

**\*Programming note- There will be no Tech Tutoring with Ed this month.**



• **WEDNESDAY, OCT 2 @ 11:00 am: Voter Engagement Specialist, Adam Blum** | Join Adam as he discusses issues related to voting and elections. This includes, but is not limited to: registration, mail-in ballots, deadlines, and satellite offices. Adam's goal is to answer any questions you have so that you feel confident about your vote! *Please sign up with Gina in the office by Friday, September 27th.*



• **WEDNESDAY, OCT 2 @ 12:30 pm: Rest Easy in Retirement, Sweet Treat Social and Seminar** | Join us for this free event with local experts to help you take the guesswork out of your Golden Years! Please sign up for lunch on our RSVP form or let us know if you are just coming for the dessert! *We will need our numbers by Friday, September 27th so that we have enough sweets to serve to the crowd!*



• **THURSDAY, OCT 3 @ 11:00 am: Help Yourself to Healthy Living: "Join the fight, one step at a time!"** | Learn about the latest updates with cancer, including treatments. *Don't forget to get your free blood pressure check from 9:30am to 10:45am.*



• **FRIDAY, OCT 4 @ 10:30 am: Talking with your Doctor: How to Prepare** | Join Debbie Jankowski of Montgomery County Senior Services for this engaging discussion about what to do in preparation for your doctors' appointments so that you can have a successful conversation about your health concerns, make decisions with your doctor, and much more! *Please sign up with Gina in the office by Wednesday, October 2nd.*



• **FRIDAY, OCT 4 @ 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 our centerpieces. No experience necessary.



• **FRIDAY, OCT 4 @ 1:00 pm: Happy? Ya! Ya! Crew: Body Language Day** | What is really being communicated by your posture and walk? Come join us and let your body talk!



• **TUESDAY, OCT 8, 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!



• **WEDNESDAY, OCTOBER 9 @ 11:00 am: Memory Lane, Meeting a Special Someone** | You know how there are some people you just can't forget meeting for the first time? Be it a spouse, friend, co-worker, neighbor, etc., bring your story of a memorable first meeting to share. Let's get to know each other a little better!



• **WEDNESDAY, OCT 9 @ 1:00 pm: Breast Cancer Awareness** | Join Estelle Walker from PA Health & Wellness for a health discussion on Breast Cancer, followed up with some light-hearted Halloween trivia with prizes. *Please sign up with Gina in the office by Monday, October 7th.*



• **WEDNESDAY, OCT 9 @ 6:00 pm: PA Medi Education Event** | If you are 65+, or closer to 65 than you'd like to admit, this program is for you! Come out and learn about PA Medi's free, unbiased, volunteer run, State Health Insurance Assistance Program, which assists individuals and family members enrolled or enrolling in Medicare. **PLEASE NOTE THIS IS AN EVENING PROGRAM. RSVP with Gina by Monday, October 7th.**



• **THURSDAY, OCT 10 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, OCT 11 @ 1:00 pm: Happy? Ya! Ya! Crew: National Coming Out Day** | Join us for a viewing of a 2008 movie, followed by a discussion regarding LGBTQ+ issues.



• **MONDAY, OCT 14 @ 1:00 pm: SeniorLAW Center talk** | Lucy Qiu, Esq., Senior Attorney, Victim Services, will present on common scams, how to avoid them and what to do if you have been scammed. She will also talk about the services that the SeniorLAW Center provides.

# SPECIAL PROGRAMS

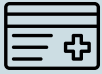
Please sign up for all programs in the binder on the Greeter's Desk at Encore.  
You may also sign up for programs and schedule appointments by calling 215-256-6900.



• **TUESDAY, OCT 15 @ 9:00 am: Breakfast Club** | This month we will visit Franconia Heritage Restaurant. Each person will pay their own bill and supply their own transportation. *Please RSVP by Wednesday, October 9.*



• **TUESDAY, OCT 15, 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, OCT 16 @ 1:00 pm: PA Medi: Open Enrollment Education** | Medicare's Open Enrollment is coming! PA Medi provides free, unbiased counselling for your Medicare options. Come hear how this free service can help you understand Medicare and changes coming for 2025. *Please sign up with Gina in the office by Friday, October 11th.*



• **THURSDAY, OCT 17 from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students on site**

• **FRIDAY, OCT 18 @ 12:00 pm: Special Veterans' Lunch** | All are welcome to celebrate our Veterans with this lovely Roast Beef luncheon. It includes a Mixed Green Salad, a Baked Potato, Vegetable Medley and Apple or Cherry Pie for dessert. We will have USO 1940's entertainment by Lorri Woodward. *Please RSVP to Gina in the office by Friday, October 11th; \$10 cost, VETERANS FREE!*



• **FRIDAY, OCT 18 @ 1:00 pm: Happy? Ya! Ya! Crew: National Leggings Day** | We're not pulling your leg! It's time to get those leggings out and wear them!



• **WEDNESDAY, OCT 23 @ 10:30 am: Peter Wentz: Continental Army in MontCo w/ LeAnne Sykes** | Everyone knows about General George Washington and the Continental Army's encampment at Valley Forge, but that wasn't the General's first or only stay in Montgomery County. In fact, the army traveled extensively in our area during the Revolutionary War. Join this presentation to find out why the army was in Montgomery County and learn about some of the more well-known places Washington stayed.



• **FRIDAY, OCT 25 @ 1:00 pm: Happy? Ya! Ya! Crew: National Breadstick Day** | Let's make breadsticks!



• **MON, OCT 28 @ 10:30 am: Medicare 2025 Improved!** | Carl Cutrone & Kim Frattone of Covenant Insurance will present on changes to Medicare for the new year. This is an educational seminar with Q&A.



• **TUESDAY OCTOBER 29 @ 4:30 pm: Dinner Outing @ 1750 Grille @ The Holiday Inn** | Located at 1750 Sumneytown Pike, Kulpsville. 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 Friday, October 25th.*



• **WEDNESDAY, OCT 30 @ 10:30 am: County Nutritional Program** | Come join Teri Wassel, MS, RD for her Nutritional Program as she prepares a Roasted Beet, Orange and Goat Cheese Salad. This beet salad recipe is a stunning fall or winter side dish! Roasted beets, goat cheese, scallions and oranges fill it with a delightful mix of textures and flavors. *Pre-registration is required by October 28th; see Gina in the office to sign up.*



• **WEDNESDAY, OCT 30 @ 1:00 pm: Halloween Movie Matinee** | Join us for an afternoon movie. Concessions will be available at no charge. Contact Mary Ellen for additional information.

• **THURSDAY, OCT 31 from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students on site**

**BOO!**

• **THURSDAY, OCT 31 @ 12:00 pm: October Birthday Lunch and Halloween Celebration** | Join us for a sweet treat and celebration. October birthdays, make sure to put your name on the whiteboard in the dining room so we can celebrate you.

Want more information about the regularly occurring programs, classes, clubs, and gaming times at PEAK? 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