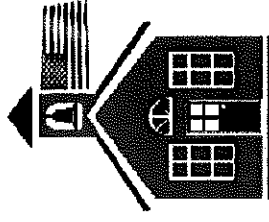
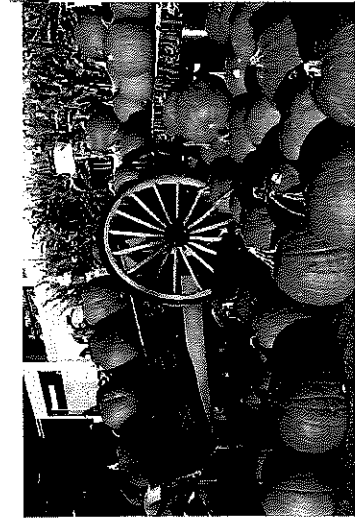


# October 2020 Schoolhouse Center

600 Swarthmore Ave  
Folsom, Pa 19033  
610 237-8100

Ses-delco.org  
Volunteers Always Needed

Get Giant Cards at Front Desk




| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Important:</b></p> <ul style="list-style-type: none"> <li>* MASKS a Must</li> <li>* 6 Ft Distancing Required.</li> <li>* If you would like, you may request a meal to go. Still only a suggested contribution of \$2.50</li> <li>* Please only one person in the bathrooms at a time.</li> <li>* You can get the bus for outdoor programs.</li> </ul> <p>8:15 Mail Walk</p> <p>9:00 Bingo on the Porch \$1. Win Prizes</p> <p>PM</p> <p>2:00 Zoom Spanish</p> <p>2:00 Exercise w/Lavinia-Zoom</p> | <p>* Pray for nice weather!</p> <p>* If we should get rain, programs will be cancelled.</p> <p>* If you come by bus, you will be here for 3 hours.</p> <p>* The building is closed except for Bathroom visits.</p> <p>6</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>11:00 Line Dancing - yard</p> <p>PM</p> <p>12:30 Hang Out—Porch</p>                                              | <p><b>Adopt a Dog Month</b></p> <p>MISSING YOU!</p> <p>7</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>10:00 Exercise on porch</p> <p>10:30 Spanish (Zoom)</p> <p>11:15 Mail Walk</p> <p>PM</p> <p>2:30 Chair Yoga -Zoom</p> <p>7pm Acting Class-Zoom</p> <p>Diabetes Management Group by phone</p> <p>Call Ellen 610 499-1937</p> | <p>1</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>10:00 Healthy Steps in Motion—</p> <p>10:30 Sound Off—Porch</p> <p>PM</p> <p>12:30 Mosaics on Porch</p> <p>Registered for your mail in ballot? Go to 844444446734673www.votesp.a.com/MailBallot Or call 610 891-4673</p> | <p>2</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>9:00 Hanging Out—porch</p> <p>10:00 Plain Air Watercolor at Gov Prinz Park</p> <p>10:30 ZUMBA w/Lavinia -Yard</p> <p>PM</p> <p>1:00 Meditation Zoom</p>    |
| <p>5</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>9:00 Bingo on the Porch \$1. Win Prizes</p> <p>PM</p> <p>2:00 Zoom Spanish</p> <p>2:00 Exercise w/Lavinia-Zoom</p>                                                                                                                                                                                                                                                                                                                                          | <p>13</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>9:00-11:am <b>Flu Shots</b></p> <p>1:00 Line Dance (Yard)</p> <p>11:30-12:30 MUSIC OUTSIDE</p> <p>W/JOE STAFFERI</p> <p>Sit in your car or bring a chair. YOU MUST wear a mask &amp; STAY 6 FT DISTANCED—UNLESS YOU LIVE TOGETHER.</p> <p>PM</p> <p>2:00 Covid Support Group-Zoom. To register, Call Jennifer at 610 537-5355.</p> | <p>14</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>10:00 Exercise on porch</p> <p>10:30 Spanish (Zoom)</p> <p>11:15 Mail Walk</p> <p>PM</p> <p>12:30 Mosaics on Porch</p> <p>2:30 Chair Yoga on Zoom</p> <p>7PM Acting Class (Zoom)</p> <p>Diabetes Management Group by phone</p> <p>Call Ellen 610 499-1937</p>                  | <p>15</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>10:00 Healthy Steps in Motion—Yard</p> <p>10:30 Sound Off</p> <p>PM</p> <p>12:30 Mosaics on Porch</p>                                                                                                                   | <p>16</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>9:00 Hanging Out—Porch</p> <p>10:00 Plain Air Watercolor at Gov Prinz Park</p> <p>10:30 ZUMBA w/Lavinia -Yard</p> <p>PM</p> <p>1:00 Meditation - Zoom</p> |
