






The Palm Center Weekly Schedule of Activities - JANUARY , 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ZOOM LINKS
<p>9:00 AM - 10:00 AM Wellness Calls</p> <hr/> <p>9:30 AM - 10:00 AM Mindfulness</p> <hr/> <p>10:00 AM - 11:00 AM Chair Yoga 1/13/2025 1/27/2025</p> <hr/> <p>11:00AM – 12:30 PM Shared Reading Program (On-Site & Virtual)</p> <hr/> <p>9:00 AM – 11:00 AM WILLS ATTORNEY BY APPOINTMENT</p> <hr/> <p>11:00AM – 1:00 PM Ask The Nurse 1/13/2025</p> <hr/> <p>12:00PM – 1:00PM LUNCH CHAT & CHEW</p> <hr/> <p>12:30 PM – 4:00 PM Pinochle</p> <hr/> <p>The PALM will be closed on Martin Luther King Day. Monday, 1/20</p> <hr/> <p>Participants council 12;30 to 1;30 last Monday</p>	<p>9:00 AM - 10:00 AM Wellness Calls</p> <hr/> <p>9:30 AM - 10:00 AM Mindfulness</p> <hr/> <p>10:00 AM – 11:00 AM AM Virtual Yoga with a twist</p> <hr/> <p>9:00 AM – 11:00 AM WILLS ATTORNEY BY APPOINTMENT 1ST AND 3RD WK</p> <hr/> <p>11:00 AM – 2:00 PM Arts & Crafts</p> <hr/> <p>11:00 AM – 2:00 PM Caring Center</p> <hr/> <p>12:00PM – 1:00PM LUNCH CHAT & CHEW</p> <hr/> <p>12:30 PM - 4:00 PM Pinochle Group Solitaire</p> <hr/> <p>The PALM will be closed for The Festive Holidays. (12/23/2024 to 1/2/2025)</p>	<p>9:00 AM - 10:00 AM Wellness Calls</p> <hr/> <p>9:30 AM - 10:30 AM Walk with ease</p> <hr/> <p>10:30 AM – 11:30 AM Healthy Steps With Gladys</p> <hr/> <p>11:30 AM -1:30 PM Sewing/Knitting/Weaving & Quilting (Self Directed)</p> <div style="text-align: center;">  </div> <hr/> <p>12:00PM – 1:00PM LUNCH CHAT & CHEW PA Health Wellness 1/8/2025</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> <div style="text-align: center;">  </div>	<p>9:00 AM - 10:00 AM Wellness Calls</p> <hr/> <p>9:30 AM - 10:00 AM Mindfulness</p> <hr/> <p>10:00 AM – 11:00 AM Virtual Sit and Get Fit</p> <div style="text-align: center;">  </div> <hr/> <p>10:00 AM – 11:30 AM Bible Study</p> <hr/> <p>11:00 AM – 2:00 PM Caring Center</p> <hr/> <p>12:00PM – 1:00PM LUNCH CHAT & CHEW</p> <hr/> <p>The PALM will be closed for The Festive Holidays. (12/23/2024 to 1/2/2025)</p> <hr/> <p>12:30 PM - 4:00 PM Pinochle</p> <div style="text-align: center;">  </div> <p>BOOK CLUB 4th Thursday of each month</p>	<p>9:00 AM - 10:00 AM Wellness Calls</p> <hr/> <p>9:30 AM - 10:30 AM Walk With Ease</p> <hr/> <p>10:00 AM – 2:00 PM Fun Fridays Music, Movies & Games (On-Site)</p> <div style="text-align: center;">  </div> <hr/> <p>12:00 PM – 1:00 PM LUNCH CHAT & CHEW</p> <hr/> <p>The PALM will resume services on 1/03/2025</p> <hr/> <p>9:00 AM - 5:30 PM Dutch Apple Theater - Movie WHITE CHRISTMAS 1/03/2025</p> <hr/> <p>1/17/2025 A Temporary New Home Celebration” At Ardmore Community Center:</p> <hr/> <p>Senior MLK games fun day</p>	<p>Mondays @ 9:00 AM - 2:00 PM ALL DAY ZOOM LINK 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> <hr/> <p>Tuesdays @ 9:00 AM - 2:00 PM ALL DAY ZOOM LINK 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> <hr/> <p>Wednesdays @ 9:00 AM - 2:00 PM ALL DAY ZOOM LINK 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> <hr/> <p>Thursdays @ 10:00am - 11:30pm ALL DAY ZOOM LINK https://us06web.zoom.us/j/7210445417 Dial-In Number - (646)558-8656 Meeting ID - 721 044 5417</p> <hr/> <p>Thursdays @ 10:00 AM - 11:00 AM 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> <hr/> <p>Fun-Friday 9:00 AM - 2:00 PM ALL DAY ZOOM LINK https://us02web.zoom.us/j/85788442465 Meeting ID: 857 8844 2465 Dial-in Number (929)2056099</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 13/01/2024)

