

HEALTHY LIVING / SOCIAL COMMITTEE

UPCOMING EVENTS

Philadelphia Flower Show *Discount Price - \$33 (Limited tickets at this price)

Sunday March 1, 2020

Philadelphia Convention Center

Group Travel by Train, stop for lunch – Depart 10AM

The 2020 theme is "Riviera Holiday". Inspired by the world's exotic Mediterranean gardens, fall in love with gardening all over again.

*Please contact me for detailed information.



Adult Cooking Class with Kerry Blair RD, LDN, MPH from Shoprite

*Cost per person: \$15

Tuesday March 3, 2020 – 5:30pm-7:30pm at the Clubhouse

Spaces are limited

Meal to prepare: Mini Bell Pepper Nachos, Stuffed Turkey Mole Fajita Bowl, Vegan Sweet Potato Pie.

*Please contact me for detailed information.



Free Health Screenings by Abington Jefferson Hospital

Blood Pressure screenings, heart and stroke risk assessments, heart/stroke spin wheel game and nutrition education display.

Wednesday April 22, 2020 – 11:00am -1:00pm at the Clubhouse



Please RSVP to all events as soon as possible, as spaces are limited

Contact Janet McEwan @ 215-310-1904, Email: janjan63@msn.com



Promoting
Healthy
Living