



### A note from the Executive Director

Dear Friends,

First, I would like to thank all of you for the positive ways in which you have embraced our rebrand as **SPARK Senior Centers of Montgomery County!** I am so excited to celebrate our 50<sup>th</sup> anniversary with this new chapter of our organization that promotes the vitality of older adults, embraces the bond of our two locations, and continues to spark integral connections for our community.

Speaking of our 50<sup>th</sup> Anniversary ... plans are underway to host a **50<sup>th</sup> Anniversary Celebration on September 12<sup>th</sup> at SPARK Senior Center of Harleysville.** Led by a committee of volunteers and supported by our Advisory Councils from both Centers, this event is not to be missed! I cordially invite you to join us as we honor this milestone. There will be activities throughout the day but the main Open House activities will occur between 12 pm to 6 pm. There will be food, entertainment, speeches, and more! **This is a FREE, family-friendly event open to all members of our community.** The Advisory Councils and 50<sup>th</sup> Anniversary Committee volunteers will be sharing more information so keep an eye out on your email and for information at the Centers. I encourage you to invite your family, friends, and neighbors to join us.

Finally, I cannot let August pass without reminding everyone that **August 21<sup>st</sup> is National Senior Citizen's Day!**



First proclaimed by President Ronald Reagan in 1988, this day is dedicated to recognizing the contributions and achievements of older adults, as well as raising awareness about issues that affect senior citizens. For me, this is a timely issue as the SPARK team works daily to support positive aging and to advocate for the needs of older adults. To our members, thank you for all you have contributed to society and to SPARK!

With gratitude, *Elizabeth Beil*



**SPARK Senior Centers are designed to meet the integral needs of aging adults across Montgomery County, helping Seniors to live Vibrant, Purposeful, and Independent lives at any age.**

### ORGANIZATIONAL SUPPORT

*Elizabeth Beil*  
Executive Director, Ext. 201

*Alexis Drolet*  
Development & Marketing Associate,  
Ext. 202

*Tara Tickin*  
Social Services Coordinator,  
Ext. 203

*Jim McCarthy*  
Bookkeeper

### HARLEYSVILLE

312 Alumni Avenue  
Harleysville, PA 19438  
215-256-6900, press 1 then 1

*Mary Ellen McCabe*  
Site Manager, Ext. 105

*Gina Sergio*  
Administrative Assistant, Ext. 103

*Patricia Foley*  
Meal Coordinator, Ext. 102

*Deborah Smalls*  
Meal Assistant

### LANSDALE

North Penn Commons  
606 E. Main Street, Suite 1003  
Lansdale, PA 19446  
215-362-7432, press 2 then 1

*Sabrina Davila*  
Administrative Coordinator,  
Ext. 205

*Grace Chung*  
Korean American Services  
Specialist, Ext. 212

*Both Centers Are Open  
Mon - Fri  
8 AM to 4 PM*

[www.sparkseniorcenters.org](http://www.sparkseniorcenters.org)



[www.facebook.com/  
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[www.instagram.com/  
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# SPARK SENIOR CENTERS RESOURCES & SERVICES

## Social Services Appointments with our Social Services Coordinator Tara Ticktin

Looking for help with Property Tax/ Rent Rebates, SNAP benefits, or Medicaid applications? Do you know if you qualify for the monthly food box for seniors? Need help with the forms or understanding the mail from these programs? Call Tara, at 215-362-7432, ext. 203 **Harleysville: Wednesdays, 9:30 am - 2 pm by appt.** **Lansdale: Mon, Tues, Thurs, Fri, 9:30 am - 2 pm by appt.**

## Advisory Council Meetings

A meeting of members and staff to share ideas and feedback.

**Harleysville: Thurs, Aug 14<sup>th</sup> at 12:30 pm.**

**Lansdale: Wed, Aug 20<sup>th</sup> at 12:45 pm\* New Time!**

## Free Legal Consultation Appointments

**Harleysville:** Call 215-256-6900 to schedule.

**Lansdale:** Call 215-362-7432 to schedule for **Tues, Aug 26<sup>th</sup>.**

## PA MEDI Medicare Counseling Appointments

Free, unbiased counseling for Medicare benefits, Medigap insurance, and Medicaid, is offered by trained volunteers. If you are turning 65 this year and becoming eligible for Medicare, this is a valuable resource of reliable information.

