



Center on the Hill 2018 Summer Schedule (July and August)

For more information, call 215-247-4654.

Mondays

9:30am – 11:30am	Sketching and Drawing (no class Aug. 20 – Sept. 7)	Rooms 1 & 2	\$32 per month
2:00pm – 3:00pm	Qigong (Healing Movements)	Rooms 3 & 4	\$40 per 4 classes or \$12 per class
2:15pm – 3:30pm	Gentle Therapeutic Yoga	Harris	\$12 per class
2:30pm – 4:00pm	French Conversation	Rooms 1 & 2	\$2 per session

Tuesdays

9:30am – 11:30am	Watercolor Workshop (no class Aug. 20 – Sept. 7)	Rooms 1 & 2	\$32 per month
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Wednesdays

11:30am – 3:00pm	Bridge Play	Rooms 1 & 2	\$2 per session
12:00pm – 2:00pm	Wednesday Diabetes Workshop	Room 5	\$5 per session
2:30pm – 3:30pm	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 – 12:30pm	Bridge Play	Room 5	\$2 per session
4:00pm – 5:00pm	Zumba Gold in a Chair (No class July 26 & no classes in August)	Rooms 3 & 4	\$8 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 – 2:30pm	International Folk Dancing	Rooms 3 & 4	\$60 per 10 sessions, \$7 at the door (1 st class FREE)
1:00pm – 4:00pm	Mah Jongg Open Play	Room 5	\$2 per session
2:30pm – 3:30pm	Golden Yoga	Harris	\$25 for 4 classes (1 st class FREE)

Monthly Mindfulness Practice

Tuesdays, July 10 and August 14

9:30am – 11:00am

\$12 per session

Alzheimer's Caregiver Support Group

Thursdays, July 12 and August 9

6:30pm – 8:00pm

FREE

Dream Circles

Thursday, July 5 (no class in August)

1:30pm – 3:30pm

\$5 each session