



October 2023

(9/29)

Calendar of Activities

ONGOING EVENTS BELOW



403 Rector Street
Philadelphia, PA 19128
215-487-1750

Monday 9:30 Virtual Stretch Strengthen 11:30-12:30 Grab & Go Meals NO Eat-In Lunch on Mondays	Tuesday 9-10 Walking Group 12:00 Lunch 12:30 Next Chapter 1:40 Music I Love	Wednesday 9:30 Silver Sneakers 11:00 EnhanceFitness 12:00 Lunch	Thursday 9-10 Walking Group 10:00 Weaving 12:00 Lunch	Friday 11:00 Virtual EnhanceFitness 12:00 Lunch 1:00 Pinochle/Cards
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Everyday 9am to 3:45pm Enjoy Fitness Center; Cards & Games; Pool & The Little Lending Library!

2 11:00 Gentle Yoga	3 U of Penn Nursing Students <i>Look for Calendar of Activities!</i> 12:30 Ceramics Starts!	4 9:30 Knit & Crochet 9:30-12 In-Person Exercise!	5 12:45 Bingo 12:45 Men's Group	6 9:30 Meditation 10:45 News & Views 12:45 Jewelry w/a Twist
9 11:00 Gentle Yoga	10 Penn Nursing Students 9:30 Advisory Council Mtg. 10-12 Sketch & Draw Starts! 12:30 Ceramics	11 9:30 Knit & Crochet 9:30-12 In-Person Exercise! 12:30 Medicare Changes Presentation by PA Medi	12 11-1 Emotional Wellness Screenings 12:45 Bingo 12:45 Men's Group	13 9:30 Meditation 10:45 News & Views 12:45 Jewelry w/a Twist
16 11:00 Gentle Yoga	17 Penn Nursing Students 10-1pm Flu, COVID & RSV Shot Clinic w/Acme Knit & Crochet Sale in Lobby! 10-12 Sketch & Draw 12:30 Ceramics	18 9:30 Knit & Crochet 9:30-12 In-Person Exercise! 12:30 PA Medi Medicare Consultations By appointment only Deadline to register for Halloween Lunch! 10/25 before 11am	19 12:45 Bingo 12:45 Men's Group	20 9:30 Meditation 10:45 News & Views 12:45 Jewelry w/a Twist
23 11:00 Gentle Yoga	24 Penn Nursing Students 10-12 Sketch & Draw 12:30 Ceramics	25 9:30 Knit & Crochet 9:30-12 In-Person Exercise!	26 12:45 Bingo 12:45 Men's Group 1:30 Lit Lovers (Virtual) Just Mercy By: B. Stevenson	27 9:30 Meditation 10:45 News & Views 12:45 Jewelry w/a Twist
30 11:00 Gentle Yoga	31 Penn Nursing Students 10-12 Sketch & Draw 12 Halloween Meal & Fun! 1:30 Free Concert by Mt. Airy Songsters! (costumes encouraged!) 12:30 Ceramics	Acme Flu, COVID & RSV Shot Clinic on 10/17 Call or stop in to Register! 215-487-1750 (x1101)	Penn Nursing Students here at JW on Tuesdays! Blood pressure, health talks, wellness & fitness! Look for Calendar of Activities!	Coming in November FREE Resource Fair! Sponsored by Councilwoman Richardson Fri. 11/3, 10 to 12pm Snacks, Giveaways & More!