**Harleysville:** Call 215-256-6900 for appts **Thurs, Aug 14<sup>th</sup> or 28<sup>th</sup>**

**Lansdale:** Call 610-834-1040, ext. 145 for appts on **Wednesdays.**

## PA State Legislators Office Hours

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.

**Harleysville:** PA State Representative Donna Scheuren's Office:  
**Fri, Aug 8<sup>th</sup>, from 11 am - 12 pm.**

**Lansdale:** PA State Representative Steve Malagari's Office:  
**Tues, Aug 12<sup>th</sup>, from 10 am - 12 pm.**

PA State Senator Maria Collett's Office:

**Wed, Aug 27<sup>th</sup>, from 10 am - 12 pm**

## Do You Need A Ride to SPARK Senior Centers?

For reservations on TransNet to and from our Centers, please call the front desk at the center of your choice.

## Tech Tutoring

Need help with a computer, smartphone, or tablet?

**Harleysville:** Call to make an appt with Tech Tutor Ed, for any **Wednesday in Aug, 10:30 am - 12 pm**

**Lansdale:** Call to make an appt for any **Friday in Aug, 11 am - 1 pm**

## PA Property Tax/Rent Rebate

Applications for the 2024 tax year will be accepted until **December 31st, 2025**. Rules to apply to applicants for the 2024 tax year: **both** homeowners and renters can have income up to **\$46,520** and the rebate amounts will increase over previous years. More information about this rebate can be found at [bit.ly/4c0HmjQ](https://bit.ly/4c0HmjQ). Several school districts now offer a tax rebate to their residents who have first qualified for the latest PA Property Tax/Rent Rebate for 2024. To learn more or get rebate applications, call 215-362-7432 ext. 203.

## Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a seasonal program offering eligible households a grant toward heating costs. Applications for next season will be available **Nov 2025**. More info is available at:

<https://www.pa.gov/agencies/dhs/resources/liheap.html>

## Farmers' Market Vouchers

Each Center has given out all of our available vouchers. If you received a set, you can use the vouchers at your favorite participating farmstand through Nov. 30th. There MAY be additional vouchers available for distribution directly from the *Share Food Program*. You can stop into either center for an application to mail directly to the program. This application does not guarantee that you will receive a set of vouchers, as they are limited in availability.



*Shelby Leight*

Direct: 215.892.2178

Office: 267.733.0777

[shelbysellsrealestate.com](http://shelbysellsrealestate.com)




**SRES**  
Seniors Real Estate Specialist

## Planning Ahead? Let's Talk Options.

### The best time to make a plan is before you need one.

Whether you're thinking about downsizing, relocating to be closer to family, or just want to get a sense of your home's current value, I'm here to help you explore all your options.

