












PPH's Scheduled Programs on In-House TV Stations Fri. Jan.1st – Jan 31st

MON		CH	TUES		CH	WED		CH
†	9:00 – Daily Devotions	5	†	9:00 – Daily Devotions	5	†	9:00 – Daily Devotions	5
	10:00 –Silver Sneakers Sit PPHit	8		10:00 - Silver Sneakers Chair Yoga	8		10:00 – Silver Sneakers Sit PPHit	8
	1:30 – SilverSneakers/Silver&Fit	8		1:30 – SilverSneakers/Silver&Fit	8		1:30 – Silver Sneakers/Silver Fit	8
				2:00 – Trivia with Kathy Nucero	5			
THURS		CH	FRI		CH	SAT		CH
†	9:00 – Daily Devotions	5	†	9:00 – Daily Devotions	5	†	9:00 – Daily Devotions	5
†	9:45 – Catholic Mass	5	†	10:30 – Eucharistic Service	5		10:00 – Silver Sneakers/Sit Fit	8
	10:00 – Silver Sneakers Chair Yoga	8		1:30 – SilverSneakers/Silver&Fit	8			
	1:30 – SilverSneakers/Silver&Fit	8	Join the Wellness Team for a fun, energetic, all levels programs. Weights, Bands and Ball available for loan from Wellness. Call x8007					
†	3:00 – Rosary Group	5						
						SUN		CH
						†	9:00 - Ecumenical Service	5
						†	11:00 – Sunday Mass	8

*All efforts are made to adhere to the above schedule. PPH strives to provide meaningful, spiritual, physical, and cognitive programming for all our PPH family members in IL, PC, and Pathways. For questions or concerns, please contact Kathy Nucero x8505. Thank you.

Channel 5 – Chapel
Channel 7 - Social Hall
Channel 8 – In-House Channel Activities

Flip Over for Special Events

PPH Scheduled Programs –January Trips and Special Events

<u>Trips:</u>	<u>DATE</u>	<u>TIME</u>	<u>Price</u>	<u>Sign Up</u>
NESHAMINY MALL	JAN. 6 TH	9:30AM	\$ 4.00	12-22-23
FIRST WATCH	JAN. 13 TH	10:30AM	\$ 2.00	12-29-23
WALMART	JAN 20 TH	10:00AM	\$ 4.00	1-8-24
GOLDEN CHORAL	JAN. 27 TH	11:00AM	\$ 4.00	1-15-24

Events in Social Hall:

<u>PHILLY PUPS</u>	<u>JAN. 4TH</u>	<u>7:00PM</u>
<u>AUXILIARY MEETING</u>	<u>JAN. 9th</u>	<u>11:00AM</u>
<u>TED TALK - POVERTY AWARENESS AND MENTAL HEALTH MONTH</u>	<u>JAN. 9TH</u>	<u>2:00PM</u>
<u>MEREDITH BECK SINGER</u>	<u>JAN. 11th</u>	<u>2:00PM</u>
<u>QUIZZO</u>	<u>JAN 11TH</u>	<u>7:00PM</u>
<u>UKRAINIAN CHRISTMAS CAROL</u>	<u>JAN 14TH</u>	<u>3:00PM</u>
<u>MARTIN LUTHER KING SERVICE</u>	<u>JAN.15TH</u>	<u>2:00PM</u>
<u>RESIDENT ASSOC. MEETING</u>	<u>JAN 17TH</u>	<u>2:00PM</u>
<u>LESLIE AITA SINGER</u>	<u>JAN.23RD</u>	<u>2:00PM</u>
<u>IL BINGO</u>	<u>JAN. 25TH</u>	<u>2:00PM</u>

Events in Learning Center:

- **Veterans Meeting** — Tuesday Jan. 2nd, 10 a.m.
- **PPH Men's Group** — 3rd Friday of the Month, 11am

Pastoral Services

Bible Study Chapel: Jan 2 and 16, 10 a.m. – Chapel/CH 5
Good Grief Bereavement Support: Jan. 10, 11:30 a.m. - 12:30 p.m. - Gateway Basement
German Service Chapel: Jan. 11, 11 a.m. – Chapel/CH 5
Shabbat Service: Jan. 5 and 19, 2 to 4 p.m. - Fellowship Room
Prayer Breakfast: Jan 13, 9 a.m. - Social Hall/CH 7

Wellness and Aquatics

Land Classes

• **SILVER ACTIVE CIRCUIT**

Tuesdays and Thursdays, 11 a.m. - 11:45 a.m.
 Gateway Basement

• **Yoga OR Tai Chi (alternating)**

Wednesdays, 1 p.m. - 2 p.m.
 Gateway Basement

AQUA CLASSES – 45 mins

Mondays – 1 p.m.
 Tuesdays – 10 a.m.
 Fridays – 1 p.m.

For any questions, call 8007