



TUESDAY, JULY 2 from 9:00 am to 10:20 am: Haircuts with Robin | \$10 dry haircuts with Robin, by appt only. Call Gina at 215-256-6900 to schedule.



TUESDAY, JULY 2 @ 10:00 am: Stamp Club | On the 1st Tuesday of every month, a small group talks 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!



THURSDAY, JULY 4 & FRIDAY, JULY 5: CLOSED for the 4th of July Holiday!



TUESDAY, JULY 9 from 10:00 am to 2:00 pm: Social Services with Carol Costlow | Carol Costlow will be at Encore to help you with social service issues such as LIHEAP, PA Property Tax / Rent Rebates, SNAP benefits, and more. Call Gina at 215-256-6900 to schedule your appointment.



WEDNESDAY, JULY 10 from 10:30 am to 12:00 pm: Cash for Gold | Leave your wallet at home, but bring your old or broken gold, silver, or platinum jewelry and coins and turn it into CASH! Bring that class ring, broken necklace, sterling silver flatware set, silver coins, or even dental gold and leave with CASH in your pocket!



WEDNESDAY, JULY 10 @ 12:00 pm: Monthly Birthday Celebration | We will celebrate our July Birthdays during lunch! **July Birthdays, write your name on the whiteboard in the dining room.**



WEDNESDAY, JULY 10 @ 1:00 pm: Rock Painting Arts & Crafts | Help us decorate our Encore gardens with your uniquely designed works of art. This is a free activity with supplies included! **Please sign up with Gina in the office.**



WEDNESDAY, JULY 10 @ 5:00 pm: Dinner Outing: Bingo Night at So Much to Give Inclusive Café | Join us at 3401 W. Skippack Pike in Cedars for dinner and some bingo fun! There is an elevator there for easy access to the second floor. Everyone will provide their own transportation and pay their own bill. **Please RSVP to Gina @ Encore or Sabrina @ PEAK by Wednesday July 3rd.**



THURSDAY, JULY 11 from 9:00 am to 12:00 pm: Medicare Counseling | By appt only. PA MEDI is an independent, free health insurance counseling program to help PA residents age 65+, and those with disabilities and health insurance concerns. Call Gina at 215-256-6900 to schedule an appointment.



THURSDAY, JULY 11 from 9:30 am to 11:30 am: ScamJam Seminar hosted by PA Senator Pennycuick's Office | Join us for this financial fraud prevention programming geared for retirees and seniors. Includes multiple guest speakers from local, county, and state government agencies. You will learn how to identify and protect yourself from fraud and scams. **Please sign up with Gina in the office by Monday, July 8th.**



THURSDAY, JULY 11 @ 12:30 pm: Advisory Council | Advisory Council is a monthly meeting of members and staff to share ideas and feedback. Open and welcome to all!



FRIDAY, JULY 12 @ 11:00 am: Resource Office Hour | PA State Representative Donna Scheuren's office staff will be on site to help you with resources offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property, and more! This is also a time to share any feedback you have for our legislators directly with their staff.



FRIDAY, JULY 12 from 11:00 am to 1:00 pm: Shiatsu Massage Appointments | 15-minute, fully clothed chair massages by Kerry Palanjian, an experienced Shiatsu practitioner. The cost is \$20 paid directly to Kerry via cash, check, Venmo or Zelle. **Schedule with Gina, or call Kerry at 215-622-4359.**



FRIDAY, JULY 12 @ 1:00 pm: Happy? Ya! Ya! Crew: Bag your Jello | Bring a treat made with jello. We'll do games and crafts involving paper bags.

ENCORE SPECIAL PROGRAMS CONTINUED...



MONDAY, JULY 15 @ 1:00 pm: Stonewell Nutrition Trail Walk | Join us for a walk and talk about nutrition as we stroll along the Harleysville Trails near Alumni Avenue. Barbara MacFarland, a Registered Dietitian from Stonewell Nutrition, will be your guide and lead the way. **Please pre-register with Gina in the office by Friday, July 12th.**



TUESDAY, JULY 16 from 9:00 am to 10:20 am: Haircuts with Robin | *By appt only*



TUESDAY, JULY 16 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, JULY 17 @ 1:00 pm: Aetna Medicare Bingo | Join us after lunch for some fun, prizes, and to learn about Medicare benefits with the Aetna experts! **Please sign up with Gina by 7/15.**



WEDNESDAY, JULY 17 @ 1:00 pm: Aerobic Kickboxing | Channel your inner Rocky Balboa as you jab, cross, hook, uppercut and (safely) kick your way to improved endurance, coordination, and strength. No equipment necessary and all fitness/skill levels welcome! Class is FREE and sure to be a hit.



THURSDAY, JULY 18 from 11:00 am – 12:00 pm: Help Yourself to Healthy Living: "Beat the heat and get great sleep!" | Gain an understanding of obstructive sleep apnea treatments and best sleep practices. **Get your free blood pressure check beforehand from 9:30am to 10:45am.**



FRIDAY, JULY 19 @ 11:00 am: Prayer Care Group | Come join this peaceful fellowship of prayer to praise God. We pray for those in need of guidance, wisdom, comfort, and direction. If you cannot attend, ask the Greeter for a prayer request card so that the group can include your prayer intentions too. All are welcome!



FRIDAY, JULY 19 @ 1:00 pm: Happy? Ya! Ya! Crew: National Words with Friends Day | Today we will do some word related activities, including a spelling bee! BZZZZ.



WEDNESDAY, JULY 24 @ 1:00 pm: Ashby Law Office's Presentation on Wills, Power of Attorney, and Advanced Directives | Wendy Ashby will explain these documents, and help us to understand the difference between them and why they are so important. **Please sign up with Gina by Fri, July 19th.**



WEDNESDAY, JULY 24 at 2:00 pm: Shark Week | Celebrate Shark Week with a viewing of the timeless classic *Jaws*...and stay out of the water! Refreshments will be provided.



THURSDAY, JULY 25 from 9:00 am to 12:00 pm: Medicare Counseling | *By appt only.*

THURSDAY, JULY 25 from 10:00 am to 2:00 pm: Social Services with Carol Costlow | *By appt. only*



FRIDAY, JULY 26 @ 9:30 am: Veterans' Coffee Catch-up | Join our veterans for some coffee & home-baked goodies with special resource guest: Tanel Homecare & Staffing Agency. They will explain the VA Authorized Home Health Aide Services program that is designed for Veterans requiring assistance with daily activities and personal care, as well as those who are socially isolated or whose caregivers are under strain. They will also explain how a loved one can get paid to be your caregiver!



FRIDAY, JULY 26 @ 1:00 pm: Happy? Ya! Ya! Crew: National Disability Independence Day | Wear your Red, White, and Blue and be prepared to make some noise!



TUESDAY, JULY 30 @ 1:00 pm: Exploring Philadelphia's Historic Area Virtually | Join Philadelphia tourist and local historian, Norm Danis, for a virtual exploration of Philadelphia's Historic area.

TUESDAY, JULY 30 @ 1:30 pm: Zumba will be replaced with Stretch and Tone with Jane today



WEDNESDAY, JULY 31 from 12:00 pm to 1:30 pm: Special "Cowboy" Lunch | Dine on BBQ Chicken Breast, Cowboy Caviar (bean salad), Corn on the Cobb, Biscuits and Trish's Homemade Raisin Rice Pudding! There will be a pop-in appearance by "Johnny Cash" to put us in an Old West frame of mind. Wear your cowboy duds! **Cost this month is only \$8; please sign up with Gina in the office.**