Let's talk about what's next, even if you're not ready to move just yet.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  </div>				
BBQ Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese, Broccoli, Pineapple, Milk  <b>9:15am</b> Tai Chi (\$5) <b>1:30pm</b> Art Class (\$5) <b>1:30pm</b> Bingo for Bucks	Chicken Pot Pie over Egg Noodles, Green Salad, Peaches, Milk  <b>9-10:20am Haircuts (\$10)*</b> <b>9:15am</b> Walking w/ Weights (\$4) <b>9:30am</b> Group Trivia <b>10am Stamp Club*</b> <b>10:30am-12pm Cash for Gold*</b> <b>10:30am</b> Scrabble <b>12:30pm</b> Pinochle <b>1pm</b> Mahjong <b>4:30pm "Dance with Lysandra" class (\$4)</b>	<b>SPECIAL LUNCH \$10:</b> Homemade Pepperoni or Cheese Pizza, Greek Salad, Brownie w/ Raspberry Sauce  <b>8am</b> Chess <b>9:15am</b> Tai Chi (\$5) <b>9:30am</b> Coloring for Calmness <b>9:30am-2pm Social Services Appts w/ Tara**</b> <b>10:30am-12pm Tech Tutoring Appts w/ Ed**</b> <b>12pm Special Lunch w/ The TRAAC Singers, Summer Sing-Along (\$10)*</b> <b>1pm</b> Rummikub	Meatloaf with Gravy, Mashed Potatoes, Green Beans, Fruit Cup, Milk  <b>9am Breakfast Club @ Energy Station*</b> <b>9am</b> Wood Carving <b>9:30am</b> Stitch & Chat <b>9:30-10:45am Free BP Screenings*</b> <b>11am Help Yourself to Healthy Living: Mental Health*</b> <b>12:30pm</b> Bridge / Skip-Bo <b>1:30pm</b> Tone & Balance (\$4)	Baked Lemon Fish, Brown Rice, Vegetable Medley, Pudding, Milk  <b>10am</b> Wii Sports or Jeopardy <b>10am</b> Tai Chi for Arthritis (pre-registered participants) <b>12:30pm Table Toppers*</b> <b>1:30pm</b> Stretch & Tone (\$4) <b>2:30pm</b> Ping Pong
Chicken Burger with Pesto, Roasted Red Peppers, Mozzarella, & Spinach on Whole Grain Roll, Potato Chips, Pineapple, Milk  <b>9:15am</b> Tai Chi (\$5) <b>1:30pm</b> Art Class (\$5) <b>1:30pm</b> Bingo for Bucks	Spaghetti and Meatballs, Green Beans, Mandarin Oranges, Milk  <b>9:15am</b> Walking w/ Weights (\$4) <b>9:30am</b> Group Trivia <b>10:30am</b> Scrabble <b>12:30pm</b> Pinochle <b>1pm</b> Mahjong <b>1:30pm Book Club*</b> <b>1:30pm "Dance w/ Lysandra" Class (\$4)</b>	Chicken Salad Stuffed Tomato on bed of Lettuce, Whole Grain Roll & Butter, Vanilla Pudding, Milk  <b>8am</b> Chess <b>9:15am</b> Tai Chi (\$5) <b>9:30am</b> Coloring for Calmness <b>9:30am-2pm Social Services Appts w/ Tara**</b> <b>10am Good Shepherd Rehab-Dizziness*</b> <b>10:30am-12pm Tech Tutoring Appts w/ Ed**</b> <b>1pm</b> Rummikub <b>1pm Air Traffic Control Towers*</b>	Italian Sausage, Peppers, Onions, & Roasted Potatoes w/ Marinara Sauce, Fruit Cup, Milk  <b>9am</b> Wood Carving <b>9am Medicare Counseling Appts**</b> <b>9:30am</b> Stitch & Chat <b>10:30am Guatemalan Culture w/ Liz &amp; John*</b> <b>12:30pm</b> Bridge or Skip-Bo <b>12:30pm Advisory Council **</b> <b>1:30pm</b> Tone & Balance (\$4)	Baked Cod, Roasted Tomatoes with Mac & Cheese, Mandarin Oranges, Milk  <b>10am</b> Wii Sports or Jeopardy <b>10am</b> Tai Chi for Arthritis (pre-registered participants) <b>1pm YMCA Campers' Play*</b> <b>1:30pm</b> Stretch & Tone (\$4) <b>2:30pm</b> Ping Pong



