

# Programs

## September 2020



For program updates visit [www.ghnpss.org](http://www.ghnpss.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All classes are at the Center unless marked <b>(V) = Virtual</b>.</p> <p>Virtual classes are held online through Zoom™.</p>	<p><b>2</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>3</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>4</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>5</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>
<p><b>7</b></p> <p><b>CLOSED</b> Labor Day</p>	<p><b>8</b></p> <p><b>10:30</b> Storytime with Josephine: O'Henry <b>(V)</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p> <p><b>2:00pm</b> Mindful Meditation with Kim Bernardi, Abramson Center <b>(V)</b></p>	<p><b>9</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>10</b></p> <p><b>9:30</b> Coffee Talk with Staff <b>(V)</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>11</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>
<p><b>14</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>15</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>16</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>17</b></p> <p><b>9:30</b> Coffee Talk with Staff <b>(V)</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>18</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>
<p><b>21</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p> <p><b>2:00pm</b> Mindful Meditation with Kim Bernardi, Abramson Center <b>(V)</b></p>	<p><b>22</b></p> <p><b>9:30</b> Trivia</p> <p><b>11:30-12:30</b> Grab and Go Lunch</p> <p><b>1:00pm</b> Bingo</p>	<p><b>23</b></p> <p><b>9:30</b> Coloring for Calmness</p> <p><b>11:30-12:30</b> Grab and Go Lunch</p> <p><b>1:00pm</b> Bingo</p>	<p><b>24</b></p> <p><b>9:30</b> Wood Carving</p> <p><b>9:30</b> Coffee Talk with Staff <b>(V)</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p> <p><b>1:00pm</b> Movie</p> <p><b>1:30pm</b> Parkinson's Presentation <b>(V)</b></p> <p><b>6:00pm</b> Book Club</p>	<p><b>25</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p> <p><b>1:30pm</b> YoHa - Hopeful Healing: Nadine <b>(V)</b></p>
<p><b>28</b></p> <p><b>11:30-12:30</b> Grab and Go Lunch</p>	<p><b>29</b></p> <p><b>9:30</b> Trivia</p> <p><b>11:30-12:30</b> Grab and Go Lunch</p> <p><b>1:00pm</b> Bingo</p>	<p><b>30</b></p> <p><b>9:30</b> Coloring for Calmness</p> <p><b>11:30-12:30</b> Grab and Go Lunch</p> <p><b>1:00pm</b> Bingo</p>	<p><b>Sign-up for Virtual Classes</b> <b>215-362-7432</b></p>	