



• **EVERY TUESDAY after Lunch: Tasty Tuesdays Bake Sale** | Want a freshly baked, homemade goody to take home with you after lunch? For just \$1 you can purchase something yummy from an assortment of cookies, brownies, and other sweet treats, baked just for you by our wonderful friends at Encore. All proceeds will go towards GHNPS events and activities. The selection of treats will vary weekly.



• **THURSDAYS in APRIL, from 10 am to 2 pm: Gwynedd Mercy University Speech Language Pathology Students on Site** | Speech Language Pathologists work to prevent, assess, and treat disorders that impact speech, language, cognition, social communication, fluency, voice, and/or swallowing. There will be opportunities for group and 1:1 activities, including our popular **"Brain Games" in the lobby at 10:30am.** **Please note that the students will not be on site on Thursday, April 17th due to the Easter Holiday.**



• **FRIDAYS in APRIL @ 10 am: NEW CLASS - Walk with Ease** | Join us for The Arthritis Foundation's 6-week walking program that will help you reduce pain and discomfort while you increase balance and strength. You will learn tips for problem-solving, health education and motivation, as well as gain strength and support by walking with others in a community setting. This class is led by Montgomery County Office of Aging Services. **Spaces are limited so sign up right away with Gina in the office.**



• **TUESDAY, APRIL 1, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, APRIL 1 @ 10 am: Stamp Club** | Join us to talk about stamps and everything else. We welcome everyone and would enjoy having you join the group. No need to be an expert, just come join us!



• **WEDNESDAY, APRIL 2 @ 1 pm: World Autism Awareness Day: Meet Connor Feeney** | Connor and his Mom will be helping with our lunch service and afterwards will lead a roundtable discussion about growing up with Autism. They will talk about how Connor learned to follow directions, to complete tasks, volunteer in his community, and work at different jobs, as well as answer any questions you have about relating to people on the Autism spectrum. **Please sign up with Gina in the office by Mon, March 31st.**



• **WEDNESDAY, APRIL 2 @ 2:30 pm: NEW CLASS - Chair Yoga with Lysandra** | Join our gentle & accessible Chair Yoga class for seniors looking to improve flexibility, balance, and overall well-being. This class offers a safe, supportive environment, with either seated or standing-holding-chair poses, making it ideal for those with mobility challenges. No prior yoga experience is needed - just bring comfortable clothing, shoes, and a willingness to move and relax! We are looking for enough interest to explore making this a weekly class. **(\$4)**



• **THURSDAY, APRIL 3 @ 11 am: Help Yourself to Healthy Living: "What's that Therapy?"** | Learn about your therapy options that may enhance your quality of life! Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy, Psychotherapy, Aromatherapy, Pet Therapy, etc. **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**



• **FRIDAY, APRIL 4 @ 12:30 pm: Table Toppers** | Want to help decorate our dining room tables? All are welcome to join and help put together those creative centerpieces that have been gracing our tables.



• **MONDAY, APRIL 7, from 10:30 am to 12 pm: Cash for Gold** | Leave your wallet at home but bring your old or broken gold, silver, or platinum jewelry, class rings, coins, sterling silver flatware, or even dental gold, and turn it into CASH in your pocket! We thank Carol Hoy for making this valuable service available to our Seniors in a secure environment.



• **TUESDAY, APRIL 8 @ 1:30 pm: Encore Book Club - Introductory Meeting** | We've had some interest in starting a book club that would meet once a month, supported by loans of books from the Indian Valley Public Library. Please let Gina know if you are interested in book club but are unable to attend this meeting.



• **WEDNESDAY, APRIL 9 @ 1 pm: Fire Safety for Seniors** | This presentation from MontCo Office of Aging Services reviews fire safety information for seniors. The goal is to help seniors prevent fires and learn how to prepare for fire emergencies. **Please sign up with Gina in the office by Mon, April 7th.**



• **FRIDAY, APRIL 11 @ 9 am: Breakfast Club** | See page 11 for details.



• **FRIDAY, APRIL 11 @ 1 pm: Happy? Ya! Ya! Crew: National Pet Day** | Bring in photos of your pets so we can share stories about our "fur babies."