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tuna Melt on Rye, Low Sodium Tomato Soup, Mandarin Oranges, Milk</p> <p><b>9:15am</b> Tai Chi (\$5) <b>1:30pm</b> Art Class (\$5) <b>1:30pm</b> Bingo for Bucks</p> <p><b>18</b></p>	<p>Paprika Chicken Breast, Brown &amp; Wild Rice, Peas &amp; Cauliflower, Peaches, Milk</p> <p><b>9-10:20am Haircuts (\$10)*</b> <b>9:15am</b> Walking w/ Weights (\$4) <b>9:30am</b> Group Trivia <b>10:30am</b> Scrabble <b>12:30pm</b> Pinochle <b>1pm Hunting &amp; Fishing Social Club*</b> <b>1pm</b> Mahjong <b>1:30pm Stretch &amp; Tone w/ Jane (\$4)*</b></p> <p><b>19</b></p>	<p>Beef Taco Salad, Tortilla Chips, Fruit Cup, Milk</p> <p><b>8am</b> Chess <b>9:15am</b> Tai Chi (\$5) <b>9:30am</b> Coloring for Calmness <b>9:30am-2pm Social Services</b> <b>Appts w/ Tara**</b> <b>10:30am-12pm Tech Tutoring</b> <b>Appts w/ Ed**</b> <b>1pm</b> Rummikub <b>1pm Aetna Medicare 101 Talk *</b></p> <p><b>20</b></p>	<p>Pork Loin, Sauerkraut, Mashed Potatoes, Cranberry Sauce, Milk</p> <p><b>9am</b> Wood Carving <b>9:30am</b> Stitch &amp; Chat <b>12:30pm</b> Bridge <b>12:30pm</b> Skip-Bo <b>1:30pm Tone &amp; Balance w/ Kristin M (\$4)*</b> <b>4:30pm Dinner Outing @ Lansdale Tavern*</b></p> <p><b>21</b></p>	<p>Crab Cake, Sweet Potato Fries, Beet Salad, Fruit Cup, Milk</p> <p><b>10am</b> Wii Sports or Jeopardy <b>10am</b> Tai Chi for Arthritis (pre-registered participants) <b>1:30pm</b> Stretch &amp; Tone (\$4) <b>2:30pm</b> Ping Pong</p> <p><b>22</b></p>
<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll &amp; Butter, Pudding, Milk</p> <p><b>9:15am</b> Tai Chi (\$5) <b>1:30pm</b> Art Class (\$5) <b>1:30pm</b> Bingo for Bucks</p> <p><b>25</b></p>	<p>Swedish Meatballs, Egg Noodles, Carrots &amp; Cauliflower, Apple Sauce, Milk</p> <p><b>9:15am</b> Walking w/ Weights (\$4) <b>9:30am</b> Group Trivia <b>10:30am</b> Scrabble <b>12:30pm</b> Pinochle <b>1pm</b> Mahjong <b>1:30pm</b> "Dance w/ Lysandra" Class (\$4)</p> <p><b>26</b></p>	<p>Mandarin Grilled Chicken on Mixed Green salad with Feta, Almonds, Craisins, &amp; Chow Mein Noodles Whole Wheat Roll &amp; Butter, Milk</p> <p><b>8am</b> Chess <b>9:15am</b> Tai Chi (\$5) <b>9:30am</b> Coloring for Calmness <b>9:30am-2pm Social Services</b> <b>Appts w/ Tara**</b> <b>10am Happy? Ya! Ya! Crew: Let's Get Moving*</b> <b>10:30am-12pm Tech Tutoring**</b> <b>1pm</b> Rummikub <b>1pm Bird House Painting w/ Humana*</b></p> <p><b>27</b></p>	<p>Baked Eggplant Parmesan, Green Salad, Whole Wheat Roll &amp; Butter, Fruit Cup, Milk</p> <p><b>9am</b> Wood Carving <b>9am Medicare Counseling Appts**</b> <b>9:30am</b> Stitch &amp; Chat <b>12:30pm</b> Bridge <b>12:30pm</b> Skip-Bo <b>1pm PA Health &amp; Wellness Bday Celebration &amp; Program*</b> <b>1:30pm</b> Tone &amp; Balance (\$4)</p> <p><b>28</b></p>	<p>Shrimp with Pesto Pasta, Green Salad, Cookie, Milk</p> <p><b>9:30am Veterans' Coffee Catch-Up*</b> <b>10am</b> Wii Sports or Jeopardy <b>10am</b> Tai Chi for Arthritis (pre-registered participants) <b>1:30pm</b> Stretch &amp; Tone (\$4) <b>2:30pm</b> Ping Pong</p> <p><b>29</b></p>

**Items with \*** Indicates Special Programming with additional information available on **pgs. 5-6**

**Items with \*\*** Indicates Resources & Services with additional information available on **pg. 2**

Our center is open **8am - 4pm, Mon-Fri**, with access to our fitness room, library, pool table, and ample space for relaxing, socializing, game playing, puzzling etc. **Programs are free unless otherwise indicated.**



Scan me

Detailed descriptions for all of our regular and recurring programming can be found on our website: **www.sparkseniorcenters.org** or scan the QR code.





# HARLEYSVILLE SPECIAL PROGRAMS

*Please sign up for all programs in person at the Greeter's Desk or by calling 215-256-6900.*



**AUGUST FITNESS CLASS CHANGES** | There will be no "Dance with Lysandra" on August 5. "Dance with Lysandra" will be replaced with "Jane's Stretch and Tone" on August 19. "Stretch and Tone" will be led by Kristin Messina on Aug 21. There will be no Chair Yoga until Fall, as we look to determine the best time.

