













The Palm Center Weekly Schedule of Activities - MARCH, 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | ZOOM LINKS |
|--|--|---|---|---|--|
| <p>10:00 AM - 11:00 AM Chair Yoga (On Site) 3/11/2024 3/25/2024</p>  | <p>10:00 AM – 11:00 AM Virtual Yoga with a twist</p>  | <p>10:30 AM – 11:30 AM Healthy Steps With Gladys</p> <hr/> <p>11:30 AM – 12:00 PM Mindfulness Class</p> <hr/> <p>11:30 AM -1:30 PM Sewing/Knitting/Weaving & Quilting (Self Directed)</p>  | <p>10:00 AM – 11:00 AM Virtual Sit and Get Fit</p>  <hr/> <p>10:00 AM – 11:30 AM Bible Study</p> <hr/> <p>11:00 AM – 11:30 AM Bingo</p> <hr/> <p>11:00 AM – 12:30 PM MOVIE & A MEAL 3/14/2024</p> <hr/> <p>12:00 PM - 1:00 PM LUNCH</p> <hr/> <p>12:30PM– 1:45PM Jewelry Making (Nominal fee to participate)</p> <hr/> <p>12:30 PM – 4:00 PM Pinochle Group Solitaire</p>  | <p>10:00 AM - 10:30 AM Walk It Out!</p> <hr/> <p>10:00 AM – 2:00 PM Fun Fridays Music, Movies & Games (On-Site)</p>   <hr/> <p>11:00 AM – 2:00 PM Make It & Take It (Self directed)</p> <hr/> <p>12:00PM – 1:00PM LUNCH</p> <hr/> <p>12:30 PM – 4:00 PM Pinochle Group Solitaire</p> <hr/> <p>ST. PATRICK'S CELEBRATION 3/15/2024 11:00 AM -2:00 PM</p> <hr/> <p>NOWRUS PERSIAN CELEBRATION 3/22/2024 11:00 AM -2:00 PM</p> <hr/> <p>LINE DANCING 3/22/2024 6:00 PM - 7:00 PM</p> | <p>Mondays @ 11:00am - 12:30pm Shared Reading Program https://us06web.zoom.us/j/96431887481 Dial-In Number - (646)558-8656 Meeting ID - 964 3188 7481</p> <p>Tuesdays @ 10:00am - 11:00pm Yoga With a Twist https://us06web.zoom.us/j/92144781722 *Class is not ideal for phone-in-only Dial-In Number - (646)558-8656 Meeting ID - 921 4478 1722</p> <p>Wednesdays @ 10:30am - 11:30am Healthy Steps in Motion https://us06web.zoom.us/j/96774325324 *Class is not ideal for phone-in-only Dial-In Number - (646)558-8656 Meeting ID - 967 7432 5324</p> <p>Wednesdays @ 1:00pm - 2:00pm Spanish Class 1 - intro https://us06web.zoom.us/j/99715060174 Dial-In Number - (646)558-8656 Meeting ID - 997 1506 0174</p> <p>Wednesdays @ 2:00 pm - 3:00 pm Spanish Class - B https://us06web.zoom.us/j/99715060174 Dial-In Number - (646)558-8656 Meeting ID - 997 1506 0174</p> <p>Thursdays @ 10:00am - 11:30pm Bible Study https://us06web.zoom.us/j/7210445417 Dial-In Number - (646)558-8656 Meeting ID - 721 044 5417</p> <p>Thursdays @ 10:00 a.m - 11:00am Sit And Get Fit https://us02web.zoom.us/j/88541675976 Dial-In Number - (929)205-6099 *Class is not ideal for phone-in only Meeting ID - 885 4167 5976</p> <p>Fun-Friday 10:00 AM -1:00 PM https://us02web.zoom.us/j/85788442465 Meeting ID: 857 8844 2465 Dial-in Number (929)2056099</p> |
| <p>11:00AM – 12:30 PM Shared Reading Program</p>  <hr/> <p>12:30 PM – 1:30 PM Poetry Writing 4/4/2024)</p> <hr/> <p>11:00AM – 1:00 PM Ask The Nurse (Every Second Monday of each month)</p> <hr/> <p>12:00PM – 1:00PM LUNCH</p> <hr/> <p>12:30 PM – 4:00 PM Pinochle</p>  | <p>11:00 AM – 2:00 PM Arts & Crafts</p>  <hr/> <p>11:30 AM – 2:00 PM Bingo</p>  <hr/> <p>12:00PM – 1:00PM LUNCH</p> <hr/> <p>11:00 AM – 1:00 PM NOTARY PUBLIC SERVICES 3/12/2024</p> | <p>12:00PM – 1:00PM LUNCH Piano music Therapy</p> <hr/> <p>12:30 PM – 1.30 PM Conversational Spanish Virtual or at PALM</p> <hr/> <p>12:30 PM - 4:00 PM Pinochle Group Solitaire</p>  <hr/> <p>11:00 AM - 12:30 PM Giant Pharmacy FREE Vaccination Clinic & National Colorectal Cancer Awareness 3/27/2024</p> | | | |

ALL VIRTUAL CLASSES ARE HELD ON-SITE (INSTRUCTOR IS VIRTUAL) ALL ON-SITE CLASSES WILL BE HELD ON ZOOM - INSTRUCTOR ON-SITE) CALL ABIGAIL ZIMONDI AT 610-642-9370 FOR ADDITIONAL INFORMATION (Updated 2/26/2024)