

Calendar of Events

403 Rector Street
215-487-1750



ONGOING EVENTS BELOW



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*
10:30 Meditation
10:30 EnhanceFitnessD
11:00 Music Lessons \$
11:30 All LevelsYoga \$*
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
1:00 Classzic Tonzes

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 Beg. Weaving \$
2:00 Let's Draw! \$
2:00 Tap Class! \$

Friday

8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Computer Lab
9:30 SilvSnk Clssic D/\$
10:00 Recorder \$
10:30 EnhanceFitnessD
10:45 News & Views
11:00 Ukulele \$
12:00 Lunch D
1:00 Pinochle/Bridge
1:00 Reaching Our
Support Group



<p>1 9-12 LaSalle Nursing Students</p> 	<p>2 Lunch Bunch Four Seasons Diner Rescheduled from 9/30</p>	<p>3 9-12 LaSalle Nursing Students 11:00 Cooking with Ciara!</p>	<p>4 10:45 Northwest Victim Services Presentation</p>	<p>5 1:00 Tea Party hosted by REACHING OUT! No rsvp required. Bring a special tea cup and a friend!</p>
<p>8 9-12 LaSalle Nursing Students 10:30 FREE CPR TRAINING by the Mobile CPR Project (not a cert. class)</p>	<p>9 10:15 ADVISORY Council Mtg.</p> 	<p>10 9-12 LaSalle Nursing Students 11:00 Cooking with Ciara!</p>	<p>11 11am to 1pm Emotional Wellness Screenings</p>	<p>12 1:00 REACHING OUT for Caretakers</p> 
<p>15 (No Nurses Today)</p> 	<p>16 TAI CHI at Johns Studio</p> 	<p>17 (No Nurses Today) 10:30 Interactive Cooking Class with Ciara! (new!) Must sign up! First Come/First serve Class size is limited!</p>	<p>18</p> 	<p>19 1:00 REACHING OUT Support Group 5:30 Evening BINGO OPEN TO ALL AGES! Refreshments \$</p>
<p>22 9-12 LaSalle Nursing Students have a special morning planned: BLOOD PRESSURE Screenings/A Fun Halloween Craft and Great conversations!</p>	<p>23 12:30 Volunteer Luncheon in the Grand Room (Invitation Only) TAI CHI at Johns Studio</p>	<p>24 9-12 LaSalle Nursing Students 10:30 Interactive Cooking Class with Ciara! (new!)</p> 	<p>25 10:45 Medicare Fraud & Abuse Protection Presentation</p>	<p>26 1:00 REACHING OUT for Caretakers Celebrate Birthdays at lunch!</p> 
<p>29 (No Nurses Today)</p> 	<p>30 10:00 APPRISE Medicare Consultation By Appointment Only 1:00 2nd Annual Halloween Eve Bash!</p>	<p>31 10:30 Interactive Cooking Class with Ciara! (new!)</p> <p>Halloween</p> 	<p>Key to Symbols: \$=Cost D= donation appreciated but Optional *=Next month's payment due by the 25th or pay drop in rate.</p>	<p>Coming in November 11/16 Blondell Reynolds Brown RESOURCE FAIR! Thanksgiving Feast!</p>