



MOUNT EPHRAIM
 Charles P. Dougherty Sr.
SENIOR COMMUNITY CENTER
Where Senior Moments Happen

Activities and classes are free and open to young seniors, seasoned citizens, and people with disabilities. Adjustments will be made in an effort to accommodate each individual's ability. Instructors will teach if you are a beginner coming to learn. Whether you are already active, or tend to be a homebody, we invite you to participate.

Name: _____ **Town:** _____ **Date Received:** _____
 Please Print Neatly In All Fields Primary Residence Input by Staff

- _____ **Art Workshop** (1st and 3rd Monday, 10a -12p) Draw, Paint, Learn, Improve - Various Mediums, Professional Freelance Artist; 12
- _____ **Joanne's OG's** (1st Monday, 1p - 2p) Social Gathering - Assorted Projects and Topics; 15
- _____ **Coffee Chatter** (2nd Monday, 9a – 12p) Sweet Eats - Games, Puzzles and Cards Optional; 36
- _____ **Crocheting Circle** (2nd and 4th Monday, 4p - 5p) Hook, Learn, Improve - Create, Keep, Gift, Donate; 24
- _____ **Morning Mingle** (4th Monday, 10a - 12p) Breakfast Fare - Meet Old Friends, Make New Ones; 36
- _____ **Chair Yoga** (Tuesdays, 11a - 12p) Mats, Blocks, Bands Provided - Certified Instructor, Grip Socks Suggested; 15
- _____ **Let's Get Moving** (Tuesdays, 1p - 2p) Gentle Workout, Chair Optional, Certified Instructor, Sneakers; 15
- _____ **Garden Club** (1st Wednesday, 10a – 11a) With the Gypsy Garden - Floral and Container Projects, Garden Design, Do's and Don'ts, Indoor and Outdoor Plant Care, Tips and More; 24
- _____ **Afternoon Tea & Talk** (2nd Wednesday, 12p – 2p) Social Gathering Featuring Tearoom Favorites; 36
- _____ **Lunch & Learn** (3rd Wednesday, 12p – 2p) Brief, Useful Instructional Presentations Followed by Lunch; 36
- _____ **Medicare Bingo** (4th Wednesday in October, 11:30a – 2p) Learn about Medicare Enrollment Options, Q&A, Prizes, Lunch. Special Session - October Only; 36
- _____ **Movin' and Grovin'** (Last Wednesday, 1p - 2p) Upbeat Dancercise - Fun and Easy Moves; 20
- _____ **Easy Fitness** (Thursdays, 11a -12p) Meg of Mt. Ephraim Fitness; Chair Optional, Sneakers Suggested; 15
- _____ **Chair Yoga** (Thursdays, 1p – 2p) Mats, Blocks, Bands Provided - Certified Instructor, Grip Socks Suggested; 15
- _____ **Craft Club** (1st Friday, 10a - 12p) Create Functional, Decorative and Seasonal Crafts; 24
- _____ **Rummikub** (2nd and 4th Friday, 1p - 2:30p) Fun, Easy to Learn Card Game w Game Friendly of Cherry Hill - Featured Games Change Every Month or So. (Rummikub - Oct, Mah Jongg - Nov, Dec); 24
- _____ **Happy Birthday & Open Game Day** (3rd Friday, 1p – 4p) Celebrate Birthdays of the Month, Cake, Party Snacks, Players Choice – Cards, Parlor and Board Games, Puzzles; 36

EMERGENCY CONTACT INFORMATION (participants, volunteers and instructors are required to complete)

Contact Name: _____ **Relationship:** _____

Address: _____ **Email:** _____

Street

_____ **Phone:** _____
 City State Zip (Area Code)