursday, November 14, 11am • Auditorium

STAYING SAFE ONLINE Presented by AARP

Thursday, November 14, 1-2pm • Room A

JEFFERSON MEDICAL STUDENTS JAM

Friday, November 15, 12pm •

GreenBean Internet Café

SOUL FOOD NOURISHMENT

with Noel Davis Certified Trainer

Thursday, November 21, 12-1pm •

GreenBean Internet Cafe

ART & THE ARTIST W/ SHIRLEE MAGLIETTA

Thursday, November 21, 1-2pm • Room B. Learn about African American artists and their artwork.

TOWN HALL MEETING

Friday, November 22, 12:30-1:30pm • 2nd Floor Auditorium. Join PSC Arts staff in a question & answer session.

THANKSGIVING LUNCHEON

Tuesday, November 26 • GreenBean, 2nd Floor Room A,B,C & Art Studio. Please be seated by 11:15am 10am Tap Dance Entertainment in the Auditorium. Registration required at the Program Window and meal desk Cost: \$1.25 donation.

BOOK CLUB

Friday, November 29, 2-3 pm • Room B

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