

MON

TUES

WED

THURS

FRI

September 2024

2
Closed for
★ LABOR ★
☆☆☆ DAY ☆☆☆

3
9:00-10:20am Haircuts*
9:15am Walking w/ Weights (\$4)
9:30am Group Trivia
10:00am Stamp Club
10:30am-12:00pm Cash for Gold!*10:30am Scrabble
12:30pm Pinochle
1:00pm Mahjong
1:30pm Stretch & Tone* (\$4)

4
8:00am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
10:30am Tech Tutoring appts**
12:30pm Ice Cream Social by The Birches*
1:00pm Movie Matinee*
1:00pm Rummikub

5
9:00am Wood Carving
9:30am Stitch & Chat
9:30-10:45am Free Blood Pressure Screenings
11:00am-12:00pm Help Yourself to Healthy Living *
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone and Balance (\$4)

6
9:00am Breakfast Outing @ Peeps Diner*
10:00am Wii Sports or Jeopardy
11:00am Prayer Care Group
1:00pm The Happy? Ya! Ya! Crew*
1:30pm Stretch & Tone (\$4)

9
9:15am Tai Chi Canceled
1:30pm Art Class (\$4)
1:45pm Bingo for Bucks

10
9:15am Walking w/ Weights (\$4)
9:30am Group Trivia
10:00am-12:00pm Social Service appts w/ Carol **
10:30am Scrabble
12:30pm Pinochle
1:00pm Mahjong
1:30pm Zumba (\$4)

11
8:00am Chess
9:15am Tai Chi Canceled
9:30am Coloring for Calmness
10:30am Tech Tutoring appts**
10:30am Healthy Living for your Brain and Body*
1:00pm Rummikub
1:00pm Aetna Medicare Bingo*

12
9:00am Wood Carving
9:00am-12:00pm Medicare Counseling Appts**
9:30am Stitch & Chat
12:30pm Advisory Council **
12:30pm Bridge
12:30pm Skip-Bo
1:00pm Tone and Balance (\$4)

13
10:00am Wii Sports or Jeopardy
10:00am Prevent T2 Program (pre-registered participants only)
11:00am State Rep Scheuren Office Hours**
1:00pm The Happy? Ya! Ya! Crew*
1:30pm Stretch and Tone (\$4)

16
9:15am Tai Chi Canceled
1:00pm APOS Biomechanical Footwear Medical Devices*
1:30pm Art Class (\$4)
1:45pm Bingo for Bucks

17
8:30am-12:30pm AARP Refresher Course (\$)*
9:00-10:20am Haircuts*
9:15am Walking w/ Weights Canceled
9:30am Group Trivia
10:30am Scrabble
11:00am-12:00pm St. John Neumann Table*
12:30pm Pinochle
1:00pm Mahjong
1:30pm Zumba

18
8:00am Chess
9:15am Tai Chi Canceled
9:30am Coloring for Calmness
10:30am Tech Tutoring appts**
11:00am Knee Pain Workshop w/ Dr. Dressler*
1:00pm Rummikub
1:00pm Fly Swatter Art*

19
9:00am Wood Carving
9:30am Stitch & Chat
10:00 Decoupage with Cindy*
12:00-1:30pm Special Lunch w/ Pat the Hat (\$8)*
12:30pm Bridge
12:30pm Skip-Bo
1:00pm Tone and Balance (\$4)

20
10:00am Wii Sports or Jeopardy
11:00am Prayer Care Group
1:00pm The Happy? Ya! Ya! Crew*
1:30pm Stretch & Tone (\$4)

23
9:15am Tai Chi (\$5)
1:30pm Art Class (\$4)
1:45pm Bingo for Bucks
4:30pm Dinner Outing @ Energy Station*

24
9:15am Walking w/ Weights Canceled
9:30am Group Trivia
10:30am Scrabble
12:30pm Pinochle
1:00pm Mahjong
1:30pm Zumba (\$4)

25
8:00am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
10:30am Tech Tutoring appts **
12:00pm Birthday Lunch*
1:00pm Rummikub
1:00pm Life in Guatemala presentation by Liz*

26
9:00am Wood Carving
9:00am Medicare Counseling Appts**
9:30am Stitch & Chat
10:00am-2:00pm Social Services Appts w/ Carol**
12:30pm Bridge
12:30pm Skip-Bo
1:00pm Tone and Balance (\$4)

27
9:30am Veterans' Coffee Catch Up
10:00am Wii Sports or Jeopardy
11:00am Fall Celebration Sing-Along w/ Sr. DJ Group*
1:00pm The Happy? Ya! Ya! Crew*
1:30pm Stretch & Tone (\$4)

30
9:15am Tai Chi (\$5)
1:30pm Art Class (\$4)
1:45pm Bingo for Bucks



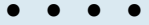
Lunch is served daily from 12-1 pm. Advanced Reservations are required.

To make a lunch reservation, register for programs, make appointments, or obtain more information on any of the programs or services offered at our centers, please call: 215-256-6900

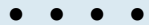
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Orange with * Indicates special programming with additional information available on pg. 5-6



Blue with ** Indicates Resources & Services with additional info available on pg. 2



Detailed descriptions for all of our regular and recurring programming can be found on our website: www.ghnps.org or scan below for quick access



Scan me