

Milestones[™]

Events

July 2021

Send your calendar items to
MilestonesNews@pcaCares.org
by the 25th of the month
(for publication in month after next)
Questions? 215-765-9000, ext.5081

JULY 1

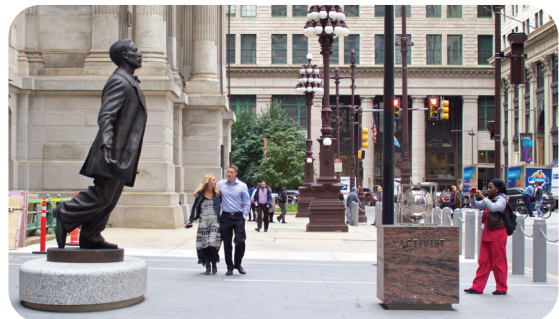
Virtual Reading of the Declaration of Independence

Celebrate our nation's founding document. 12:30 p.m. Host: St. Edmond Senior Community Center. Livestream: Facebook.com/StEdmondSeniorCommunityCenter

FRIDAYS STARTING JULY 2

Virtual News & Views Group

Discuss current events and contemporary issues. Seeking diverse opinions and viewpoints. 10:45 a.m. to noon. Host: Journey's Way. Zoom.us – Meeting ID: 883-4414-4575 • Passcode: 530343



JULY 3

Freedom & Liberty Celebration

Celebrate African American figures in American history. Franklin Square. 11 a.m. to 2 p.m. 215-629-4026

JULY 3

POPS on Independence

The Philly POPS will perform an original musical program honoring our nation's traditions, values and commitment to service. 7 p.m. Mann Center. This event is free, but tickets are needed. Register: <http://bit.ly/PopsIndependence>



JULY 4

INDEPENDENCE DAY

JULY 4

Philadelphia's July 4th Fireworks Show

Beautiful fireworks display over the Benjamin Franklin Parkway, between Eakins Oval and Logan Circle. 9:30 p.m.

MONDAYS AND WEDNESDAYS

STARTING JULY 7

Enhanced Fitness Online

Virtual strength training, flexibility and cardiovascular conditioning class. 10:30 a.m. Host: St. Edmond Senior Community Center. Zoom.us – Meeting ID: 325-185-4452 • Passcode: 6T8brM

JULY 8 & 29

Virtual Wellness & Self-Care Workshop

Wellness expert JoAnna Turner provides tips to improve your overall well-being. 10 a.m. Host: Philadelphia Senior Center – Arts. Zoom.us – News Meeting ID: 829-9205-7844

JULY 13 & 27

Reaching Out

Virtual support group for older adults and caregivers coping with chronic health/life issues. 10:30 a.m. Host: Journey's Way. Zoom.us – Meeting ID: 853-7817-2215 • Passcode: 857195

JULY 14

The 19th Century British Traveler on Holiday

Historian Dr. Alex Chase-Levenson examines the elite travel origins of the mass tourism industry. 11 a.m. Host: Free Library of Philadelphia. Virtual event. Register by emailing levinsonr@freelibrary.org. 215-677-1600.



JULY 14

The Science of Sleep & Stress

Tips for getting better sleep to bolster your brain and memory. 6:30-8 p.m. Host: AARP. Virtual event. Register: <http://bit.ly/BetterSleepScience>

JULY 16

Folklore Friday: Carl Sandburg's 'The American Songbag' Collection

The Parkway Central Library celebrates folk's major impact on popular music. 3 p.m. Virtual event. Livestream: Facebook.com/FLPLitDept



JULY 20

Cool History: Ices, Gelato, Sorbet & More

Learn the history behind some of your favorite frozen treats. 6:30 p.m. Host: AARP. Virtual lecture. Register: <http://bit.ly/FrozenHistory>



JULY 21

Crafts in the Garden

Make a personal collage painting outside in the garden, using paper scraps, photos, stencils, etc. Space is limited. 1-3 p.m. West Oak Lane Library. Register: 215-685-2843.

JULY 21

Virtual Liver Health Workshop

Learn how to prevent liver cancer. 11:30 a.m. Host: Philadelphia Senior Center – Arts. Zoom.us – Meeting ID: 843-3794-9113; Dial-in by phone: 1-929-205-6099.

JULY 24

'Toy Story' in Concert

Enjoy a screening of Pixar's groundbreaking film accompanied by a musical score performed live by The Philadelphia Orchestra. 8 p.m. Mann Center. Tickets (\$25+): <http://bit.ly/ToyStoryConcert>

JULY 28

The Olympics: Past & Future

Explore the history of protest at the Olympic Games. 6:30-7:45 p.m. Virtual lecture. Host: AARP. Register: <http://bit.ly/OlympicProtest>



JULY 28 THROUGH AUG. 1

Shakespeare in the Park

Nightly performances of "Pericles, Prince of Tyre." 7 p.m. Clark Park in West Philadelphia. Register: <http://ShakespeareInClarkPark.org/pericles>