

*** Zumba (Tues at 1:30 pm), and Tone and Balance (Thurs at 1:30 pm), are canceled this month ***



• **Cash for Gold | TUESDAY, AUGUST 6, from 10:30 am to 12 pm:** Bring your old or broken gold, silver, or platinum jewelry, class rings, coins, flatware, or even dental gold, and turn it into CASH in your pocket!



• **Clear Captions for Your Phone | WEDNESDAY, AUGUST 7 @ 1 pm:** Why struggle to use the phone? Thanks to a federally mandated program, you can SEE what your caller is saying! If you have hearing loss that necessitates use of captioned phone calls, come learn about this home/mobile phone friendly equipment that has free installation and lifetime support. **Please sign up with Gina by Friday, August 2nd.**



• **Haircuts with Robin | TUESDAY, AUGUST 6 & 20, FROM 9 to 10:20 am:** \$10 dry haircuts by appt.



• **Happy? Ya! Ya! Crew | EVERY FRIDAY @ 1 pm:** Fun weekly themed games and activities.
AUG 2 - National Coloring Book and Ice Cream Day. Come watch a movie, color, & eat ice cream sandwiches!
AUG 9 - Book Lovers Day. Bring your favorite book for show and tell, and swap books with a friend.
AUG 16 - Intergenerational fun with YMCA campers' play presentation followed by National Tell a Joke Day. Will this be the beginning of Encore's Own Comedy Club??



AUG 23 - National Sponge Cake Day. The great Encore Sponge Cake Judgement Day! Make a sponge cake to be sampled & judged.

AUG 30 - National Beach Day! Dress in your beach finery, relax, play games, and look at the ocean.



• **Help Yourself to Healthy Living: "Addressing Incontinence." | THURSDAY, AUGUST 1, from 11 am to 12:00 pm:** Discover new treatments, recommendations, and activities to minimize incontinence. *Free Blood Pressure Checks available before from 9:30 to 10:45 am.*



• **Ice Cream Social with Suncrest Hospice | WEDNESDAY, AUGUST 28 @ 12:30 pm:** Sign up for lunch & stay for sweet treats after. Jan Capehart, RN, BSN, will be available to answer any questions related to hospice care. This is a valuable service that is not always understood, so don't be afraid to ask about it!



• **Indoor Cornhole | EVERY THURSDAY @ 1 pm:** In place of Tone and Balance this month, let's enjoy some active fun with this bean bag toss game. Come show off your "airmail" throws, your "jumpers," and your "swishes." We'll do a competition if there's interest.



• **Jimmy Buffet Theme Day | FRIDAY, AUGUST 30, ALL DAY:** Dress the part and come listen to his tunes.



• **Les Végetables- The Healthy Eating Musical | MONDAY, AUGUST 12 @ 12:30 pm:** Enjoy some Montgomery County informational nutrition advice from your Encore-renowned cast of fruits and vegetables, to the tune of your favorite Les Misérables songs! **RSVP for lunch by Aug 9th.**



• **Left Handers' Day | TUESDAY, AUGUST 13 @ 1 pm:** Fun and games marking our appreciation for lefties!

• **Prayer Care Group | FRIDAY, AUGUST 2 & 16 @ 11 am:** All are welcome to join this peaceful fellowship. If you can't attend, ask the greeter for a prayer request card, & they will include your prayer.



• **Shiatsu Massage Appts | FRIDAY, AUGUST 9, from 11 am to 1 pm:** 15-min, fully clothed, chair massages by Kerry Palanjian, experienced Shiatsu practitioner. For pricing information and to schedule an appointment, call Gina at the Encore front desk, or call Kerry directly at 215-622-4359.



• **Special "Pizza Party and Sweet Tea" Lunch with Classical Music Entertainment | TUESDAY, AUGUST 20 @ 12 pm:** Classical Viola performance by Alayna Drolet. Sign up with Gina the week before. Pay by the slice.

• **St. John Neumann Cemetary Info Table | TUESDAY, AUGUST 20 @ 11 am:** Let us help get your ducks in a row. Come with questions, leave with answers. No reservations are necessary.



• **Tech Tutoring with Ed | EVERY WEDNESDAY @ 10:30 am:** Come get help with your computer, smartphone or tablet. By appt only. Call Gina to schedule.



• **Vaccine Update | WEDNESDAY, AUGUST 21 @ 1 pm:** Join Dr. Richard Lorraine, MD, FACP, Medical Director, Montgomery County Office of Public Health, for this informational session on current adult vaccines, highlighting the importance of vaccination in older adults and review the recommended vaccines at this time.



• **Veterans' Coffee Catch-up | FRIDAY, AUGUST 30 @ 9:30 am:** Join our veterans for some coffee & home-baked goodies while sharing stories and getting to know one another.