

July 11- 15, 2022

Affordable Breakfast and Lunch meals are a springboard for many Seniors to begin participating in activities at the Senior Center. We are now serving breakfast to anyone in the community on Tuesday, Wednesday, and Thursday mornings from 8-9 for a donation. The meal includes: Coffee, tea, juice or fruit, cereal, toast, and an entrée like bacon and eggs, french toast and sausage, Creamed Chipped Beef over a biscuit. Join us!



Lunch is served daily at noon. If you plan to have lunch at the Center, we need your reservation by Monday the week prior. If you would like to join us for any of the following meals, please make your reservation by Monday, July 11 at <https://community.copilot21.com/> or by calling 610-935-1515. If you would like to join us, but didn't make a reservation? No problem, call ahead to see if someone cancelled or bring a bag lunch. It's not all about the food, it is the friendships and connections made while eating your meal that are important.

| July 18 | 19 | 20 | 21 | 22 |
|-----------------|--------------------|-----------------------|-------------------|-----------------|
| Chicken Lo Mein | Chicken Cacciatore | Open faced Roast Beef | Pulled BBQ Turkey | Chicken Marsala |

Check the schedule below, most activities are in-person, some are on Zoom (Z) or both-Hybrid (H). Click [HERE](#) for PASC Zoom classroom. For vaccinated participants, masks are optional.

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| 11 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise(H) 10:30 Board Games 10:30 Pickleball Open Play 12:45 Queen Bees (movie) 1:00 Meditation with Linda 1:00 Yahtzee | 12 9:00 Walking Group Black Rock 9:30 Coffee Hour 10:00 Mahjong 10:00 SeniorLAW Center 10:30 Board Games 10:30 Art on Canvas 10:30 Zoom Coffee Hour 12:45 Pinochle 1:00 Yoga | 13 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:00 Fresh2You Mobile Market 10:00 Blood Pressure Checks 10:30 Board Games 10:30 Pickleball Open Play 1:00 Watercolor Art Class 1:00 Pickleball Class | 14 9:00 Walking Group Charlestown Park 9:30 Pinochle 101 9:30 Coffee Hour 10:00 Duplicate Bridge 10:30 Poker 12:45 Pinochle 1:00 Social Stitchers 1:00 Yoga | 15 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:00 Scrabble 10:45 Gilded Age (TV Series) 12:45 Board Games 1:00 Pickleball @ Rec Center |
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Upcoming and On-going Programs

Fresh to You Mobile Market sets up in our parking lot at 10 on Wednesdays. Stop in Center to get your application for **Senior Farmers Market Nutrition Program** which provides coupons to be used at select Farmer's Markets [click here](#).

As we **learn to play pickleball**, our United Healthcare/Payton Agency gym is open for practice Wednesdays at 10:30. Games are held on Friday afternoons at the new Rec. Center, Fridays at 1.

Get your VIP card now! Last year's card expires on June 30. Some benefits include discounts to shops, early bird tax sign up, and the Senior Center newsletter sent to you by mail or email. [Click here](#) to purchase and we will mail them.

Want to **learn to play Pinochle**. Join us on Thursdays at 9:30 for those who need a refresher or are new to the card game.

Our Walking group meets on Tuesdays at 9 at Black Rock Sanctuary and on Thursdays at Charlestown Park. All are welcome!