Good Neighbor Senior Center Highlights For June 2022

June 6th and 13th (Mondays) **ZUMBA GOLD** with Lavania 10:30 am – 11:30 am
Each week we get more and more people at our popular ZUMBA workout!

“If you have not tried it yet you are really missing out!”

June 7th (Tuesday) **The “Sumler Insurance Group” Presentation 10:30 am – 11:30 am**
This presentation will clear up ALL the misconceptions from the TV commercials. **Presenter: Paul B. Sumler**

June 9th (Thursday) **Get Your Savory Southern Grill Meal.**
Smothered Chicken is the dish of the day. Only $8.00 each
MUST BE PRE-ORDERED. Call center to receive additional information and pick-up times!

June 15th (Wednesday) **In YOUR Seat “LINE DANCING” With Health Partners Plans**
Also Information on Caring for the Caregiver

Exciting Upcoming Projects Await You! – Call the center at 610-586-8170 for exact time for each day.

**Bible Study** – Thursdays 10:30 – 11:30 June 2nd, 9th, 16th and 30th. Special Meeting time on June 23rd at 10:00 AM. YOU MUST CALL TO REGISTER FOR THIS EVENT!!! Seats are limited.

**Book Club** Continuing with the Reading of **“Life Is So Good”** by George Dawson and Richard Glaubman

Wednesdays June 1st, 8th, 15th and 22nd from 12:30 – 1:30 PM

**Cognitive Resource Kits Reflection Time** Tuesday June 28, 2022 at 12:30 PM.

**Free Bingo** - Fridays, June 10th & 24th from 10:30 AM - 2:00 PM
**PLAY SOME BINGO, WIN SOME FUN GIFTS.**

**Rep. Delloso’s Mobile Office** Wednesday, June 22nd. LIHEAP, Property Tax Rent Rebate and More services available.

**Penn State Nutrition Links Presentation** June 15, 2022 at 10:30 am Join us as we make healthy Smoothies.

ALL EVENTS BEGIN AND END PROMPTLY. PLEASE BE ON TIME. **REGISTRATION IS A MUST!!!**
June 23 (Thursday)  **EVERYBODY’S BIRTHDAY CELEBRATION – Beginning at 11:30 AM**

To Our Good Neighbor Senior Center Members

HAPPY BIRTHDAY FROM US TO YOU

Birthday Cards received by the center will be distributed at the DUBE IV.

**JUNE BIRTHDAY MEMBERS**

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**Additional Resources:**

**FANS From COSA.** It’s Getting HOT!!!  Do you need a fan? For more information or help to receive a fan, call your Senior Center, Care Manager or contact COSA at 610-490-1300.

**TRIPS:** Check out our “Trip Corner” and see the list of the trips from all of our SCS Senior Centers.

**Produce Vouchers** 2022 Farmer’s Market Nutrition Program - Providing eligible Delaware County seniors with fresh fruits and vegetables from local Farmer’s Markets! Call Centers for Information.

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Dad, You're a Man of Few Words

With just one look
my dad said all I needed to hear.
With just one look
my dad instilled a reverential fear
With just one look
my dad let us kids know just who was boss.
With just one look
his pride and love would always come across.

**Author Unknown**

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**From Good Neighbor Senior Center, Happy Father’s Day to All Dads!**