

August 1-5, 2022

As we plan activities for the rest of the year, we need some feedback. Pickleball instruction and games began a couple months ago, and are growing. Please let us know what time you would like to play at the Rec Center by clicking [HERE](#) to complete the survey.

Our Digital Skills Ready @50 Tech workshops continues this week with Staying Safe On-line Monday at 1, no Wednesday class this week. Talk about staying safe, we will have FBI Special Agent Len Campbell on Wednesday August 3 at 10:30 to discuss Elder Financial Exploitation. At the AARP meeting at noon on August 3, Phoenixville's Police Chief Brian Watson will be the speaker. Also this week we will try Poker again on Thursday mornings at 10:30.

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, August 1 at <https://community.copilot21.com/> or by calling 610-935-1515. You didn't make a reservation? No problem, call ahead to see if someone cancelled or bring a bag lunch. Breakfast on Tues. Wed. & Thurs. is open to the public from 8-9.

August 8	9	10	11	12
Country Fried Steak	Roast Turkey w/Gravy	Meatball Sandwich	Hoagie Day	Glazed Ham

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.

August 1	2	3	4	5
8:45am Circuit Exercise	8:00am Breakfast	8:00am Breakfast	8:00am Breakfast	8:45am Circuit Exercise
9:30am Coffee Hour	9:00am Walking Group	8:45am Circuit Exercise	8:30am Blood Pressure Checks	9:30am Coffee Hour
9:45am Chair Exercise(H)	9:30am Coffee Hour	9:30am Coffee Hour	9:00am Walking Group	9:45am Chair Exercise(H)
10:30am Board Games	10:00am Mahjong	9:45am Chair Exercise(H)	9:30am Coffee Hour	10:30am Scrabble
10:45am Pickleball Open Play	10:30am Board Games	10:00am Fresh2You Mobile Market	10:00am Duplicate Bridge	10:45am Gilded Age (TV Series)
1:00pm Digital Skills Ready@50+ Class (Staying Safe Online)	10:30am Coffee Hour (Z)	10:30am FBI Presentation (Elder Financial Exploitation)	10:30am Poker	12:45pm Board Games
1:00pm Yahtzee	12:45pm Pinochle	10:30am Board Games	12:45pm Pinochle	1:00pm Pickleball @ Rec Center
	1:00pm Yoga	10:45am Pickleball Open Play	1:00pm Social Stitchers	
		12:00pm AARP Meeting	1:00pm Yoga	

Upcoming and On-going Programs

***Get your VIP card now!** Last year's card expired 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 to you. All proceeds help keep our programs running at the Center, please support the Senior Center.

***Fresh to You Mobile Market sets up** in our parking lot at 10 on Wednesdays. **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 Mondays & Wednesdays at 10:30. Games are held on Friday at 1 at the new Phoenixville Rec. Center.

***Third Thursday in August** is "Thursday Night Fever" Starring Tom Dalton, DJ and featuring Tony Minera Spaghetti & Meatballs, salad, dessert, & beverage. Other activities include a line dance to Saturday Night Fever, Costume contest for best 70's dressers – man, woman, & couple. \$15 each, \$13 for VIP card holders. Click [HERE](#) for tickets



Our Digital Skills Ready @ 50 Tech Skills class.