

UPDATED 9.9.2016

Ongoing Classes, Programs

Monday

8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Open Tech Lab & IPAD loans
8:45 Continent. Break. \$
9:30 Stretch/Strength \$
10:00 IPad & More Tutorial w/ Nina by appt
10:30 Enhance Fitness D
10:25 Meditation
11:00 Music Lessons \$
11:30 All Levels Yoga \$
12:00 Lunch D

Tuesday

8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Open Tech Lab & IPAD loans
8:45 Continent. Break. \$
9:00 Walking Group
10:00 Beading \$
12:00 Lunch D
1:00 Tai Chi \$
1:00 Next Chapter
2:30 Music I Love - Classical Music Appreciation

Wednesday






8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, PingPong
8:30-5 Open Tech Lab & IPAD loans
8:45 Continent. Break. \$
9:00 Knit & Crochet \$
9:15 SilvSnk Clssic D/\$
10:00 Line Dancing \$
10:00 IPad & More Tutorial w/ Nina by appt
12:00 Lunch D
12:45 Bingo \$
2:00 Mini Hand Massage
7:00 Doctor's Chamber

Thursday

8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Open Tech Lab & IPAD loans
8:45 Continent. Break.
9:00 Walking Group
10:00 All Levels Yoga NEW!
10:00 Weaving \$
11:15 Best Day
12:00 Lunch D
12:45 Bingo \$
1:00 Tai Chi \$

Friday

8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Open Tech Lab & IPAD loans
8:45 Continent. Break. \$
9:30 SilvSnk Clssic D/\$
10:45 News & Views
11:00 Enhance Fitness D
12:00 Lunch D
1:00 Pinochle / Bridge

KEY				
\$ = Charge		Special & Time Limited Programs		2
D=Donation (Appreciated but Optional)				
5 Closed 	6 10:30 IPads w/Lynn I Cloud	7 	8 8:45-10:30 Cooked Breakfast	9 11 ENHANCE FITNESS STARTS 10 APPRISE Medicare individual consultations-
Welcome Roxborough Memorial Hospital School of Nursing Students 9/6—9/9!				
12 8:45-10:30 Cooked Breakfast	13 9:30 Advisory Council 1:00 Financial Committee 1:00 Next Chapter STARTS	14 11 Eat Well 12 Lunch Feature: CHEF'S SPECIAL! Tomato, Feta, & Wheat Berry Salad	15 8:45-10:30 Cooked Breakfast At RMH: 9-1 Pam Delissio's Resource Fair 7-3 Flu Shots by appt.	16 
19 Welcome Kathy Young, Program Coordinator 8:45-10:30 Cooked Breakfast 5 PM- Midnight CHUBBY'S – Dine in or take out JW FUNDRAISER	20 10:30 IPads w/Lynn Smart Phone & Tablet Basics 	21 9:30 Trader Joe's 12:30-4:30 Refresher AARP Driver Safety \$15 AARP members \$20 non AARP members Must register in advance	22 8:45-10:30 Cooked Breakfast 10:45 Heritage Presentation: WWII & the Occupation 6-7:30 Dinner & Song Broadway & More! RSVP! \$15	23 12:15 Ice Cream, Cake, & Birthday Reading to honor those born in September 
26 1:00 Philadelphia Controller's Office Presents: AVOID THESE 10 TOP SCAMS Prizes!	27 9:30 SeniorLAW Center Veterans/Vets Families Legal Clinic - by appt 10:30 IPads w/ Lynn Apps/ Widgets 11:00 Lunch Club- \$ Ruby Tuesday - meet at JW	28 12:30-4:30 1st Timers—AARP Driver Safety \$15 AARP members, \$20 non AARP members Must register in advance 7 Roxborough Historical Society Guest Lecturer	29 8:45-10:30 Cooked Breakfast 9:30 Reading Terminal 1:00 Book Club Once We Were Brothers by Ronald H. Balson	30 5:30 Evening Bingo with Hotdogs, Refreshments \$ 