

July 18- 22, 2022



These pictures are 1. One of our Pickleball teams playing at the new Phoenixville Rec. Center, and 2. Joel Payton teaching one of our participants how to serve at our court in the Senior Center. You too can take part in any of our programs or activities. This week we are adding Technical Support for Seniors, Monday & Wednesday at 1:00. If you need to learn how to use your smartphone or how to zoom,

Lunch is served weekdays at noon. If you plan to have lunch at the Center, please make 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 18 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 25	26	27	28	29
Oven Roasted Chicken	Sausage w/peppers & onions	Swedish Meatballs	Pepper Steak	Chicken Pesto

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.

18 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise(H) 10:30 Board Games 10:30 July Craft 10:30 Pickleball Open Gym 1:00pm Digital Skills Ready@50+ Lecture (Smartphones) 1:00pm Yahtzee	19 9:00 Walking Group-BlackRock 9:30 Coffee Hour 10:00 Mahjong 10:30 Coffee Hour(Z) 10:30 Board Games 12:45 Pinochle 1:00 Yoga	20 8:45 Circuit Exercise 9:30 Coffee Hour 9:30 Representative for State Sen. Comitta 9:45 Chair Exercise(H) 10:00 Fresh2You Mobile Market 10:30 Board Games 10:30 Pickleball Open Gym 12:00 Birthday Social 1:00 Digital Skills Ready@50+ Lecture (Zoom)	21 9:00 Walking Group-Charlestown 9:30 Coffee Hour 9:30 Pinochle 101 10:00 Duplicate Bridge 10:30 Poker 12:45 Pinochle 1:00 Social Stitches 1:00 Yoga 5:00 July Third Thursday Event – Painting with a Lime Twist	22 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise(H) 10:30 Scrabble 10:45 Gilded Age (TV Series) 12:45 Board Games 1:00 Pickleball @ Rec Center
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Third Thursday painting

### Upcoming and On-going Programs

**Painting with a Lime Twist-** July 21, 3<sup>rd</sup> Thurs event meets at 5. Snacks, summer drinks, and materials provided for \$10.

**Get your VIP card now!** Last year's card expired on June 30. Some benefits include discounts to retail shops, early bird tax sign up, Sr. Center program discounts, VIP card holder only events, and the Senior Center newsletter sent to you by mail or email. [Click here](#) to purchase.

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.

**Digital Skills Ready@50 Lectures** begin on Monday July 18 at 1. Learn about your Smartphone! And Wednesday at 1:00, we discuss Zoom. Program continues Mondays and Wednesdays at 1 with other topics.

**Thursday Night Fever** – 70's Dance Party is our Third Thursday on August 18<sup>th</sup> at 5-7. Join us for DJ Tom Dalton spinning records, Spaghetti and Meatballs, salad, bread, dessert and beverage, and 70's Costume Contest with prizes for \$15 or \$13 with a VIP Card. [Click here](#) for tickets.