

MON

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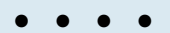
FRI

December 2024

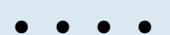


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|--|---|---|---|---|
| <p>2</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Session (free) 1:45pm Bingo for Bucks</p> | <p>3</p> <p>9-10:20am Haircuts* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Stretch & Tone in Place of Zumba today (\$4)</p> | <p>4</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 11am Brain Games* 1pm Rummikub 2-4pm Pizza & Karaoke Party w/ Traditions of Lansdale*</p> | <p>5</p> <p>9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am Free Blood Pressure Screenings 10am-2pm GMU SLP Students on Site* 11am Help Yourself to Healthy Living* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> | <p>6</p> <p>10am Wii Sports or Jeopardy 11am Road to Happiness- Understanding Depression* 11am Prayer Care Group 12:30pm Table Toppers* 1pm The Happy? Ya! Ya! Crew- Mitten Tree* 1:30pm Stretch & Tone (\$4)</p> |
| <p>9</p> <p>9:15am Tai Chi (\$5) 9:45am Chrusciki Polish Cooking Making* 1:30pm Art Session (free) 1:45pm Bingo for Bucks</p> | <p>10</p> <p>9am-2pm Social Services Appts w/ Carol** 9:15am Walking w/ Weights 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> | <p>11</p> <p>8am Chess 9am-2pm Christmas Bazaar & Special Cafe Style Lunch* 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-12:00pm Cash for Gold!* 1pm Rummikub</p> | <p>12</p> <p>9am Breakfast Club* 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 12:30pm Advisory Council** 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> | <p>13</p> <p>10am Wii Sports or Jeopardy 10am Prevent T2 Program (pre-registered participants only) 11am State Rep Scheuren Office Hour** 1pm The Happy? Ya! Ya! Crew- Holiday Celebration* 1:30pm Stretch & Tone (\$4)</p> |
| <p>16</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Session (free) 1:45pm Bingo for Bucks</p> | <p>17</p> <p>9-10:20am Haircuts* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 11am-12pm St. John Neumann Table* 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> | <p>18</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 1pm Rummikub 1pm Holiday Nutrition Strategies*</p> | <p>19</p> <p>9am Wood Carving 9:30am Stitch & Chat 9am-2pm Social Services Appts w/ Carol** 11am - 1pm Jeopardy & Lunch at Arbour Square* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> | <p>20</p> <p>10am Wii Sports or Jeopardy 11am Prayer Care Group 1pm The Happy? Ya! Ya! Crew- Int'l Games Day* 1:30pm Stretch & Tone (\$4)</p> |
| <p>23</p> <p>9:15am Tai Chi (\$5) 11am Story and Sing-along hour w/ Annie Tait* 1:30pm Art Session (free) 1:45pm Bingo for Bucks</p> | <p>24</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble canceled 12:30pm Pinochle canceled 1pm Mahjong canceled 1:30pm Zumba canceled</p> | <p>25</p> | <p>26</p> <p>9am Wood Carving canceled 9am Medicare Counseling** 9:30am Stitch & Chat 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance Canceled</p> | <p>27</p> <p>9:30am Veterans' Coffee Catch Up canceled 10am Wii Sports or Jeopardy 1pm The Happy? Ya! Ya! Crew canceled 1:30pm Stretch & Tone (\$4)</p> |
| <p>30</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Session (free) 1:45pm Bingo for Bucks</p> | <p>31</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble canceled 12:30pm Pinochle canceled 1pm Mahjong canceled 1:30pm Zumba canceled</p> | <p>Lunch is served daily from 12 pm - 1 pm. Advanced Reservations are required. Call 215-256-6900 for all lunch or program reservations and appts.</p> | | |

Access to our facility, including fitness room, library, pool table, and ample space for socializing, puzzling, & relaxing is available 8 am - 4 pm, M-F.



More information about calendar items designated as ***Special Programming in Orange**, or ****Resources and Services in blue**, can be obtained at our front desk.



Detailed descriptions for our regular and recurring programming can be found on our website: www.ghnps.org or scan below for quick access



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