

Good Neighbor Senior Center Program Calendar



October 2026



October is National Breast Cancer Awareness Month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER IS NATIONAL DOMESTIC VIOLENCE MONTH!  FREE, 24/7, CONFIDENTIAL NATIONAL DOMESTIC VIOLENCE HOTLINE 1(800) 799-7233			1 10:30 AM – 11:30 AM  Chair Exercise With Mr. Kyle at 11:45 AM 1:15 PM  TAI CHI	2 HBM DELIVERY Join the  WALK-TOBER SENIOR FALL WALKING CHALLENGE At Good Neighbor Senior Center – Week #1 So Much Happening, So Much You Need to Know! Get Answers From Delaware County Victim Assistance Center 12:30 PM
5 HBM DELIVERY ZUMBA GOLD WITH LAVANIA 10:30 AM  FEE OF SMALL DONATION PO-KE-NO PINOCHLE 12:30 PM 1:00 PM  SCS Caregiver Manager Collaboration “What’s New With SCS” Presentation by Tom McCluskey 1:00 PM	6  10:30 – 11:30 Chair Exercise With MR. KYLE AT 11:45 AM  PO-KE-NO & PINOCHLE 12:30 PM 1:00 PM Tai Chi 1:15 PM  TAI CHI: MOVEMENT, ALIGNMENT, FOCUS AND RELAXATION	7 HBM DELIVERY  Mr. Tehran Returns With Carefree, Creative And Contemporary Abstract Art 10:30 – 12:00 NOON  Fire Safety FOR SENIORS WITH INFORMATION FROM FIRE INSPECTOR 1:00 PM	8 BIBLE STUDY 10:30-11:30 GUEST SPEAKER Arts and Crafts 12:30 PM  New Projects Each Week  RUBY RED HATTERS Gathering 1:00PM	9 HBM DELIVERY Doubles WALK-TOBER SENIOR FALL WALKING CHALLENGE At Good Neighbor Senior Center – Week #2 ASK NURSE JOY – Questions and Answers 12:30PM  Add Name to Our Cancer Wall
12 CENTER CLOSED FOR OBSERVATION OF INDIGENOUS PEOPLE  Happy Indigenous Peoples Day! Today and every day, let's support and celebrate the Peoples who were here first. #HonoringIndigenousHistories #HonoringIndigenousTreaties #IndigenousRightsProtectUsAll Cultural Survival	13 ARTS AND CRAFTS  AUTUMN CRAFTS that you will fall for 10:30 – 11:30 TUESDAY TRIVIA TIME Cognitive Stimulation Kit With Ms. Dora at 1PM Topic: BIRDS 	14 HBM DELIVERY  Wednesday Awareness Wheel of Fun & Fortune 10:30 AM Conversation Cards for Seniors 12:30 PM REMEMBER WEAR YOUR COLOR FOR THE CURE PO-KE-NO PINOCHLE 12:30 PM 1:00 PM	15 BIBLE STUDY 10:30-11:30  ARTS AND CRAFTS 12:30 PM  Holiday Bulbs To Harrisburg * TAI CHI * With Mr. Kyle at 1:15 PM	16 HBM DELIVERY WALK-TOBER SENIOR FALL WALKING CHALLENGE At Good Neighbor Senior Center – Week BREAST CANCER INFO  1 IN 8 WOMEN will develop breast cancer in her lifetime. CANCER AWARENESS MONTH WALK-A-THON Donation Sheets Handout!!!! Southern Grill Day Out on the Patio (Call For Price)
19 HBM DELIVERY EYE CARE PREVENTION PRESENTATION And VISUAL SCREENINGS” Beginning at 10:00 AM  MOVIE MONDAY MATINEE! Small Fee for Snacks Lunch Available PO-KE-NO PINOCHLE 12:30 PM 1:00 PM	20 RETURN OF OUR WIDENER UNIVERSITY NURSES 10 AM-1PM  Presentation By Bayada Home Health Care 10:30  The BAYADA Way  Main Line Health 1:00 PM “THE CANCER TALK”	21 HBM DELIVERY  Boscore FRIENDS HELPING FRIENDS SHOPPING TRIP Time To Be Determined Shopping Passes Can Be Purchased For \$5.00 Wednesday October Word Search & Picture Find Fun! Rep. David M. Dellosio  Mobile constituent services. Come get questions answered 11:00 AM – 1:00 PM	22 BIBLE STUDY 10:30-11:30 GUEST SPEAKER ARTS AND CRAFTS 1:00 PM  Afternoon TAI CHI HEALTH & RELAXATION WITH MR. KYLE 1:15 PM	23 HBM DELIVERY WALK-TOBER SENIOR FALL WALKING CHALLENGE At Good Neighbor Senior Center – Week #4 Free  BINGO 10:30 AM – 2:00 PM Get relieve from stressors at a session of REKI. CALL TO MAKE YOUR APPOINTMENT
26 HBM DELIVERY ZUMBA GOLD with Lavania 10:30 – 11:30 FEE OF SMALL DONATION The Colors We Wear: Cancer Awareness Memory Match Game PO-KE-NO PINOCHLE 12:30 PM 1:00 PM 	27 Know Your Neighbor” B-I-N-G-O  Chatting and Networking Game 10:30 AM CHAIR FITNESS For Older Adult WITH MR. KYLE AT 11:45 TAI CHI  EASY FOR SENIORS & BEGINNERS WITH MR. KYLE AT 1:15 PM	28 HBM DELIVERY OCTOBER BIRTHDAY PARTY STARTS at 11:30  Happy BIRTHDAY TO YOU FUN AND DANCING AT OUR AFTER PARTY!!!! Wii and Other AFTERNOON GAMES TIME	29 BIBLE STUDY 10:30 – 11:30  SWEETS & TREATS “Gifts and Surprises” RSVP Topic: Technology For Seniors 1:00 PM	30 HBM DELIVERY CANCER AWARENESS FUND RAISER WALK  PACIFIC Breast Cancer Awareness Annual Walk and Breakfast Saturday 5th October 6-10am to 10-50am Come Walk With Us We will share our totals from our Cancer Walk and award prizes. ALL DAY EVENT!!!!

Theme: ENGAGE, EMPOWER, & EQUIP In 2026

1085 Hook Road, Sharon Hill PA, 19079 ~ Phone: 610-586-8170

We Wear The Colors of HOPE, FAITH, STRENGTH and For A CURE