

April 2024 Programs

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Hybrid Classes (in-person and virtual) are noted in blue. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>2</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Stamp Club 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>3</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Medicare Counseling (by appt.)</p>	<p>4</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 9:30-10:45 Free Blood Pressure Screenings 11:00-12:00 Help Yourself to Healthy Living: "Spring Forward to Enhance your Mental Health" 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>5</p> <p>10:00 Wii Sports or Jeopardy 10:00 Prevent Type 2 Diabetes 11:00-1:00pm Shiatsu Massage by appointment (\$20) 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew: Caramel Day 1:30pm Stretch & Tone (\$4)</p>
<p>8</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>9</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:30 Scrabble 12:00-1:00pm Lunch 1:00pm InFlight Cuisine Food Samples 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>10</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 10:30 Retrospective Roundtable: "Phillies Spring Training Memories" 10:30-12:00pm Cash for Gold! 12:00-1:00pm Lunch 1:00pm Rummikub</p>	<p>11</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 11:00 Prayer Care 12:00-1:00pm Lunch 12:30pm Advisory Council Meeting 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>12</p> <p>10:00 Wii Sports or Jeopardy 10:00 Prevent Type 2 Diabetes 10:00 Live Better Hearing + Balance Audiology Talk 11:00-1:00pm State Rep. Scheuren Office Resource Table 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew: Licorice Day 1:30pm Stretch & Tone (\$4)</p>
<p>15</p> <p>9:15 Tai Chi (\$5) 9:00 Breakfast Outing: Valentino's Bistro 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>16</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Storytime with Josephine (Online & at PEAK) 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>17</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Helpful Hints for Selling Your Home with Janine Paillard</p>	<p>18</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>19</p> <p>10:00 Wii Sports or Jeopardy 10:00 Prevent Type 2 Diabetes 11:00-1:00pm State Sen. Pennycuik Office Resource Table 12:00-1:30pm Special Lunch w/ singer Patrice Hawthorne (\$10) 1:00pm The Happy? Ya! Ya! Crew: Hanging Out Day 1:30pm Stretch & Tone (\$4)</p>
<p>22</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:00pm St. John Neumann Cemetery: Ducks In A Row 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>23</p>  <p>No Lunch or Afternoon Programs 9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:30 Scrabble</p>	<p>24</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 12:30pm "Rest Easy In Retirement" Seminar & Ice Cream Social 1:00pm Rummikub</p>	<p>25</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 9:00-12:00pm Shredding Event 10:00-2:00pm Carol Costlow - Social Services Appointments 11:00 Prayer Care 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 4:30pm Dinner Outing: Franconia Heritage Restaurant</p>	<p>26</p> <p>9:30 Veteran's Coffee Catch-up 10:00 Prevent Type 2 Diabetes 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew: Arbor Day 1:30pm Stretch & Tone (\$4)</p>
<p>29</p> <p>9:15 Tai Chi (\$5) 10:00-2:00pm State Sen. Pennycuik's Office: Assistance with Property Tax/Rent Rebate Forms 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>30</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:30 Crafts with Mary Caruso: Spring & May Day 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>April is Volunteer Appreciation Month! Say "Thanks" to an ENCORE Volunteer Today!</p> 		