



OLDER & BOLDER SCHEDULE

Fall/Winter 2015



WED – September 16: **FALL KICK-OFF**

Review of Schedule of Activities, Sign Ups, Deposits, **STS/Miner's** Family Practice Lot, etc.

WED – September 23: DIAKON presents a Mini Wellness Fair

Glaucoma Screenings with Lori Lesante, Community Services for Sight

Fall Prevention & Risk Assessment with Kathy Leahy, Wellness Coordinator

Flu Shots with Carl Kramer, Rite Aid Wellness Ambassador

Older & Bolder Members - Lunch SIGN UP - Meals on Wheels-Beef Tips, rice, brussel sprouts, beet salad & milk

STS **WED** – September 30: **Penn's Peak Luncheon: Van Dells** (Departs 10 a.m.)

\$60.00 STS Transportation, Show, Lunch

\$52.00 Show, Lunch ONLY NO - TRANSPORTATION PROVIDED

DEPOSIT \$30.00 RESERVES SEAT...Sorry, NO Refunds. Call Dina at (570) 668-0410 to Reserve NOW

WED – October 7: To Be Announced (TBA)

WED – October 14: "TEA (Talk, Engage, Awaken) Perks – Christian Inspirational Tea" presented by DIAKON's Deb Herb - ***Bring your own tea cup!***

WED – October 21: NO OLDER & BOLDER PROGRAM – *Holiday Assistance Registration*

WED – October 28: **HALLOWEEN** POT LUCK Party!!!! Bring your best costume!!!

WED – November 4: TBA

WED – November 11: "Play Time" with Lucille Fala-Brennan, Director of Strawberry Playhouse

WED – November 18: Thanksgiving/Christmas Gathering



MON – November 30: Hometown Nursing 10/Hi Rise 11/Majestic 12

TUE – December 1: St. Luke's 12 noon/Maple Shade 2:30 p.m.

STS WED – December 2: Gramma's & York Terrace, Pottsville (Departs 10:30 a.m.)

OTHER NOTABLE DATES:

THU – October 1: **Salvation Army 150th Tamaqua's 100th Birthday Celebration** Details to come

OCTOBER 5TH through OCTOBER 9TH – CAMP LADORE RESCHEDULED! Sorry, Registration is closed.

AARP DRIVER'S SAFETY COURSES at Tamaqua Salvation Army - **Register Now! Call (570) 668-0410**

FULL COURSE – SEPTEMBER 28 & 29, 12p-4p

REFRESHER COURSE – OCTOBER 1, 12p-4p

MATTER OF BALANCE (8-week health and exercise seminar) at Tamaqua Salvation Army

TUESDAYS – Beginning September 22 **Register Now! Call Dina (570) 668-0410**

SUN– September 27: **"Dear Tamaqua Experience"** at Tamaqua Community Art Center 5pm to 7:30pm

SUN– October 11: **HERITAGE FESTIVAL**- Downtown Tamaqua 10am to 5 pm rain or shine

TUE– October 20: **DIAKON SENIOR EXPO** – Fairlane Village Mall 10am to 3pm

Entertainment, Medicare Part D Comparisons, Antique Appraisals, Refreshments, Give-aways, Free Massage