

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**October  
2024**



Access to our facility, including fitness room, library, pool table, and ample space for socializing, puzzling, & relaxing is available 8 am - 4 pm, M-F.

• • • •

More information about calendar items designated as **\*Special Programming in Orange**, or **\*\*Resources and Services in blue**, can be obtained at our front desk.

• • • •

Detailed descriptions for our regular and recurring programming can be found on our website: [www.ghnps.org](http://www.ghnps.org) or scan below for quick access



Scan me

Lunch is served daily from 12 pm - 1 pm. Advanced Reservations are required. Call 215-256-6900 for all lunch or program reservations and appts.

<p>Lunch is served daily from 12 pm - 1 pm. Advanced Reservations are required. Call 215-256-6900 for all lunch or program reservations and appts.</p>	<p><b>1</b> 9:00-10:20am Haircuts 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:00am Stamp Club 10:30am Scrabble 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p><b>2</b> 8:00am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 11:00am Voter Engagement Specialist* 12:30pm Rest Easy in Retirement Sweet Treat Social* 1:00pm Rummikub</p>	<p><b>3</b> 9:00am Wood Carving 9:30am Stitch &amp; Chat 9:30-10:45am Free Blood Pressure Screenings 11:00am-12:00pm Help Yourself to Healthy Living * 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone &amp; Balance (\$4)</p>	<p><b>4</b> 10:00am Wii Sports or Jeopardy 10:30am Talking with your Doctor- How to Prepare* 11:00am Prayer Care Group 12:30pm Table Toppers* 1:00pm The Happy? Ya! Ya! Crew* 1:30pm Stretch &amp; Tone (\$4)</p>
<p><b>7</b> 9:15am Tai Chi (\$5) 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p><b>8</b> 9:00am-2:00pm Social Service appts w/ Carol ** 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am-12:00pm Cash for Gold!* 10:30am Scrabble 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p><b>9</b> 8:00am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 11:00am Memory Lane: Meeting a Special Someone* 1:00pm Rummikub 1:00pm Breast Cancer Awareness* 6:00pm PA Medi Education Presentation*</p>	<p><b>10</b> 9:00am Wood Carving 9:00am-12:00pm Medicare Counseling Appts** 9:30am Stitch &amp; Chat 10:00am-2:00pm GMU Speech Language Pathology Students on Site* 12:30pm Advisory Council ** 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone &amp; Balance (\$4)</p>	<p><b>11</b> 10:00am Wii Sports or Jeopardy 10:00am Prevent T2 Program (pre-registered participants only) 11:00am State Rep Scheuren Office Hour** 1:00pm The Happy? Ya! Ya! Crew* 1:30pm Stretch &amp; Tone (\$4)</p>
<p><b>14</b> 9:15am Tai Chi (\$5) 1:00pm Senior LAW Center Talk with Lucy Qiu* 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p><b>15</b> 9:00am Breakfast Club @ Franconia Heritage* 9:00-10:20am Haircuts 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 11:00am-12:00pm St. John Neumann Table* 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba</p>	<p><b>16</b> 8:00am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 1:00pm Rummikub 1:00pm PA Medi Open Enrollment Education*</p>	<p><b>17</b> 9:00am Wood Carving 9:30am Stitch &amp; Chat 10:00am-2:00pm GMU SLP Students on Site* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone &amp; Balance (\$4)</p>	<p><b>18</b> 10:00am Wii Sports or Jeopardy 11:00am Prayer Care Group 12:00pm Special Veterans' Lunch with USO* (\$10, free to Veterans) 1:00pm The Happy? Ya! Ya! Crew* 1:30pm Stretch &amp; Tone (\$4)</p>
<p><b>21</b> 9:15am Tai Chi (\$5) 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p><b>22</b> 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p><b>23</b> 8:00am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 10:30am Peter Wentz talk- Continental Army in MontCo* 1:00pm Rummikub 5:30pm A Toast and Taste of Autumn (Offsite)</p>	<p><b>24</b> 9:00am-2:00pm Social Services Appts w/ Carol** 9:00am Wood Carving 9:00am Medicare Counseling Appts** 9:30am Stitch &amp; Chat 10:00am-2:00pm GMU SLP Students on Site* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone &amp; Balance (\$4)</p>	<p><b>25</b> 9:30am Veterans' Coffee Catch Up 10:00am Wii Sports or Jeopardy 1:00pm The Happy? Ya! Ya! Crew* 1:30pm Stretch &amp; Tone (\$4)</p>
<p><b>28</b> 9:15am Tai Chi (\$5) 10:30am Medicare 2025 Improved! w/ Carl Cutrone &amp; Kim Frattone* 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p><b>29</b> 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4) 4:30pm Dinner Outing @ 1750 Grille @ Holiday Inn</p>	<p><b>30</b> 8:00am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 10:30am Nutritional Program w/ Teri Wassel* 1:00pm Rummikub 1:00pm Halloween Movie Matinee*</p>	<p><b>31</b> Wear your Halloween Costumes! 9:00am Wood Carving 9:30am Stitch &amp; Chat 10:00am-2:00pm GMU SLP Students on Site* 12:00pm Halloween Birthday Celebration Lunch* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone &amp; Balance (\$4)</p>	<p><b>Encore Experiences</b> in Harleysville Part of GHNPS 312 Alumni Avenue, Harleysville, PA 19438 215-256-6900</p>