

Schoolhouse Center's Happenings - September/October 2019

*****New Classes/Speakers**

Fall Prevention...Physical Therapy Students from Widener University will present this event in honor of Fall Prevention Month. Thursday, September 12th – 12:30p.m.

Self Defense... Fred Grant, Grant's Kung Fu instructor, says you should learn some Personal Protection skills, even if you're wheelchair bound. Four 12:30pm Tuesday sessions; 9/17, 10/15, 11/19 & 12/17– Free.

Nutrition Talk...Joan Marie McMenamin, our Penn State presenter, will give us our final session until Spring on how to Eat Smart & Move More. Tuesday, September 24th 12:15pm-Free

Flu Shot Clinic...Lisa, from Acme Pharmacy, will handle this annual event. Please let us know if you also need a Shingle shot. Wednesday, Sept. 25th – 9:am

Birds, Flowers & Butterflies...Naturalist Thomas Reeves will present on those that are native to Delco. Tuesday, Oct. 1st – 12:30pm

Good, Better, Best??...Anderson Elder Law will share which is better when considering *Living Wills vs Durable Power of Attorney*. Weds., Oct. 2nd -10:15am

Don't Go Broke in a Nursing Home!...Dana Breslin, Elder Law Atty., will share what you can legally do to protect your life savings. Thurs., Oct. 3rd, 12:30pm

Bible Study...Pastor Mark Snyder will help us get to know the person, work and mission of Jesus. We'll also enjoy a lively hymn sing every 2nd & 4th Tues starting 10/8 – 12:30pm

Hoarding or Collecting... What's the big deal? Sharon White will help us see the light, Thursday, Oct 24th – 12:30pm

Movie & Discussion ... Have popcorn, cookies and soda-pop while you view a recent film, followed by a lively talk. Every 2nd Thurs @ 4:p.m
September's movie is "*Mama Mia! Here We Go Again.*" In October we'll see "*Apollo Eleven.*"

*****Parties**

Veteran's Breakfast A time when we acknowledge and thank those who serve and those who have gone on. **Nov. 6 - 9:a.m.**

*****Trips...**

Sunday, September 8th – Toby's in Maryland for "*Mama Mia*" Hilarious musical, lunch, bus & driver's tip - \$105

Thursday, October 10th Penn Peak Dinner Theatre's "*Barbara & Frank.*" A delightful concert and family style luncheon. \$93

***Arts and Crafts**

Woodcarvers

Mondays – 12 noon

Schoolhouse

Members create extraordinary art from wood.

No Knot Knitters

Tuesdays – 12:30 p.m.

Schoolhouse

New Knitters or experienced, join us as we make special gifts for special needs. Note: Those who Crochet are welcomed, too.

Basic Drawing

Wednesdays 9:30-11:30 a.m.

Schoolhouse

Learn to draw with pencil and charcoal. Drawing is basic to all art. Take this class to build your skills.

Cost: \$5/class – Pay the instructor, Mary Ash.

Watercolor Painting

Wednesdays – 1:45-3:45p.m.

Schoolhouse

Beginner through advanced welcomed. The Instructor will focus on individual needs as she teaches approaches and techniques. **\$53.50/10 week session (\$55 Non Members)**

Oil & Acrylic Painting

Fridays –12:00-2:00p.m.

Schoolhouse

Our skilled instructor can start the beginner or help the advanced artist enhance their work. New sessions begin every ten weeks. **\$53.50/10 week session (\$55 Non Mem.)**

Mosaic Workshops

Schoolhouse

Thursdays - 5weeks ...Beginner 2-5:00pm, Advance/Intermediate 6:00-9:00p.m. (14hrs)
Schoolhouse Instructor, Carol Shelkin, will introduce all styles of mosaics for indoor & outdoor use. **\$84(M)-\$89(Non-Mem)/5 week session. ...Pay instructor \$30 cash for materials .**

Jewelry Making Workshop

Tuesdays – 2:00p.m.

Schoolhouse

Select the gems, the stones, the project and let your creative self roar! Supply your material it's **No Cost**, otherwise \$3/per class.

***Discussion Groups**

Grief & Loss

3rd Wednesdays 10:15a.m.

Support group

Schoolhouse Book Club

2nd Thursdays 10:00a.m.

Fall in love with a good book and let's talk about it.

What's New(s)

2nd & 4th Wednesdays – 10:15a.m.

Schoolhouse

Sandi Thompson leads the conversation about *the talk of the town* or current headlines.

Kitchen Table Stories

4th Thursdays – 10:a.m.

Schoolhouse

Barbara Haff or Traci Loper will lead us in sharing our stories. No fee.

***Fitness**

Healthy Steps in Motion

Tuesdays, Thursdays **and** Fridays 10:00a.m.

Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning and closing with a relaxing cool down. Instructor Mary Lytle. Class is located on the 2nd floor.

Line Dance

Tuesdays – 2:00 Beginners – All Levels - 2:30p.m.

Schoolhouse

Line-dancers do current and not so old dances. **\$1/Session Mem...**

Square Dance Class

Wednesdays – 7:-9:00p.m.

Club Sashay, the oldest square & round dance club in the Delaware Valley, dances.
\$5/session

Mall Walking

Monday-Thursdays 9:-10:am

Get the health and social benefits of walking without worrying about the weather or finding a walking buddy. Meet Bonnie or Jill inside the Target (lower level) entrance at the Springfield Mall. **No Fee**

Sit and Get Fit

Monday, Tuesday and Thursday – 10:00am

Schoolhouse

While seated, using light weights and bands, we strengthen muscles, burn calories, improving movement and flexibility.

Chair Yoga

Wednesdays – 2:30p.m.

Schoolhouse

Enjoy the benefits of Yoga without the difficulty of getting up from the floor.

***Games**

Mah Jongg

Tuesdays – 12:30p.m.

Schoolhouse

A Chinese tile game, where four players try for the right combinations that leads to one winner.

We'll teach you how to win.

Pinochle

Mondays (12:pm), Wednesdays and Fridays – 8:30a.m.

Schoolhouse

There's a place at the table for you in this spirited play. Even if all the tables are full when you arrive, it does not take long before a spot opens up.

Pinochle Tournament

Monday, September 16th – 12:15p.m.

Monday, October 21st – 12:15p.m.

Playing the hand you're dealt may lead to your going home a winner of cash. **\$5 Entry fee.**