

August 8-12, 2022

This week we learned how to live with Covid. On Monday, we discovered four of our participants caught the illness. Because they were all pinochle players, we cancelled the card game for the week and contacted everyone who had been in contact with them, suggesting they get tested. On Tuesday, a staff member informed us of their illness. We required masks for all activities. Thankfully everyone is improving, and no new infection was reported. We will go back to normal operations on Monday. Please be considerate of others and stay home if you are not feeling well. Please let us know if you do test positive, especially if you recently participated in any activity or meal at the Center. We strive to keep everyone safe!



*Our Tues/Thurs Yoga class. Notice some participants are in chairs others on mats. This class is adapted for all abilities.*

Breakfast is served Tues, Wed. & Thurs. from 8-9. 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 8 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.

August 15	16	17	18	19
Pepper Steak	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.

8 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:30 Board Games 10:45 Pickleball Open Play 1:00 Digital Skills Ready@50+ Class (Connecting to the Internet) 1:00 Meditation 1:00 Yahtzee	9 9:00 Walking Group 9:30 Coffee Hour 10:00 Senior LAW Center 10:00 Mahjong 10:30 Board Games 10:30 Art on Canvas 10:30 Coffee Hour (Z) 12:45 Pinochle 1:00 Yoga	10 8:45 Circuit Exercise 9:30 Coffee Hour 9:45 Chair Exercise (H) 10:00 Blood Pressure Checks 10:00 Fresh2You Mobile Market 10:30 Board Games 10:45 Pickleball Open Play 1:00 Digital Skills Ready@50+ Class (Affordable Connectivity Program) 1:00 Watercolor Art Class	11 8:30 Blood Pressure Checks 9:00 Walking Group 9:30 Coffee Hour 10:00 Duplicate Bridge 10:30 Poker 12:45 Pinochle 1:00 Social Stitchers 1:00 Yoga	12 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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### 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 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