| <p>12</p> <p>CENTER CLOSED</p> <p>FOR COLUMBUS DAY &amp; INDIGENOUS PEOPLES' DAY</p>                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>20</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>9:00 Bingo on the Porch \$1. Win Prizes</p> <p>PM</p> <p>12:30 Chair Yoga (Zoom)</p> <p>2:00 Zoom Spanish</p> <p>2:00 Exercise w/Lavinia on Zoom</p>                                                                                                                                                                               | <p>21</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>10:00 Exercise on porch</p> <p>10:30 Spanish -Zoom</p> <p>11:15 Mail Walk</p> <p>PM</p> <p>12:30 Mosaics on Porch</p> <p>2:30 Chair Yoga on Zoom</p> <p>7PM Acting Class (Zoom)</p> <p>Diabetes Mgmt Group</p>                                                                 | <p>22</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>10:00 Book Club on Phone</p> <p>10:00 Healthy Steps in MotionYard</p> <p>10:30 Sound off—Porch</p> <p>PM</p> <p>12:30 Mosaics on Porch</p>                                                                              | <p>23</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>9:00 Hanging Out—Porch</p> <p>10:00 Plain Air Watercolor at Gov Prinz Park</p> <p>10:30 ZUMBA w/Lavinia -Yard</p> <p>PM</p> <p>1:00 Meditation - Zoom</p> |
| <p>19</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>9:00 Bingo on the Porch \$1. Win Prizes</p> <p>PM</p> <p>12:30 Chair Yoga (Zoom)</p> <p>2:00 Zoom Spanish</p> <p>2:00 Exercise w/Lavinia on Zoom</p>                                                                                                                                                                                                                                                                                                       | <p>27</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>11:00 Line Dance Yard</p> <p>PM</p> <p>12:30 Hang Out—Porch</p> <p>2:00 Covid Support Group. Call 610 537-5355</p> <p><b>Last Day</b> to request a Mail in Ballot. Call 610 891-4673.</p>                                                                                                                                          | <p>28</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>10:00 Exercise on porch</p> <p>10:30 Spanish -Zoom</p> <p>11:15 Mail Walk</p> <p>PM</p> <p>12:00 Advisory Council</p> <p>12:30 Mosaics—Porch</p> <p>2:30 Chair Yoga (Zoom)</p> <p>7PM Acting Class (Zoom)</p> <p>Diabetes Mgmt Group via phone. 610-499-1937</p>               | <p>29</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>10:00 Healthy Steps in Yard</p> <p>10:30 Sound Off—Porch</p> <p>PM</p> <p>12:30 Mosaics on Porch</p>                                                                                                                    | <p>30</p> <p>AM</p> <p>8:15 Mail Walk</p> <p>10:00 Plain Air Watercolor at Gov Prinz Park</p> <p>10:30 ZUMBA -Yard</p> <p>PM</p> <p>1:00 Meditation - Zoom</p>                                         |

## Schoolhouse Center Business Sponsors 2020

The following businesses donate \$100 or more to support the mission of Senior Community Services (SCS) and Schoolhouse Center by enabling us to provide services to keep older adults living independently.

