

East Goshen — April 2019 *Our NEW Center!*

TUESDAY	THURSDAY
<p>Balance and Strength 10 - 11 2</p> <p>A New Look at Valley Forge 10:30 - 11:30</p> <p>Lunch 11:30 - 12:15</p> <p>You Be The Judge 12:30 - 1:30</p>	<p>Line dancing 4</p> <p>9:45 - 10:30</p> <p>Living with Type 2 Diabetes 10:30 - 11:30</p> <p>Lunch 11:30 - 12:15</p> <p>12:30 Estate Administration</p> <p>4:00 OPEN HOUSE !</p>
<p>Balance and Strength 10 - 11 9</p> <p>Strong Bones, Standing Tall 10 - 11</p> <p>Lunch 11:30 - 12:15</p> <p>Intro to China Painting 12:30 - 1:30</p>	<p>Line dancing 11</p> <p>9:45 - 10:30</p> <p>Wii Jeopardy 10 - 11</p> <p>Lunch 11:30 - 12:15</p> <p>Trivia Time 12:30 - 1:30</p> <p>Tech Time and Talk 1 - 2</p>
<p>Balance and Strength 10 - 11 16</p> <p>How to Write Your Memoir 10:30 - 11:30</p> <p>Lunch 11:30 - 12:15</p> <p>Money Saving Tips 12:30 - 1:30</p>	<p>Line dancing 18</p> <p>9:45 - 10:30</p> <p>Book Club 10 - 11</p> <p>Lunch 11:30 - 12:15</p> <p>AAA Driver Safety Course 9 - 4</p>
<p>Balance and Strength 10 - 11 23</p> <p>Tech Day 10 - 2</p> <p>Lunch 11:30 - 12:15</p> <p>Intro to Watercolors 12:30 - 1:30</p>	<p>Line dancing 25</p> <p>9:45 - 10:30</p> <p>Native American Artifacts 10:30 - 11:30</p> <p>Lunch 11:30 - 12:15</p> <p>Healthy Steps 12 - 2</p>
<p>Balance and Strength 10 - 11 30</p> <p>Wii Wheel of Fortune 10 - 11</p> <p>Lunch 11:30 - 12:15</p> <p>Ghost of Duffy's Cut 12:45 - 2</p>	<p>Programs held on TUESDAYS & THURSDAYS</p> <p>610-389-1124</p>

Balance and Strength \$3

Tuesdays in April, 10 - 10:45
Improve balance and core strength through sitting and standing exercises.

A New Look at Valley Forge

Tuesday, April 2, 10:30 - 11:30
Not just snow and soldiers were at the Valley Forge encampment, but hundreds of women and children, too. Hear the story.

You Be the Judge

Tuesday, April 2, 12:30 - 1:30
Enjoy using logic, strategy and skills in this game of judging.

Line Dancing \$3

Thursdays in April, 9:45 - 10:30
Enjoy the music and have a blast!

Estate Planning for Seniors

Thursday, April 4, 12:30 - 1:30
Experts from McAndrews Law Office will speak about powers of attorney, advanced medical directives, guardianship, blended families.

Living with Type 2 Diabetes

Thursday, April 4, 10:30 - 11:30
This program will offer a review of essential areas of diabetes management.

Open House Celebration
Thursday, April 4, 4 - 6

Strong Bones, Standing Tall

Tuesday, April 9, 10 - 11
Learn about which exercises may be unsafe and those that will improve bone health.

Introduction to China Painting \$10

Tuesday, April 9, 12:30 - 1:30
Create your own floral pattern on a porcelain dish. Dishes will be fired and returned the next week.

Tech Time and Talk

Thursday, April 11, 1 - 2
Do you have questions about your smart phone or device? 1:1 instruction by appointment only. Please see Barb to schedule.

How to Write Your Memoir

Tuesday, April 16, 10:30 - 11:30
Writing can help individuals recover faster from illness or surgery and create a sense of mental order and calm.

Money Saving Tips April 16, 12:30

Presented by Surrey's Personal Finance Manager.

AAA Driver Safety Course \$25

Thursday, April 18, 9 - 4
This course is designed to meet the needs of senior drivers over 55 years of age. Must pre-register by April 11, contact Barb.

Book Club

Thursday, April 18, 10 - 11
Discuss *The Nightingale* by Kristin Hannah.

Tech Day April 23, 10 - 2

Volunteers from TE Connectivity will be on hand to help with your technology questions. Contact Barb for your appointment.

Intro to Watercolors \$5

Tuesday, April 23, 12:30 - 1:30
Paint a personal gift card that can be used for any occasion.

Ghosts of Duffy's Cut

Tuesday, April 30, 12:45 - 2
Duffy's Cut is the location of a mass grave of 57 Irish immigrant railroaders who died mysteriously in Malvern in 1832. Learn the history of immigration, industrialization and the social history of disease.

Healthy Steps for Aging Adults

April 25 and May 2, 12 - 2
An evidence-based falls prevention program for adults ages 50 and over to help reduce falls and improve their health and well-being.

West Chester University: Native American Artifacts

Thursday, April 25, 10:30 - 11:30
Archaeology students from West Chester University will present information about the University's collection.