














# PPH's Scheduled Programs on In-House TV Stations Thurs. Feb.1<sup>st</sup> – Thurs. Feb 29<sup>th</sup>

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	
		 2:00 – Trivia with Kathy Nucero	5	 9:45 Catholic Mass and Ashes	5
				 <b>Time: TBD/ LENTEN VESPERS Chapel</b>	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 – February Trips and Special Events

<u>Trips:</u>	<u>DATE</u>	<u>TIME</u>	<u>Price</u>	<u>Sign Up</u>
Neshaminy Mall	Feb. 3 <sup>rd</sup>	9:30am	\$ 4.00	1-19-24
Walmart	Feb.10 <sup>th</sup>	11:00am	\$ 4.00	2-2-24
Marshall's and Five Below	Feb 17 <sup>th</sup>	10:00am	\$ 2.00	2-9-24
Gallo's	Feb 24 <sup>th</sup>	12:00pm	\$ 4.00	2-16-24

## Events in Social Hall:

	<u>DATE</u>	<u>TIME</u>
<b>Students from Central High School - Black History in Schools</b>	<b>Thursday, Feb.1</b>	<b>3:00pm</b>
<b>Ballot petition signing - Democratic and Republican candidates</b>	<b>Friday, Feb. 2</b>	<b>2 to 3:30 pm</b>
<b>Philly Pups</b>	<b>Thursday, Feb 1</b>	<b>7:00pm</b>
<b>Artist IFE NII OWOO - Lecture and Presentation</b>	<b>Wednesday, Feb 7</b>	<b>2:00pm</b>
<b>Quizzo/Trivia</b>	<b>Thursday, Feb. 8</b>	<b>7:00pm</b>
<b>Ted Talk - Black History Month</b>	<b>Tuesday, Feb 13</b>	<b>2:00pm</b>
<b>Male chorus of Enon Tabernacle Baptist Church</b>	<b>Thursday, Feb 15</b>	<b>2:00pm</b>
<b>Flex Pointe Dance Troupe</b>	<b>Sunday, Feb. 18</b>	<b>2:00pm</b>
<b>Julie Kring presents American Artists from the African Diaspora</b>	<b>Wednesday, Feb. 21</b>	<b>2:00pm</b>
<b>IL Bingo</b>	<b>Thursday, Feb 22</b>	<b>2:00pm</b>
<b>Dr. Century presents Phillis Wheatley</b>	<b>Monday, Feb 26</b>	<b>2:00pm</b>

## Events in Learning Center:

- Veterans' Meeting — Tuesday, Feb. 6, 10 a.m.
- PPH Men's Group — 3<sup>rd</sup> Friday of the Month, 11am

## Pastoral Services

**Bible Study Chapel:** Feb.6 & 20, 10 a.m. – Chapel/CH 5

**Good Grief Bereavement Support:**

Feb 14, 11:30 a.m. -12:30 p.m. – Alpha Lounge

**German Service Chapel:** Feb 8, 11 a.m. – Chapel/CH 5

**Shabbat Service:** Feb. 9 & 23, 2 to 4 p.m. – Fellowship Room

**Prayer Breakfast:** Feb 10, 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*