



• **EVERY THURSDAY in NOV, 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. From October through December, Master's level students from Gwynedd Mercy University will be at Encore every Thursday. There will be opportunities for group and 1:1 activities.



• **FRIDAY, NOV 1, from 10:00 am to 12:00 pm: Open Enrollment Presentation Sponsored by United Healthcare** | Charles Siniari, CSA, will provide an overview of Medicare Open Enrollment and the plans available to you. He aims to look at your needs, explore your choices, and help you decide on a plan with confidence. **Please sign up with Gina in the office by Wednesday, October 30th.**



• **FRIDAY, NOV 1 @ 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, NOV 1 @ 1:00 pm: Happy? Ya! Ya! Crew: Show and Tell** | This will be an intergenerational activity with Corpus Christi Outreach Students. Bring a photo and an item of loved one(s) you miss, to introduce to our group. We will sing, march, and create a web of yarns.



• **MONDAY, NOV 4 @ 10:30 am: Chair Yoga Class hosted by Independence Blue Cross** | Join us for a FREE Chair Yoga exercise class where you can workout to modified movements & positions based upon yoga.



• **MONDAY, NOV 4, 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, NOV 5 - ENCORE IS CLOSED FOR ELECTION DAY

*After you vote, please join us at The PEAK Center for lunch followed by an Ice Cream Social and Games with Encore and PEAK staff. RSVP to Gina by 10/25 so we can prepare!*



• **WEDNESDAY, NOV 6, from 10:00 am 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 Friday, November 1st.**



• **WEDNESDAY, NOV 6 @ 1:00 pm: Memory Lane: Autumn and Thanksgiving Traditions** | Tell us about the family traditions you like to uphold at this beautiful time of year. This is a great opportunity to get to know each other a little better.



• **THURSDAY, NOV 7, from 11:00 am to 12:00 pm: Help Yourself to Healthy Living: "Ouch! What is acute and chronic pain?" by Jefferson Health** | Learn how to alleviate your pain. *Get your free blood pressure check beforehand from 9:30am to 10:45am.*



• **FRIDAY, NOV 8 @ 9:00 am: Breakfast Club** | This month we will visit West Main Diner (805 W Main St, Lansdale). Each person will pay their own bill and supply their own transportation. Please RSVP at either Center by 11/1 so we can arrange seating together.



• **FRIDAY, NOV 8 @ 1:00 pm: Happy? Ya! Ya! Crew: Abet and Aid Punssters Day!** | Today we celebrate all puns & Dad jokes. Bring at least 5 to share and a smile snare! Hopefully we will create a few Encore originals.



• **TUESDAY, NOV 12: Walking with Weights is canceled today.**

• **WEDNESDAY, NOV 13 @ 10:30 am: Diamond Art: Dog/Cat Magnets with Laura** | Try out this unique artistic method of decorating magnets, which is also therapeutic for your hand/finger dexterity. **The cost is \$2; please sign up with Gina in the office by Friday, November 8th.**



• **WEDNESDAY, NOV 13 @ 1:45 pm: Fall Dessert Making with Trish** | Yum! Come learn how to make Carmel Apple Pizza and sample the deliciousness of your labor!





• **FRIDAY, NOV 15 @ 1:00 pm: Happy? Ya! Ya! Crew: America Recycles Day!** | We will be watching a video to get the latest updates on recycling.



• **TUESDAY, NOV 19, from 9:00 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



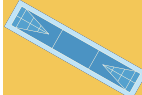
• **TUESDAY, NOV 19, from 11:00 am to 12:00 pm: Ducks in a Row: St. John Neumann Cemetery Informational Table** | Come with questions and leave with answers! No reservations necessary.



• **WEDNESDAY NOV 20th at 10:00 am: Understanding Alzheimer's and Dementia** | Please join Jane Cero, Alzheimer's Association Volunteer Community-Educator, to learn basic information on the difference between Alzheimer's and Dementia. We will also review the stages, risk factors, research, and FDA-approved treatments for Alzheimer's.



• **WEDNESDAY NOV 20, from 12:00 pm to 1:30 pm: Special Thanksgiving Lunch** | Join us for Roast Turkey Breast, Mashed Potatoes & Gravy, Peas & Carrots, Roll & Butter and Pumpkin Pie for dessert. There will be classic entertainment by a small group of Mummers to get us into the holiday groove! **Please RSVP to Gina in the office by Friday, November 15th; Cost \$10.**



• **THURSDAY, NOV 21 @ 1:30 pm: Indoor Shuffleboard** | We know a lot of you play on the outdoor shuffleboard court, but we are thinking ahead to the bad weather. Come try out our new "makeshift" indoor court and see how close it is to the real thing.



• **THURSDAY, NOV 21 @ 4:30 pm: Dinner Outing** | Join us for some delicious food and fun company at JJ Asian (627 Main Street, Harleysville). Everyone provides their own transportation and pays their own bill. **Please RSVP to Gina or Sabrina by Thursday, November 14th.**



• **FRIDAY NOV 22 @ 9:30 am: Veterans' Coffee Catch-Up** | Come relax and enjoy some conversation and goodies! **PLEASE NOTE: this is a different Friday since we are closed on the last Friday of the month.**



• **FRIDAY, NOV 22 @ 1:00 pm: Happy? Ya! Ya! Crew: National Cranberry Relish Day!** Make your favorite cranberry relish and bring some in to share. We will also enjoy a musical performance of Autumn and Thanksgiving songs by the students of the YMCA Day Program. We will gather at Villa Vito afterwards.



• **TUESDAY, NOV 26 @ 1:30pm: Jane Evans' Stretch & Tone class will take the place of Zumba today.**

• **WEDNESDAY, NOV 27 @ 1:00 pm: Movie Matinee** | Join us for an afternoon movie. Concessions will be available at no charge. Contact Gina for additional information and to sign up.



**THURSDAY, NOV 28 AND FRIDAY NOV 29: CLOSED FOR THE THANKSGIVING 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

*"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."*

- William Arthur Ward