### Please Patronize Our Advertisers

|                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Anderson<br/>Elder Law</b><br/>Linda M. Anderson, Esq.<br/>206 State Rd.<br/>Media, PA 19063<br/>Phone: 610-566-4700<br/>Fax: 610-566-4702<br/>info@andersonelderlaw.com</p> | <p><b>Clothes Quarters</b><br/>Dave Wiesen, Owner<br/>521 E. MacDade Blvd.<br/>Folsom, PA 19033<br/>Phone: 610-522-1412<br/><i>Get your Schoolhouse shirts and<br/>sweatshirts here!</i></p>                                                                                                                                                                                                                              | <p><b>Home Helpers of<br/>Media</b><br/>Tom Carroll, Owner<br/>327 W. Baltimore Pike<br/>Lima, PA 19063<br/>Phone: 610-358-1110<br/>Fax: 610-358-0148<br/>tomcarroll@trusedhomecare.cc</p>                                     |
| <p><b>Joyce Koshetar,<br/>DDS</b><br/>363 Holmes Rd.<br/>Holmes, PA 19043<br/>Phone: 610-522-1641<br/>Fax: 610-522-0474<br/>joycekoshetar@verizon.net</p>                          | <p><br/><b>KELLER<br/>WILLIAMS</b>®<br/>REAL ESTATE<br/>Dominic Cardone/<br/>Christina Cardone<br/>Senior Real Estate Specialists<br/>1400 N. Providence Rd.<br/>Bldg. II, Suite 1000<br/>Media, PA 19063<br/>Mobile Phone: 610-453-6146<br/>Office: 610-565-1995<br/><i>Ask for Christine Cardone<br/>Team@dominiccardone.com</i></p> | <p><b>Kevin Lyons<br/>Funeral Service</b><br/>Kevin Lyons, Director<br/>202 S. Chester Pike<br/>Glenolden, PA 19036<br/>Phone: 610-583-4400<br/>kevinlamort@aol.com</p>                                                        |
| <p><b>McCausland<br/>Garrity<br/>Marchesani<br/>Funeral Home</b><br/>Patricia Garrity-Marchesani<br/>343 S. Chester Pike<br/>Glenolden, PA 19036<br/>Phone: 610-583-0148</p>       | <p><b>McDonald's in Wood-<br/>lyn</b><br/>Dave Cashwell, Manager<br/>1253 MacDade Blvd.<br/>Woodlyn, PA 19094<br/>Phone: 610-833-5760</p>                                                                                                                                                                                                                                                                                 | <p><b>Pat's Pizza-Ridley</b><br/>Ted Sagos, Owner<br/>2104 MacDade Blvd.<br/>Holmes, PA 19043<br/>Phone: 610-583-5555<br/>PatsRidley@gmail.com</p>                                                                             |
| <p><b>Rio's Pharmacy</b><br/>Loc Dao, President<br/>35 S. Morton Ave.<br/>Morton, PA 19070<br/>Phone: 610-543-1858<br/>Fax: 610-543-1862<br/>Info@Riospharmacy.com</p>             | <p><b>Loving Hand Home<br/>Care</b><br/>Tim Hunter, Admin.<br/>6418 Rising Sun Ave.<br/>Philadelphia, PA 19126<br/>Phone: 267-210-0884<br/>Fax: 215-745-2371<br/>Email: timhunter@<br/>lovinghandhomecare.com</p>                                                                                                                                                                                                         | <p><b>Christopher Murphy, Esq.<br/>Pappano &amp; Breslin,<br/>Elder Law Attorneys</b><br/>3305 Edgemont Ave.<br/>Brookhaven, PA 19015-2801<br/>Phone: 610-876-2529<br/>Fax: 610-876-3746<br/>pappanoandbreslin@comcast.net</p> |
|                                                                                                                                                                                    | <p><b>ACME Pharmacy</b><br/>Lisa McNamara, Pharmacist<br/>503 MacDade Blvd.<br/>Holmes, PA 19043<br/>Phone: 610-586-4538</p>                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                |