



Center on the Hill 2017 Summer Schedule (July and August)

For more information, call 215-247-4654.

Mondays

9:30am – 11:30am	Sketching and Drawing	Rooms 1 & 2	\$32 per month
2:00pm – 3:00pm	Qigong (Healing Movements)	Rooms 3 & 4	\$40 per 4 classes or \$12 per class
2:30pm – 4:00 pm	French Conversation	Rooms 1 & 2	\$2 per session
2:15pm – 3:30 pm	Gentle Therapeutic Yoga	Harris	\$12 per class

Tuesdays

9:30am – 11:30am	Watercolor Workshop	Rooms 1 & 2	\$32 per month
9:30am – 10:15am	Zumba Gold	Rooms 3 & 4	\$24 for 4 classes or \$8 per class

Wednesdays

11:30am – 3:00pm	Bridge Play	Rooms 1 & 2	\$2 per session
12:00pm – 2:00pm	Wednesday Diabetes Workshop July 12, 19 and 26 August 9, 16 and 23	Room 5	FREE
2:30pm – 3:30 pm	Golden Yoga	Harris	\$25 for 4 classes (1 st class FREE)

Thursdays

9:00am – 10:00am	Qigong (Healing Movements)	Harris	\$40 per 4 classes or \$12 per class
10:00am – 12:00pm	Bridge Play	Room 5	\$1 per session
1:00pm – 3:00 pm	Pinochle	Room 5	\$2 per session
4:00pm – 5:00 pm	Zumba Gold in a Chair	Rooms 3 & 4	\$7 per class
Individual Medicare Counseling By Appointment (Free)			

Fridays

9:30am – 11:00am	Yoga with Attitude	Harris	\$45 per month, \$15 per class
10:00am – 12:00pm	Scrabble Play	Room 5	\$2 per session
11:30am – 1:00pm	Yoga, A Chair and You	Harris	\$45 per month, \$15 per class
1:00pm – 2:30 pm	International Folk Dancing	Rooms 3 & 4	\$60 per 10 sessions, \$7 at the door (1 st class FREE)
1:00pm – 4:00 pm	Mah Jongg Open Play	Room 5	\$1 per session
2:30pm – 3:30pm	Golden Yoga	Harris	\$25 for 4 classes (1 st class FREE)

Movies

Tuesday, July 11 – “Sully”
Tuesday, August 8 – “Lion”
1:30pm
\$1 (includes popcorn)

Alzheimer’s Caregiver Support Group

Tuesday, July 18
5:30pm – 6:45pm
FREE

Monthly Mindfulness Practice

Tuesdays, July 11 and August 8
9:30am – 11:00am
\$12 per session

Dream Circles

Thursdays, July 27 and August 24
1:30pm – 3:30pm
\$5 each session