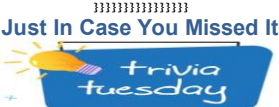




Good Neighbor Senior Center Program Calendar



August 2026 Still Having Fun In The Sun

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beat The Heat TIP: Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.		If you have a heat emergency  The Heat Plan Weather Line is now operational for heat related information. The Heat Information Line (610) 872-1558 for the County of Delaware Services for the Aging (COSA) Heat Emergency Plan 2026		
3 HBM Delivery  with Lavanaia at 10:30 AM Fee of small donation PO-KE-NO 12:30 PM  Pinocle Games ***** SCS Caregiver Manager Collaboration "What's New With SCS" Presentation by Tom McCluskey 1:00 PM	4  Pictionary Activity 10:30 AM ----- CHAIR WORKOUT  40 lex versions With Mr. Kyle 11:45 AM ----- Tai Chi Basics  Introduction to Tai - Chi 1:15 - 2:00 PM	5 HBM Delivery SELF CARE Worksheet Part 2  10:30 AM - 11:30 AM ***** "FIND SOMEONE WHO" B-I-N-G-O  Chatting and Networking Game 12:30 PM PO-KE-NO 12:30 PM Pinocle 1:00 ***** AUGUST Information Sheets and Calendar Review - 1:30 PM	6  10:30 - 11:30 AM Summertime Fun And Surprises During Bible Study Time ----- Chair Exercises for Seniors  With Mr. Kyle at 11:45 AM ----- Afternoon Games: Checkers, Corn Hole, Scrabble, Wii & more 	7 HBM Delivery Free B I N G O  10:30 AM until Always Great Gifts!! ----- Chat, Chew & Write with us as we share memories and our favorite recipes as we compose our very own book of Recipes "Our Favorite Foods"
10 HBM Delivery MOVIE MONDAY  Viewers Choice Pop Corn, Hot Dogs, Drinks and Many More Surprises. 10:30 AM ----- PO-KE-NO and Pinocle 12:30 PM	11  Cognitive Resource Box  TV- The Early Years 12:30 PM What Do You Recall About Theses Sets???	12 HBM Delivery Hand Massages By EdenBrook  10:30 AM - 11:30 AM ----- Wednesday Word Search 12:00 PM  PO-KE-NO and Pinocle	13  10:30 - 11:30 AM ----- DELCO Ruby Red Hatters Trip Spirit of Philadelphia Boat Ride  -----  Items For The Patio 12:00 PM  Tai - Chi 1:15PM	14 HBM Delivery Nutritional Workshop with Danielle Burke 10:30 AM  ----- So Much Happening, So Much You Need to Know! Get Answers From  12:30 PM
17 HBM Delivery  ZUMBA with Lavanaia 10:30 AM - 11:30 AM Fee of small donation ----- Battle of the Tunes  Test Your Musical Nostalgia 12:30 PM ----- PO-KE-NO 12:30 PM Pinocle 1:00	18  Activity at 10:30 AM ----- Just In Case You Missed It  And Activity Sheets 12:30 PM Tai Chi 1:15 PM 	19 HBM Delivery  To All Who Celebrate August Birthdays! Come to the Special Birthday Event 11:30 AM - 1:00 PM ADVANCED REGISTRATION REQUIRED.	20 COME JOIN OUR  10:30 AM -----  Items For The Patio Continued 12:00 PM  Tai - Chi 1:15PM	21 HBM Delivery Get Ready for Our Second Adventure Outing To  America's First Urban Refuge A WHOLE DAY OF Outdoor Adventures, Games & Fun! **LUNCH PROVIDED FOR A SMALL FEE.**
24 HBM Delivery  PO-KE-NO 12:30 PM Pinocle Games 1:00 ----- 31  ZUMBA with Lavanaia 10:30 - 11:30 AM Fee of small donation. "DOG DAYS OF SUMMER"  12:30 PM	25 PA-MEDI Counseling 10:00 AM - 12:00 PM BY APPOINTMENT ONLY Arts and Crafts 10:30 Noon - 11:30 PM  Chair Exercise With Mr. Kyle at 11:45 AM  1:15 PM TAI CHI 	26 HBM Delivery Summer Fun & Adventure Memory Day  Bring in your Pictures, Video Clips, or Scrap Books from Recent Trips To Share. We will share them on the BIG SCREEN! (All Day Fun & Snacks)	27  10:30 - 11:30 AM -----  Exercise with Mr. Kyle 11:45 AM RSVP Topic: Password Protection! 1:00 PM ----- Scrabble Board Game 1:00 PM	28 HBM Delivery END OF SUMMER FREE  10:30 - 2:00 PM Get relieve from the heat and the stress at a session of REKI Make your Appointment \$5.00 Per Session.

Theme: Engage, Empower, & Equip In 2026

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

UPCOMING EVENT: Save the Date June 13 -19, 2027 for Trip To Chicago, Illinois

Times and Programs are Subject to Change.

Please call the center to get information on additional programs.

