

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>2:00 P.M.—Exercise with Lavinia—<i>Center Without Walls</i> Facebook Live @ Senior Community Services on FB/Available afterwards on demand on YouTube</p>	<p>2</p>	<p>3</p> <p>10:30 Sit and Get Fit with Lavinia—<i>Friendship Circle</i></p> <p>Websites: SCSdelco.org Facebook: Friendship Circle Page Also available on demand at YouTube (SCS Delco)</p>	<p>4</p> <p>10:30 Tech Help—<i>Friendship Circle</i> Tip of the day: How to set an alarm Friendship Circle FB page 11am-noon—Bible Study <i>Chester Senior Center</i> Call 515-606-5158; Access Code-998171 3:30-4:30 Caregiver Academy w/Barry Jacobs Pre-Register for Zoom at dtwisler@scs-delco.org</p>	<p>5</p> <p>12-12:30 Mixed Media art class</p> <p>Pre Register for ZOOM w./CHelmandollar@scs-delco.org or JTennant@scs-delco.org</p>
<p>8</p> <p>2:00 P.M.—Exercise with Lavinia—<i>Center Without Walls</i> Facebook Live @ Senior Community Services on FB/Available afterwards on demand on YouTube</p>	<p>9</p> <p>10:30 Friendship Circle Book Club Call - 484-209-0886</p> <p>2:00 Aging at Home ZOOM Home shopping class</p> <p>Register: Ridley Township Library reference@ridleylibrary.org ATTN: Mary Tobin</p> <p>Website:SCS</p>	<p>10</p> <p>10 A.M.— 1 P.M. APPRISE Medicare Counseling Make your appointment today!</p> <p>10:30 Sit and Get Fit with Lavinia—<i>Friendship Circle</i> Websites: SCSdelco.org Facebook: Friendship Circle Page; Also available on demand at YouTube (SCS Delco)</p>	<p>11</p> <p>10:00–10:30 Individual Tech Help <i>Friendship Circle</i> By appointment only 484-534-2033</p> <p>11am-noon—Bible Study <i>Chester Senior Center</i> Call 515-606-5158; Access Code-998171</p> <p>3:30-4:30 Caregiver Academy w/Manoj Sinha Pre-Register w/ dtwisler@scs-delco.org</p>	<p>12</p> <p>12-12:30 Mixed Media art class</p> <p>Pre Register for ZOOM w./CHelmandollar@scs-delco.org or JTennant@scs-delco.org</p>
<p>15</p> <p>2:00 P.M.—Exercise with Lavinia—<i>Center Without Walls</i> Facebook Live @ Senior Community Services on FB/Available afterwards on demand on YouTube</p>	<p>16</p>	<p>17</p> <p>10:30 Sit and Get Fit with Lavinia—<i>Friendship Circle</i> Facebook: Friendship Circle Page; Also available on demand at YouTube (SCS Delco)</p> <p>2-3pm—Penn State Nutrition Program—UberConference; register at jfederico@scs-delco.org for link/phone</p>	<p>18</p> <p>10:30 Tech Help—<i>Friendship Circle</i> Tip of the Day: How to adjust your sleep/dimmer screen 11am-noon—Bible Study <i>Chester Senior Center</i> Call 515-606-5158; Access Code-998171 3:30-4:30 Caregiver Academy w/Danielle Burke, pre-register w/ dtwisler@scs-delco.org</p>	<p>19</p> <p>12-12:30 Mixed Media art class</p> <p>Pre Register for ZOOM w./CHelmandollar@scs-delco.org or JTennant@scs-delco.org</p>
<p>22</p> <p>2:00 P.M.—Exercise with Lavinia—<i>Center Without Walls</i> Facebook Live @ Senior Community Services on FB/Available afterwards on demand on YouTube</p>	<p>23</p>	<p>24</p> <p>10am-1pm APPRISE Medicare Counseling 10:30 Sit and Get Fit with Lavinia—<i>Friendship Circle</i>Facebook:Friendship Circle Page; Also available on demand at YouTube 11am-noon—<i>APPRISE Medicare 101</i>; ZOOM+FB Live 11:30-1:30 CWW Book Club—Call 484-209-0886</p>	<p>25</p> <p>10:00–10:30 Individual Tech Help—<i>Friendship Circle</i>; By appointment only—484-534-2033 11am-noon—Bible Study <i>Chester Senior Center</i> Call 515-606-5158; Access Code-998171 3:30-4:30 Caregiver Academy w/Sharon D. White, Pre-Register at dtwisler@scs-delco.org</p>	<p>26</p> <p>12-12:30 Mixed Media art class</p> <p>Pre Register for ZOOM w./CHelmandollar@scs-delco.org or JTennant@scs-delco.org</p>
<p>29</p> <p>2:00 P.M.—Exercise with Lavinia—<i>Center Without Walls</i> Facebook Live @ Senior Community Services on FB/Available afterwards on demand on YouTube</p>	<p>30</p>	<p>Follow SCS on Social Media</p> <p>Facebook: @seniorcommunityservices; @agingathomeSCS; @APPRISEdelco; @chesterseniorspa; @scsfriendshipcircle; @SCSgoodneighbor; @Schoolhousecenter</p> <p>Twitter: @scs_delco</p> <p>LinkedIn: senior-community-services-inc</p> <p>YouTube: https://www.youtube.com/feed/my_videos</p> <p>Website: www.scs-delco.org</p>		