



403 Rector St  
215-487-1750

## ONGOING EVENTS BELOW

**SEPTEMBER IS SENIOR CENTER MONTH!**

### Monday

8:30-5 Fitness Ctr. \$  
8:30-5 Cards, Games  
8:30-5 Pool, Ping-Pong  
8:30-5 Computer Lab  
IPads AVAILABLE!  
9:30 Strch./SS\*  
10:00 iPad appt only  
10:30 Meditation  
10:30 EnhanceFitness *D*  
11:00 Music Lessons \$  
11:30 All Levels Yoga \$  
12:00 Lunch *D*

### Tuesday

8:30-2 Fitness Ctr.  
8:30-5 Cards, Games  
8:30-5 Pool, PingPong  
8:30-5 Computer Lab  
IPads AVAILABLE!  
9:00 Walking Group!  
10:00 Beading \$  
12:00 Lunch *D*  
1:00 Next Chapter  
1:00 Tai Chi \$ \*  
2:30 Classical Music  
Appreciation

### Wednesday

8:30-5 Fitness Ctr. \$  
8:30-5 Cards, Game  
8:30-5 Pool, Ping-Pong  
8:30-5 Computer Lab  
IPads AVAILABLE!  
9:00 Knit & Crochet \$  
9:00 SilvSnkClssic D/\$  
11:00 Hand Massage  
12:00 Lunch *D*  
12:45 Bingo \$  
1:00 Men's Group  
(starts 9/12)

### Thursday

8:30-5 Fitness Ctr. \$  
8:30-5 Cards, Games  
9:00 Walking Group!  
9:00 All Levels Yoga \$\*  
10:00 Weaving \$  
9-1 Knit & Crochet  
Beginners \$  
12:00 Lunch *D*  
12:45 Bingo \$  
1:00 Tai Chi \$  
1:00 Beginners  
Weaving  
2:00 Let's Draw! \$  
2:00 Tap Class! (starts!)

### Friday

8:30-5 Fitness Ctr. \$  
8:30-5 Cards, Games  
8:30-5 Pool, Ping-Pong  
8:30-5 Computer Lab  
IPads AVAILABLE!  
9:30 SilvSnk Clssic D/\$  
10:00 Recorder \$  
10:45 News & Views  
11:00 Ukulele \$  
10:30 EnhanceFitness *D*  
12:00 Lunch *D*  
1:00 Pinochle/Bridge  
1:00 Reaching Out  
Support Group (starts!)

<p><b>Coming in October</b> 10/5 Tea Party 10/8 Mobile CPR Project will be here for an hour to do FREE CPR training (no certification) 10/23 Volunteer Luncheon (invite only)</p>	<p>SEPTEMBER IS <b>SENIOR CENTER MONTH!</b> Look in the Nook for more information on <b>SPECIAL ACTIVITIES &amp; CLASS HAPPENINGS</b></p>			<p><b>Key to Symbols:</b> \$=Cost <i>D</i>= donation appreciated but Optional *=Next month's payment due by the 25th or pay drop in rate.</p>
<p><b>3</b> <b>JOURNEY'S WAY CLOSED</b></p> 	<p><b>4</b></p> 	<p><b>5</b> 9-12 LaSalle Nursing Students</p>	<p><b>6</b> <b>2:00 Tap Class!</b> (starts if 8 registered)</p>	<p><b>7</b> <b>1:00 REACHING OUT Support Group <i>Regular</i></b></p>
<p><b>10</b> 9-12 LaSalle Nursing Students</p> 	<p><b>11</b> <b>10:00 ADVISORY Council Mtg.</b> 1:00 Financial Committee <b>1:00 Next Chapter (starts!)</b></p>	<p><b>12</b> 9-12 LaSalle Nursing Students  <b>1:00 Men's Support Group (starts!)</b></p>	<p><b>13</b> <b>12:30 AARP Driver Safety, (Day 1)</b>  <b>2:00 Tap Class!</b> (need 8 registered)</p>	<p><b>14</b> <b>12:30 AARP Driver Safety, (Day 1)</b>  <b>1:00 REACHING OUT for Caretakers</b></p>
<p><b>17</b> 9-12 LaSalle Nursing Students</p>	<p><b>18</b> <b>1:00 Next Chapter</b></p>	<p><b>19</b> 9-12 LaSalle Nursing Students  <b>1:00 Men's Support Group</b></p>	<p><b>20</b> <b>12:30 AARP Driver Safety, Refresher</b>  <b>2:00 Tap Class!</b> (need 8 registered)</p>	<p><b>21</b> <b>1:00 REACHING OUT Support Group <i>Regular</i></b>  <b>5:30 <u>Evening BINGO</u> Refreshments \$</b></p>
<p><b>24</b> 9-12 LaSalle Nursing Students</p>	<p><b>25</b> <b>10:00 APPRISE Medicare Consultation By Appointment Only</b> <b>11:00 Lunch Bunch (tba)</b> <b>1:00 Next Chapter</b></p>	<p><b>26</b> 9-12 LaSalle Nursing Students  <b>1:00 Men's Support Group</b></p>	<p><b>27</b> <b>9-12 Pam DeLissio SENIOR EXPO</b> Health Fair at Rox- borough Hospital <b>1:00 Book Club Call Me Zelda</b>  <b>2:00 Tap Class!</b> (need 8 registered)</p>	<p><b>28</b></p>  <p><b>Celebrate Birthdays at lunch!</b></p>