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 - 5 weeks …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 Tracsi Loper will lead us in sharing our stories. No fee.

*Fitness*

Healthy Steps in Motion
Tuesdays, Thursdays and Fridays 10:00 a.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 - 2:30 p.m.

Schoolhouse

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

**Square Dance Class**

Wednesdays – 7:00p.m.

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

**Mall Walking**

Monday-Thursday 9:00-10:00am

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.