

**\*September Programming note: Tai Chi will be cancelled on Sept 9th, 11th, 16th & 18th.  
Walking with Weights will be cancelled on Sept 17th & 24th \***



• **TUESDAY, SEPT 3, from 9:00 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, SEPT 3, 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, SEPT 3 @ 1:30 pm: Stretch & Tone with Jane will take the place of Zumba today.**



• **WEDNESDAY, SEPT 4 @ 12:30 pm: Ice Cream Social hosted by The Birches** | They make senior living what it should be – affordable and fun. This small, intimate community excels, thanks to their friendly staff and compassionate caregivers, where getting to know their residents is a top priority. One BIG family is how best to describe it. The Birches at Harleysville is a leading Personal and Memory care community in Montgomery County. Come enjoy a sweet treat and Nicole will answer any questions you may have!



• **WEDNESDAY, SEPT 4 @ 1:00 pm: Movie Matinee** | Join us for an afternoon movie. Concessions will be available at no charge. *Contact Mary Ellen for additional information.*



• **THURSDAY, SEPT 5, from 11:00 am to 12:00 pm: Help Yourself to Healthy Living: "Take a Deep Breath," by Jefferson Health** | Acquire knowledge regarding advances in respiratory illnesses and treatments. *Get your free blood pressure check beforehand from 9:30am to 10:45am.*



• **FRIDAY, SEPT 6 @ 9:00 am: Breakfast Club** | This month we will try out the menu at Peeps Diner (333 Main Street, Harleysville). Each person will pay their own bill and supply their own transportation. *Please RSVP to Gina or Sabrina, in person or by calling 215-256-6900 by Fri, 8/30 so we can arrange seating together.*



• **FRIDAY, SEPT 6 @ 1:00 pm: Happy? Ya! Ya! Crew: National Food Bank Day** | It's the final day of the Happy? Ya! Ya! Crew's canned food drive for our local food banks. We'll be tallying the weight of the donated items and packing the items for delivery. Who will have the best guess for the total weight of food collected?



• **WEDNESDAY, SEPT 11 @ 10:30 am: Healthy Living for your Brain and Body – Alzheimer's Association** | For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. *Please sign up with Gina in the office by Mon, 9/9.*



• **WEDNESDAY, SEPT 11 @ 1:00 pm: Aetna's Medicare Bingo with Yasmeen** | There will be information, fun and prizes! *Please sign up with Gina in the office by Mon, 9/9.*



• **FRIDAY, SEPT 13 @ 1:00 pm: Happy? Ya! Ya! Crew: Positive Thinking Day** | For this first Friday the 13th in 2024, we will celebrate Positive Thinking! Be sure to dress positively and bring 5 positive thoughts/sayings in writing that impact you and that you are willing to share with the group. We'll be singing, laughing & playing.



• **MONDAY, SEPT 16 @ 1:00 pm: Biomechanical Footwear Presentation** | Join Liz Kim from AposHealth to learn about a biomechanical footwear medical device to aid in relieving lower back and knee pain. It works by redistributing weight to the lower extremities to a more comfortable, less painful position. Clinical studies report that within 3-6 months, 70% of patients have reported a decrease in pain, and 89% have avoided total knee replacements. Independence Blue Cross (including Keystone 65) and Highmark plans cover the footwear 100% as a covered benefit. *Please sign up with Gina in the office by Fri, 9/13.*



• **TUESDAY, SEPT 17, from 8:30 am to 12:30 pm: AARP Driver Refresher Course** | Open to participants 55+ who have successfully completed the 8 hr course within the previous 36 months. \$20 for AARP members, \$25 for non-members, checks payable to AARP. Check with your auto insurance carrier to see if you are eligible for a premium discount after course completion. *Please register in advance with Gina in the office.*

# SPECIAL PROGRAMS

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



• **TUESDAY, SEPT 17, from 9:00 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, SEPT 17, 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, SEPT 18 @ 11:00 am: Knee Pain Workshop by Total Performance Physical Therapy** | Are you dealing with knee pain that interferes with your daily life, wondering what's causing it, and if injections could help? How about surgery, and knee replacements? Come and meet Dr. Austin Dressler, PT, DPT and find out the common causes of knee pain, and see if physical therapy is right for you!



• **WEDNESDAY, SEPT 18 @ 1:00 pm: Fly Swatter Art** | Join us outside as we attempt to keep the flies away from us while we are swatting colors at the canvas! This unique art technique will be entertaining as well as decorative. *Please sign up with Gina in the office by Fri, 9/13.*



• **THURSDAY, SEPT 19 @ 10:00 am: Decoupage with Cindy Cinderella** | Take part in our class and gain an understanding of the decoupage technique through the process of creating coasters. With Cindy's guidance, this class will be fun, engaging, and informative. Supplies provided. *Please sign up in the office by Tues, 9/17.*



• **THURSDAY, SEPT 19 @ 12:00 pm: Special Lunch** | Lunch today will be Stuffed Flounder Florentine, Rice Pilaf, Veggie Medley, and Apple Crisp for dessert! We will have a special guest, Pat the Hat, crooning some old favorites for us during lunch! *Please RSVP to Gina in the office by Fri, 9/13; \$8 cost.*



• **FRIDAY, SEPT 20 @ 1:00 pm: Happy? Ya! Ya! Crew: National Punch Day** | No, not that kind of punch, we are all friends here! Show and tell with your favorite punch bowl and/or punch recipe. Of course, there will be sampling!



• **MONDAY, SEPT 23 @ 4:30 pm: Dinner Outing @ Energy Station in the Shelly Square Shopping Center** | Join us for some delicious food and fun company! Everyone provides their own transportation and pays their own bill. *Please RSVP to Gina or Sabrina by Mon, 9/16.*



• **WEDNESDAY, SEPT 25 @ 12:00 pm: September Birthday Lunch Celebration** | Join us for a sweet treat and celebration. September birthdays, make sure to put your name on the whiteboard in the dining room so we can recognize you.



• **WEDNESDAY, SEPT 25 @ 1:00 pm: Living in Guatemala – Land of Eternal Spring** | Join our Executive Director, Liz Beil, to explore the rich Mayan culture and learn about the projects Liz worked on during her 10 years in Guatemala.



• **FRIDAY, SEPTEMBER 27 at 11:00am: "Celebrating Fall" Sing-Along, presented by Senior "DJ" Group** | Sign up for lunch that day & come early to join our friends from TriCounty Active Adult Center as they lead us in song!



• **FRIDAY, SEPT 27 @ 1:00 pm: Happy? Ya! Ya! Crew: National BRAVE Day** | Wear a RED hat for the kickoff day for Encore's Big Red Hatters and bring your calendar so we can plan some Big Red Hatter events.

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 Scan the QR code with your phone camera to view these descriptions on your phone right now! We hope you can join us for something new to you this month!



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