

February 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>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: "Do your part, care for your heart!" 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 2:30pm Prayer Care</p>	<p>10:00 Wii Sports or Jeopardy 10:00 Arts & Crafts: Diamond Painted Bookmarks (\$2) 10:00 Tai Chi for Arthritis 11:00-2:00pm Shiatsu Massage by appointment (\$20) 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>5</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>6</p> <p>9:00-10:20 Haircuts (by appt.) (\$10) 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 Getting 2024 off to a good nutritional start! 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>7</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 10:30-12:00pm Cash for Gold! 11:00 Chair Yoga (\$4) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm History of Encore: Ice Cream Social 1:00pm Medicare Counseling (by appt.)</p>	<p>8</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Advisory Council 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>9</p> <p>10:00 Wii Sports or Jeopardy 10:00 Tai Chi for Arthritis 11:00 PA State Rep. Donna Scheuren Resource Hour 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>12</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>13</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>14</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 11:30 Valentine's Day Sing Along and Stories with Annie 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm History of Old Goshenhoppen Church</p>	<p>15</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:30pm Special Lunch with Marionettes & Juggling by Ryan Slepian 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 2:30pm Prayer Care</p>	<p>16</p> <p>10:00 Wii Sports or Jeopardy 10:00 Tai Chi for Arthritis 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>19</p> <p>9:15 Tai Chi (\$5) 10:30 Unita Blackwell Black History Month presentation 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>20</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>21</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Peter Wentz Farmstead: Slavery in Pennsylvania 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Rummikub</p>	<p>22</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>23</p> <p>9:30 Veteran's Coffee Catch-up 10:00 Tai Chi for Arthritis 10:00-12:00pm Carl Cutrone - Medicare Info Table 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>26</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>27</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:30 Scrabble 10:00-2:00 Carol Costlow - Social Services Resources 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>28</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Retrospective Roundtable: Where were you when JFK was shot? 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Brain Aerobics with Neely (\$4)</p>	<p>29</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><i>Special Valentine's Lunch with</i></p>  <p><i>Marionettes & Juggling!</i> <i>February 15th</i></p>