

November 2023 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
GET OUT & VOTE  NOVEMBER 7	Special Lunch Magic by Stuart NOV. 3 12pm-1:30pm  Cost: \$10, Veterans Free	8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 11:00 Chair Yoga (\$4) 12:00-1:00pm Lunch 12:30-1:00pm All Saints Trivia with Corpus Christi Students 1:00pm Medicare 2024 Presentation and Q&A with Ed Savitsky	9:00 Wood Carving 9:30 Stitch & Chat 10:00-10:45am Free Blood Pressure Checks 11:00-12:00am Help Yourself to Healthy Living: Diabetes Update! 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)	10:00 Wii Sports or Jeopardy 11:00-3:00pm Shiatsu Massage Appt. (\$20) 12:00-1:30pm Special Lunch: Magic by Stuart (\$10; Veterans FREE) 1:00-3:00pm Farmers' Market (FREE) 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 2:00pm Stretch & Tone (\$4)
6 9:15 Tai Chi (\$5) 11:00-12:00pm Creative Recycled Cards Craft 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	7 9:00-10:20 Haircuts (by appt.) (\$10) 9:15 Walking with Weights (\$4) 9:30 Group Trivia ELECTION DAY No Lunch or Afternoon Classes	8 8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30am-12:00pm Cash for Gold 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Ice Cream Social with Morningside House of Towamencin	9 9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 1:30pm Tone & Balance (\$4)	10 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)
13 9:15 Tai Chi (\$5) 11:00-12:00pm Creative Recycled Cards Craft 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	14 9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Storytime with Josephine (Online & at PEAK) 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)	15 8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Wedding Dance Exercises with Nadine (\$4) 5:00pm Dinner Outing: So Much to Give Inclusive Cafe in Skippack	16 9:00 Wood Carving 9:30-10:30 Legal Consultations (by appt.) 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)	17 10:00 Wii Sports or Jeopardy 10:00-12:00pm UnitedHealthcare Table with Charles Siniari 10:30 Arts & Crafts with Laura: Diamond Art Bookmarks (\$2) 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)
20 9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:00pm American Senior Health Advisers Medicare Presentation 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	21 9:00-10:20 Haircuts (by appt.) (\$10) 9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)	22 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 and Scrabble	23 CLOSED 	24 CLOSED 
27 9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	28 9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)	29 8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Chair Bingo Exercise (\$4)	30 9:00 Wood Carving 9:30 Stitch & Chat 10:00-2:00pm Carol Costlow - Social Services 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)	 Ice Cream Social NOV. 8 • 1pm-2pm with Morningside House of Towamencin