



• **EVERY THURSDAY in MARCH, from 10 am to 2 pm: Gwynedd Mercy University 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 on Thursdays through May 1. **Please note that the students will not be at Encore on March 13 due to Spring Break.**



• **MONDAY, MARCH 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.



• **MONDAY, MARCH 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! We thank Carol Hoy for making this valuable service available to our Seniors in our secure environment.



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



• **TUESDAY, MARCH 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, just come join us!



• **WEDNESDAY, MARCH 5 @ 1 pm: I'll Knock a Homer for You: The Timeless Story of Johnny Sylvester and Babe Ruth** | During the 1926 World Series, Babe Ruth promised an ailing boy from New Jersey named Johnny Sylvester that he'd knock a homer for him. In Game 4, that promise became a legend. Come join Andrew Lilley, Producer, Director, Editor, and Johnny Sylvester's great-nephew, as he tells this story and answers questions about the movie from a unique perspective because it is part of his family history.



• **THURSDAY, MARCH 6 @ 11 am: Help Yourself to Healthy Living: "March Forward with Your Nutrition"** | Understand ways to consume a healthy diet while sticking to your budget and enjoying the foods you love! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**



• **THURSDAY, MARCH 6 @ 2 pm: Off-site Movie Matinee** | Come join us in Arbour Square's beautiful theatre room to sit in comfort and enjoy a picture. Look for information to be posted in our lobby with the details. Snacks are included! **Please sign up with Gina in the office by Fri, 2/28.**



• **FRIDAY, MARCH 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, MARCH 7 @ 1 pm: Happy? Ya! Ya! Crew: National Cereal Day** | Bring your favorite cereal and/or a cereal containing recipe to share. Be ready to play the Encore version of Snap, Crackle, Pop!



• **WEDNESDAY, MARCH 12 @ 1 pm: Arts & Crafts: Decoupage Shamrocks with Cinderella** | Join us as we do an Irish themed craft with our volunteer Cindy leading the way. All supplies are included, and this is a FREE activity. **Please sign up with Gina in the office by Mon, 3/10.**



• **THURSDAY, MARCH 13, from 12 to 1:30 pm: Special St. Paddy's Day Lunch** | Chef Trish will prepare Lemon Dill Salmon with roasted potatoes, herbed vegetable medley, and Irish Scone. There will be a special dessert, raffle baskets, and entertainment by Celebrations DJ's. Come join the party and wear your Irish themed outfits. **Please sign up with Gina in the office by Fri, 3/7; Cost \$10.**



• **FRIDAY, MARCH 14 @ 1 pm: Happy? Ya! Ya! Crew: National Pi Day** | 3.14 is the ratio between a circle's circumference and diameter. Bring in a pie or some other round dish and we will celebrate 3.14 with a pie-eating contest and other 3.14 activities!



• **TUESDAY, MARCH 18 @ 9 am: Breakfast Club** | This month we will visit Valentino's Bistro. Join us at 518 N. Broad St. in Lansdale. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, 3/10 so we can arrange seating together.**



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



• **WEDNESDAY, MARCH 19 @ 10:30 am: Cooking Class with Teri Wassel MS, RD** | What better way to celebrate the luck of the Irish than a dish of cabbage and noodles? Learn how to make this comforting and easy to prepare Irish meal. **Space is limited, please sign up with Gina in the office by Mon, 3/17.**



• **WEDNESDAY, MARCH 19 @ 1 pm: Hip Pain w/ Eric Finkelstein from Total Performance PT** | Everything you need to know about the hip: arthritis, joint replacements, physical therapy, and recovery from injury/surgery. We will discuss the anatomy of the hip, common injuries, and physical therapy for the hip. We will also dive into hip replacement surgery: when to ask your doctor, what the process looks like, and what to expect with recovery. **Please sign up with Gina in the office by Mon, 3/17.**



• **THURSDAY, MARCH 20, from 10:30 to 11 am: Brain Games w/ GMUSLP Students.**

• **FRIDAY, MARCH 21 @ 12:30 pm: Spring Equinox Karaoke** | Come celebrate new life, new beginnings, and a return to balance! This is a time when day and night stand equal, and in mythology this rare balance is seen as a powerful time for magic and nature. What better time to belt out some sunshine songs!

**COUNT
DOWN**

• **FRIDAY, MARCH 21 @ 1 pm: Happy? Ya! Ya! Crew: National Countdown Day #321** | We'll start with a celebration in song that Spring has sprung! Then we'll create a countdown for our next big HYY event. Bring a list of 2 countdown events in your life that were significant. Then, a game or two as well! 3-2-1 go!



• **WEDNESDAY, MARCH 26 @ 1 pm: Women's History Month Trivia** | Join us for some intriguing questions that highlight the women who made well-known contributions to our society. There will be prizes!



• **WEDNESDAY, MARCH 26 @ 4 pm: Dinner Outing @ Franconia Heritage Restaurant** | Our dinner outings are back! Join us at 508 Harleysville Pike, Telford, PA. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Fri, 3/21 so we can sit together.**



• **THURSDAY, MARCH 27, from 10:30 to 11 am: Brain Games w/ GMUSLP Students.**

• **THURSDAY, MARCH 27 @ 1 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all March birthdays after lunch with birthday cake and a "Spring Into Healthy Eating" presentation by Estelle Walker on Nutrition & Portion Control. **Please sign up with Gina in the office by Fri, 3/21.**



• **FRIDAY, MARCH 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, MARCH 28 @ 1 pm: Happy? Ya! Ya! Crew: National Something on a Stick Day** | Bring in your favorite treats on a stick to share!

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

Encore Member of the Month: Cynthia Robertson

Cynthia moved into the area just over a year ago and was apprehensive about establishing a new routine and meeting new people, especially when she cannot see. Her daughter brought her in for a tour of Encore and she felt how welcoming our Seniors in our lobby were to her. She prayed about it and felt this place could be her second home. Cynthia immediately became part of that welcoming bunch. She is always doing what she can to help others and giving a cheery shout out to new people who walk in to pull up a chair! She loves that Encore has a non-judgmental atmosphere and that we accept people for who they are. Cynthia commented on how nice it is to be able to talk to people and open up a bit, and that we have a lot of great listeners here. We would include Cynthia in that category too! We at Encore thank you for your sincere heart and acceptance of everyone, and for being a great listener too. We are so happy you found us right when you needed us!

