



• **EVERY THURSDAY in FEB, from 10:00 am to 2:00 pm: GMU 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. The students and their supervisor will be at Encore every Thursday through April.



• **MONDAY, FEB 3 @ 10:30 am: Mall Walkers** | Get your steps in, out of the cold, and with good company. We will meet inside the Montgomery Mall, on the upper level, right outside of JCPenney. Park and enter through the food court, as the doors between JCPenney and the mall will not be unlocked yet.



• **TUESDAY, FEB 4, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, FEB 4 @ 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 because we don't claim to be!



• **WEDNESDAY, FEB 5 @ 11 am: Brain Games with Alexis** | We'll start with one long word & see how many smaller words we can come up with. This will be a fun, collaborative effort on the whiteboard in the lobby.



• **WEDNESDAY, FEB 5 @ 1 pm: Meet and Greet with Social Services Coordinator Tara Ticktin** | Stop in and meet Tara, learn a little bit about what she does, and see how she can be a resource for you!



• **THURSDAY, FEB 6 @ 11 am: Help Yourself to Healthy Living: "Heart Checkup!"** | Take control of your heart health. Learn how to prevent a heart attack and how to measure your blood pressure accurately at home! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**



• **FRIDAY, FEB 7 @ 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.



• **FRIDAY, FEB 7 @ 1 pm: Happy? Ya! Ya! Crew: Send a Card to a Friend Day** | We will be making cards to send off or deliver on Valentine's Day. Bring materials to use, including scissors, favorite greetings, etc.



• **WEDNESDAY, FEB 12 @ 10:30am: Black History Month Presentation: Diane Nash** | Come join Terri Lyons for her character performance of the life of Diane Nash, who emerged from the sit-in movement in Nashville, Tennessee and became one of the most esteemed student leaders and organizers of the time. Diane worked closely with Martin Luther King and was a leader of the student wing of the Civil Rights Movement. This will be a captivating portrayal of the valuable contributions Diane made and the reputation she established as a "force to be reckoned with!"



• **WEDNESDAY, FEB 12 @ 1 pm: Tu Bishvat – The Jewish Celebration of the New Year for Trees** | We will plant acorns in cups and watch their progress over the coming months, looking forward to when Spring starts to unfold and thaw us out! **Please sign up with Gina in the office by Monday, Feb 10th.**



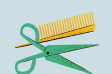
• **FRIDAY, FEB 14, from 12 to 1:30 pm: Special Valentine's Day Lunch with The Birches** | Join us for a delicious Chicken Parmigiana meal that includes pasta & salad, plus a fabulous dessert. We'll have some fun music & dancing with The Birches! **Please sign up with Gina in the office by Friday, Feb 7th; Cost \$8.**



• **FRIDAY, FEB 14 @ 1pm: Happy? Ya! Ya! Crew: Valentine's Day Games** | After the special lunch and dance we will be playing Valentine Party Games. Wear red or whatever makes your heart content.



• **MONDAY, FEB 17, 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!



• **TUESDAY, FEB 18, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, FEB 18 @ 10:30 am: The Extraordinary Life of Jimmy Carter** | Throughout his life, President Carter has found himself in extraordinary circumstances faced with extraordinary opportunities, many of which were brought about by the American Presidency. This program will examine civic engagement and discuss the primary sources of the Carter Library and National Archives to address the question, "What is the secret to an extraordinary life?" An educator from The Carter Library will be joining us virtually to present. You will be able to view the presentation and ask questions of the presenter from either Encore or PEAK.



• **WEDNESDAY, FEB 19 @ 10:30 am: 10 Warning Signs of Alzheimer's Disease** | Jane Cero of the Alzheimer's Association will teach us about different traits to look for so that we are armed with knowledge for ourselves and our loved ones. **Please sign up with Gina in the office by Monday, Feb 17th.**



• **WEDNESDAY, FEB 19 @ 1 pm: Indoor Shuffleboard** | We know a lot of you play on the outdoor shuffleboard court. Now that it's cold, come try out our new "makeshift" indoor court and stay active inside!



• **THURSDAY, FEB 20 @ 9 am: Breakfast Club** | This month we will visit Tiger's Family Restaurant. Join us at 1031 N Broad St in Lansdale. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Monday, Feb 10th so we can arrange seating together.**



• **THURSDAY, FEB 20 @ 12:30 pm: Birthday Celebration During Lunch, sponsored by PA Health and Wellness** | Join us for a cake celebration and special activity after lunch with Estelle. Feb Birthdays: Don't forget to put your name on the whiteboard so we can sing and celebrate you!



• **FRIDAY, FEB 21 @ 11 am: Gun Safety with Debbie Jankowski** | This presentation by Montgomery County's Debbie Jankowski explores the issues that affect Seniors and how those issues play a role in gun safety. The goal of this program is to present the best and safest practices for any Senior who may find themselves in close proximity to a gun. **Please sign up with Gina in the office by Monday, Feb 17th.**



• **FRIDAY, FEB 21 @ 1 pm: Happy? Ya! Ya! Crew: National Sticky Bun Day** | Bring in 2 or 3 of your favorite sticky buns so we can taste test and see which is the best. Then, we will bake our own, with Trish's support.



• **WEDNESDAY, FEB 26 @ 12:30 pm: Faith Community Ice Cream Social** | Enjoy some sweet ice cream on a cold day and be warmed by the fellowship of several local churches who will have informational tables here for anyone who is looking to become part of a faith community. (Rescheduled from the Jan date).



• **FRIDAY, FEB 28 @ 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, FEB 28 @ 1 pm: Happy? Ya! Ya! Crew: National Skip the Straw Day** | Let's repurpose those straws that are in our cupboards! We will be making a straw craft and reminding everyone that straws can cause damage to our natural environment. **Monthly HYY Gathering at Harleysville Hotel at 3:45pm.**

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!



Scan me

We hope you can join us for something new to you this month!

Encore Member of the Month: Pat Boos

Pat is an integral part of our lobby crew, bringing compassion and cheer to all who come in for company and a good meal. She's always helping our TransNet riders on and off the bus, and getting folks their coffee or water when they need a helping hand. She'll rally people to come to our presentations, whether it is about a health topic or Senior safety. She encourages people to join in on any fun events, like sing-alongs or Wii Jeopardy. Pat is someone who knows how to bring people together and looks out for everyone. We love when you come in to spend time with us, Pat!

