



• **TUESDAY, DEC 3, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.

• **TUESDAY, DEC 3 @ 1:30 pm: Stretch and Tone will take place instead of Zumba**



• **WEDNESDAY, DEC 4 @ 11 am: Brain Games** | Exercise your brain with some fun word games. We can work together or independently in a no pressure, fun, environment.



• **WEDNESDAY DEC 4, from 2 to 4 pm: Traditions of Lansdale: Pizza & Karaoke Party!** | Join us for an afternoon of melodic fun as we all take turns belting out our favorite songs with the karaoke machine while munching on some pizza and snacks. It will be a great mix and mingle, as some Traditions residents will be joining us here at Encore. There is no charge for this event as we are being treated by Traditions of Lansdale! **Please sign up with Gina in the office by Monday, December 2nd.**

• **THURSDAY, DEC 5, from 10 am to 2 pm: GMU Speech Language Pathology Students at Encore** | 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. December 5th will be the students' final day at Encore.

• **THURSDAY, DEC 5 @ 11 am: Help Yourself to Healthy Living: "What Test?"** | Let us help you to better understand diagnostic studies and tests that monitor your health. **Get your free blood pressure check from 9:30am to 10:45am.**



• **FRIDAY, DEC 6 @ 11 am: Road to Happiness: Understanding Depression** | Depression is a medical condition that affects many older adults, but depression is not a normal part of growing older. This presentation examines factors that put seniors at an increased risk of depression, explains how to detect depressive symptoms, and reveals methods that help those affected begin to feel like themselves again. **Please sign up with Gina in the office by Wednesday, December 4th.**



• **FRIDAY, DEC 6 @ 12:30 pm: Table Toppers** | Want to help decorate our dining room tables? Come join our friends on the first Friday of every month to help put together those creative center pieces that have been gracing our tables. No experience necessary!



• **FRIDAY, DEC 6 @ 1 pm: Happy? Ya! Ya! Crew: Mitten Tree Day** | Wear your mittens and bring in a pair of new mittens to hang on our tree. We are partnering with Shelby Leight and her Winter Clothing Drive to support the new Code Blue program at The Open Link!



• **MONDAY, DEC 9 @ 9:45 am: Chrusciki Polish Cookie Making** | Come learn how to make these delicate "Angel Wings." All ingredients provided. **Please sign up with Gina in the office by Friday, December 6th.**

• **WEDNESDAY, DEC 11, from 9 am to 2 pm: Christmas Bazaar and Special Lunch** | Come join us for crafts, games, prizes, lunch, goodies, flea market tables, and lots of holiday cheer! There will also be a "Hamper Raffle" fundraiser orchestrated by Jadon Davidar, our singer/saxophone player who visits us regularly. Lunch will be Café-style and you will only pay for what you order. **Please sign up with your meal choices with Gina in the office by Friday, December 6th.**



• **WEDNESDAY, DEC 11, from 9:30 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!



• **THURSDAY, DEC 12 @ 9 am: Breakfast Club** | This month we will visit Sammy's Bullfrog Cafe (282 Hunsberger Ln, Harleysville). Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by 12/6 so we can arrange seating together.**



• **FRIDAY, DEC 13 @ 1 pm: Happy? Ya! Ya! Crew: National Cocoa Day and our Holiday Celebration** | We will be decorating cocoa bombs, sampling different types of hot cocoa, and playing holiday themed games. Only your presence is required!



Encore Experiences
in Harleysville Part of GHNPPSS

SPECIAL PROGRAMS

Please sign up for all programs at the Greeter's Desk at Encore
You may also sign up for programs & schedule appointments by calling 215-256-6900



- **TUESDAY, DEC 17, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.
- **TUESDAY, DEC 17, from 11 am to 12 pm: Ducks in a Row: St. John Neumann Cemetery Informational Table** | Come with questions and leave with answers! No reservations necessary.
- **WEDNESDAY, DEC 18 @ 1 pm: Smart Nutrition Strategies for the Holidays** | Led by Registered Dietitian, Barbara MacFarland from Stonewell Nutrition, the presentation will include practical tips to stay on your wellness track with healthy eating by incorporating smart food swaps and foods in moderation along with mindfulness techniques. Also, hear tips on how to manage stress and keep moving. Let the holidays be good times in good health! **Please sign up with Gina in the office by Monday, December 16th.**
- **THURSDAY, DEC 19th from 11 am to 1 pm: Alternative Lunch Option: Arbour Square** | In cooperation with Encore Experiences, Arbour Square wants to invite you to a fun afternoon of lunch and Jeopardy. They are located at 695 Main St. in Harleysville - please use the main entrance. There will be a cap of 25 people for this outing. **Please sign up with Gina in the office by Wednesday, December 11th.**
- **FRIDAY, DEC 20 @ 1 pm: Happy? Ya! Ya! Crew: International Games Day** | A variety of games will be set up that you will play and move to and from while maintaining an individual scorecard. We will be gathering at Harleysville Hotel after our meeting.
- **MONDAY, DEC 23 @ 11 am: The Annie Tait Holiday Story and Sing-Along Hour** | Join us before lunch for some of Annie's hilarious stories. She will also lead us in some classic holiday songs to get our holiday cheer on!!

As we wind down around the Holidays, many of our regular programs will not take place between Dec 24th and 31st. Please refer to the calendar for specific cancellations.

WEDNESDAY, DECEMBER 25: ENCORE EXPERIENCES IS CLOSED FOR THE CHRISTMAS HOLIDAY

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!



Scan me



Art Class - Programming Change Note:

Effective Dec 2nd, our beloved art teacher, Pat Wilson Schmid, will retire. However, the art must go on! Please continue to join us on Mondays starting at 1:30 pm for a casual meeting of artists. Bring your projects and ideas to paint, sketch, draw, or sculpt in the company of others, lending advice and feedback to one another when you can.

This Art Session will now be offered free of charge. Please bring all necessary supplies for the project of your choice. Please note that formal art instruction will no longer occur, but as always, this session is open to artists and aspiring artists of all levels.

**Pat, thank you for all of your years of guidance!
We hope we'll continue to make you proud!**