



Pelham Girl Scouts SU 731 presents

Saturday, March 11th, 2023

Health, Wellness & Safety

A Community Day for all

ACTIVITY

LOCATION

TROLLEY
9am-2pm

Free TROLLEY RIDES

Our lady of Perpetual Help
9am-11am

TROOP 2617 Presents- (OPEN TO ALL) NOTE
LOCATION CHANGE:

Community Art Project – Join us at OLPH and contribute to a joint project. – Lower Church Hall (Access from upper parking lot)

Pelham Scavenger Hunt The scavenger hunt locations are spread out all over Pelham and Pelham Manor. Be prepared to travel

Pelham Country Club
9am-12

SERVICE OPPORTUNITIES: (OPEN TO ALL)

- Drop in for Birthday-in-a-bag -TROOP 2132
- Women’s Toiletries Drive – TROOP 1661 & 2371
- BOOK SWAP – TROOP 1567

The Manor Club
9am-12

PROJECT COMMUNITY presents for teens/parents*

9-9:40am Self-Awareness -The Impact of Perceptions

9:45-11 Anxiety -Manage Anxiety and Build Resilience

11-11:45 Binge Drinking Awareness

OLPH
10am & 11am

GATHER CULINARY: (Brownie Scouts and Juniors/2nd-5th)

Whip up something tasty with Melanie Underwood. 10-10:45am & 11-11:45am @ OLPH – Lower Church Hall (Access from upper parking lot; walk the curved sidewalk to the right-side of church).

Pelham Public Library
10am

GIRL SCOUTS SU (TONILYNN) PRESENTS:

Basic First Aid (Open to ALL)

10-10:45 - This presentation by Pelham Girl Scouts Service Unit volunteer, **ToniLynn Catalanno**, includes basic first aid skills and making a first aid backpack.



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11am - Home Alone Safety Program for 5th-7th graders*

This program provides essential information to live at home without adult supervision, coping with telephone and door answering safety. Presented by Kim Trapasso (LCSW) Program Director for Mental Health at Pelham Together.



TROOP 1561 Presents:

Self-Defense (2 sessions) - Free for ALL AGES

11:30am-12:15 pm

12:30-1:15pm



SEPTA Presents:

THERAPUETIC ARTS Free for ALL AGES

Art stations with activities for all ages



FREE CLASSES

12:30 - 1:15 - 305 Fitness dance party. For teens age 14+. 20 spots.

1:45 - 2:45 - Adult Yoga. 20 spots.

3:00 - 4:00 - Parent & Me Yoga. Children must be age 10+. 20 spots (10 parents, 10 children).



Free Movie

**INSIDE OUT Sponsored by
Sona Davidian COMPASS**



Free Concert Featuring local performers, including:

The Dotted Half-notes, Eric Katz, Cassandra Hazelhurst accompanied by Walker Gosrich on acoustic guitar.