• **FRIDAY, APRIL 11 @ 1 pm: "Marley Mania" Pet Therapy Session** | Join service dog Marley for some calm and relaxing dog petting in our lobby to help improve your physical, mental, and emotional well-being!



• **MONDAY, APRIL 14 @ 4:30 pm: Dinner Outing at P.J. Whelihan's Pub and Restaurant** | See page 11.



• **TUESDAY, APRIL 15, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, APRIL 15, from 12 to 1:30 pm: Special Phillies Cheesesteak Lunch & Games** | Chef Trish will prepare Philly Cheesesteaks, French Fries, Garden Salad and Ice Cream Sandwiches. We will have fun Phillies games and prizes! **Please sign up with Gina in the office by Fri, April 4th; Cost \$8.**



• **WEDNESDAY, APRIL 16, from 10 to 11:30 am: Covenant Insurance Info Table** | Carl Cutrone and Kim Fratton, agents with Covenant Insurance Group will be onsite to answer any questions you may have regarding Medicare content and changes for 2025. Please stop by to say hello and bring your questions.



• **WEDNESDAY, APRIL 16 @ 1 pm: Arts & Crafts: Easter Egg Decorating** | Let's decorate some Easter Eggs for a festive basket on Easter morning. All supplies are included, but you can also bring your own supplies, stickers, etc. **Please sign up with Gina in the office by Fri, April 11th.**



• **MONDAY, APRIL 21, from 12 to 4 pm: Encore Photo Shoot Day!** | See page 12 for details.



• **TUESDAY, APRIL 21 @ 1 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all April birthdays with birthday cake and an interactive health presentation on April Health Awareness Months by Estelle Walker. **Please sign up with Gina in the office by Thurs, April 17th.**



• **WEDNESDAY, APRIL 23 @ 10:30 am: Weatherization Program** | Mark Finley, Outreach Coordinator for the Weatherization Program at the Community Action Agency of Delaware County (CAADC), will explain the FREE weatherization program that is now being offered to residents of Montgomery County. This is a program that can reduce energy costs by 20-30%. After the demonstration, we'll play a fun music quizzo, and the winners will receive prizes. **Please sign up with Gina in the office by Mon, April 21st.**



• **WEDNESDAY, APRIL 23 @ 1 pm: Peter Wentz Farmstead: The PA German Past** | We know that German immigration and heritage has had a great impact on Pennsylvania's history. Come find out why Germans immigrated to PA and discover some of the characteristics that defined Pennsylvania German culture: religion, architecture, food, furniture, & more. **Please sign up with Gina in the office by Mon, April 21st.**

• **WEDNESDAY, APRIL 23 @ 2:30 pm: NEW CLASS - Chair Yoga with Lysandra (\$4)**



• **FRIDAY, APRIL 25 @ 9:30 am: Veterans' Coffee Catch-up** | All Veterans are invited to come join us for a relaxed, social gathering to share stories and get to know each other.



• **FRIDAY, APRIL 25 @ 1 pm: Happy? Ya! Ya! Crew: Telephone Day** | One ringee dingee! We will be calling our friends and family so bring your phones and smiles. Happy Hour at Harleysville Hotel to follow.



• **MONDAY, APRIL 28, from 9 am to 3 pm: Property Tax or Rent Rebate Program Assistance** | PA State Senator Tracy Pennycuik's office staff will be onsite to assist with filing your PTRR form. **Please call her office at 215-541-2388 to schedule an appointment. They will inform you of what you need to bring.**



• **WEDNESDAY, APRIL 30, from 10 to 11:45 am: Balance and Fall Prevention** | Vestibular and Injury Prevention Specialists from Grand View Health will provide a comprehensive workshop on ways to improve balance, maintain independence, and learn how to prevent falls inside and outside the home. **Please sign up with Gina in the office by Mon, April 28th.**



• **WEDNESDAY, APRIL 30 @ 1 pm: NPHS Musical Matinee (offsite)** | See page 11 for details.

Want more information about the regularly occurring programs, classes, clubs, and gaming times at Encore? Check out the newly revised programming information pages on our website under the Programming tab or open your camera app to scan the QR code with your cell phone to view these descriptions on your phone's web browser right now! **We hope you can join us for something new to you this month!**

