

Get Retirement Literate

Clear advice from people who care.



Work with the area's leading financial education non-profit, and learn how to protect your ideal retirement.

APRIL 23 @ 9:30AM



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Rising to Our Patients' Needs ...

- * Arthritis Pain
- * Balance and Walking Problems
- * Orthopedic Conditions
- * Sports Injuries
- * Post Surgical Conditions
- * Vertigo
- * Concussions
- * Working Conditionings

MULTI-SITE MANAGER - **Franco Madaffari**
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Friendship Senior Center

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friendship-center/senior-center

APRIL 2019 NEWSLETTER

- **The Center for Advocacy for the Rights and Interests of the Elderly (CARIE)** program on [Detecting Medicare Abuse and Fraud](#) will be presented on **Tuesday, April 9th, at 10:15AM.**
- **Jay Bhagat from GO Comprehensive** will lead an educational workshop on **Tuesday, April 23 @ 9:30AM** to discuss the core concepts of what to be aware of in your retirement. [Get Retirement Literate!](#) See the brochure for details (in Senior Center and sent to those getting email newsletters).
- [Volunteer Day](#) is **Wednesday, April 17th**, following the General Meeting. Please join us as we recognize all our volunteers. A light lunch will be served. Sign up at the desk and get a ticket; cost = \$3, free for volunteers.
- Join the fun! Sign up at the desk for [Iris Paper Folding](#), from **10:30—11:30AM, on Friday, April 12.** Iris paper folding is a paper craft technique that involves folding strips of colored paper to form a design. Cost = \$3.00.
- We are no longer in need of plastic bags for St Paul's Baptist Church's project to make sleeping mats for the homeless.

NO MORE PLASTIC BAGS, PLEASE!

Did you know?

PEPPI/HSIM is a **free** program to enhance strength, flexibility, balance and muscle tone, all while having fun! This is a chair exercise class and just about everyone can participate. See calendar inside for more info on PEPPI/HSIM.



....**Jason Turri and Ecumenical Communities** for the cake to celebrate March Birthdays.
....to those who donated to Friendship Senior Center in memory of Dee Harry.



Atlantic City Resorts Casino Trip

Thursday, April 25th — cost **\$40** (\$25 slotplay, \$10 food voucher). Leave at **7:30AM** from **At Home** (former **K Mart**) parking lot, behind **Best Buy**.







SUNSHINE CORNER

Please inform the desk of anyone needing a cheery word or prayers.

Deanna Rhodes, Family and Friends of Dee Harry, Rachel Hora, Susie Johnson, Gloria Brouger, Lauren Martin



April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Open 8AM – 3PM	2 Open 8AM – 3PM Blood Pressure Check 8:30-9:30AM	3 Open 8AM – 3PM	4 Open 8AM – 3PM	5 Open 8AM – 3PM Program Committee Meeting 9:30AM	6 Closed
7 Closed	8 Open 8AM – 3PM	9 Open 8AM – 3PM Detecting Medicare Abuse and Fraud 10:15AM	10 Open 8AM – 3PM Blood Pressure Check 8:30-9:30AM	11 Open 8AM – 3PM	12 Open 8AM – 3PM Executive Board Meeting 9:00AM Iris Paper Folding 10:30AM	13 Closed
14 Closed  PALM SUNDAY	15 Open 8AM – 3PM	16 Open 8AM – 3PM Craft Sale 8-11AM	17 Open 8AM – 3PM General Membership Meeting 9:30AM Volunteer Day Recognition after General Mtg	18 Open 8AM – 3PM	19 Closed  	20 Closed
21 Closed 	22 Open 8AM – 3PM	23 Open 8AM – 3PM "Get Retirement Literate" Program 9:30AM	24 Open 8AM – 3PM	25 Open 8AM – 3PM Atlantic City Resorts Casino	26 Open 8AM – 3PM	27 Closed
28 Closed Orthodox Easter	29 Open 8AM – 3PM	30 Open 8AM – 3PM	Originally called PEPPI (Peer Exercise Program Promotes Independence), this FREE exercise class is now known as HSIM (Healthy Steps in Motion). It is a peer-led weight resistance, strength training and social companionship program designed for seniors by the PA Department of Aging. Join us on Tuesday and Thursday mornings at 8AM to see what it's all about!			

Every Monday:

8:00—3:00 Card playing
8:00—9:00 Light Aerobics
8:30 & 11:45 Aquacise (\$3 per class, Therapy Pool)
10:00—11:00 Tai Chi
1:00—2:00 Line Dancing



Every Tuesday:

8:00—3:00 Card playing
8:00—9:00 PEPPI/HSIM
8:40 Aquacise (\$3 per class, Lap Pool)
9:00—11:30 Group Knitting and Crocheting
10:30 —11:30 Beginner Italian Class (conf. room)
12:30 Cash Bingo
1:00 Lap Swimming/Walking (\$3)

Every Wednesday:

8AM-3PM Card playing
8:00— 9:00 Light Aerobics
8:30 & 11:45 Aquacise (\$3 per class, Therapy Pool)
9:00—12:00 Casual Art Class w/ Marty
10:00—11:00 Spanish Class
11:30—12:30 Tai Chi
12:30 Mah Jong
12:30 Bridge Group
1:30-2:30—Tap Dancing (will

Every Thursday:

8:00—3:00 Card playing
8:00—9:00 PEPPI/HSIM
8:40 Aquacise (\$3 per class, Lap Pool)
10:00 Scrabble
10:30—11:30 Advanced Italian Class (conf. room)
12:00—3:00 Casual Art Class w/ Marty
12:00 Group Sewing & Crafting

Every Friday:

8:00—3:00 Card playing
8:00—9:00 Light Aerobics
8:30 & 11:45 Aquacise (\$3 per class, Therapy Pool)
9:30 Bridge Classes w/ Mr. Henning
12:00 Group Knitting and Crocheting