**FRIDAY, AUGUST 1 @ 12:30 pm: Table Toppers** | Come join our decorating group after lunch to do some fun socializing while also helping make our dining room tables look pretty. No experience necessary!

**TUESDAY, AUGUST 5, from 9:00 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.

**TUESDAY, AUGUST 5 @ 10:00 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!

**TUESDAY, AUGUST 5, 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, 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.

**WEDNESDAY, AUGUST 6, from 12:00 pm to 1:30 pm: Special Pizza Lunch with TRAAC Singers: Summer Celebration Sing-Along** | Come enjoy the TRAAC Singers: Summer Celebration Sing-Along! Trish will be preparing her homemade Pepperoni Pizza (with the option to order Plain Pizza instead), Greek Salad, and Brownies with Raspberry Sauce. **Sign up with Gina by Fri, August 1; Cost \$10.**

**THURSDAY, AUGUST 7 @ 9:00 am: Breakfast Club: Energy Station** | Join us at 2710 Shelly Rd, Harleysville (in the Shelly Square Shopping Center) for our monthly breakfast outing. Each person will pay their own bill & supply their own transportation. **Please RSVP by Mon, Aug 4 so we can call ahead for seating.**

**THURSDAY, AUGUST 7 @ 11:00 am: Help Yourself to Healthy Living: "Addressing Mental Health"** | Mental Health is our #1 Health Priority! Recognize a mental health crisis and actions to take to get help for oneself or others! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**

**TUESDAY, AUGUST 12 @ 1:30 pm: Book Club** | Join our avid readers to engage in conversation about the book of the month, plus take part in voting on which book to read next month.

**WEDNESDAY, AUGUST 13 @ 10:00 am: Good Shepherd Rehabilitation Hospital: Dizziness Presentation** | Danielle Martin, physical therapist from Good Shepherd Rehabilitation, will be discussing the many causes and risk factors for dizziness. **Sign up with Gina by Mon, August 11.**

**WEDNESDAY, AUGUST 13 @ 1:00 pm: Air Traffic Control Towers** | Please join Tony Ditlow as he presents on "How safe is it to fly?" He will discuss the technology you never see, and the voices you never hear, guiding you from takeoff to landing. Even if you don't have a future trip planned, this will be a very educational talk!

**THURSDAY, AUGUST 14 @ 10:30 am: Experience Guatemalan Culture** | Join our Executive Director, Liz Beil, as she presents interesting facts about the Land of Eternal Spring. She will be joined by John McCabe, who has recently returned from a two-month educational program in Guatemala that also included many sight-seeing adventures.

**FRIDAY, AUGUST 15 @ 1:00 pm: YMCA Campers' Play** | Sign up for lunch and then stay for our neighbor's annual musical play here in our own dining room. These young, budding stars will amaze you as they work together to put on a fun, uplifting show.

**TUESDAY, AUGUST 19, from 9:00 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.

**TUESDAY, AUGUST 19 @ 1:00 pm: Hunting & Fishing Social Club** | Come join our group to share your epic adventure stories from your hunting and fishing experiences. Make some new friends who enjoy some of the same activities that you do.

**WEDNESDAY, AUGUST 20 @ 1:00 pm: Medicare 101 by Aetna** | Join us for a free Medicare 101 informational session provided by Aetna designed to help you understand your Medicare options, coverage, and enrollment process. Whether you're new to Medicare or just looking for a refresher, this session will provide clear, easy to understand guidance so you can make confident healthcare decisions. **Please sign up with Gina in the office by Mon, August 18.**



# HARLEYSVILLE SPECIAL PROGRAMS

Please sign up for all programs in person at the Greeter's Desk or by calling 215-256-6900.



• **THURSDAY, AUGUST 21 @ 4:30 pm: Dinner Outing at Lansdale Tavern for National Senior Citizen's Day** | Sign up at either Center for this special dinner outing at 839 W. Main Street, Lansdale. It's a great way for our SPARK Senior Centers to mingle! You must provide your own transportation and pay your own bill. **Please RSVP to Gina or Sabrina by Thurs, August 14.**



• **WEDNESDAY, AUGUST 27 @ 10:00 am: Happy? Ya! Ya! Crew** | Happiness comes from moving together. Join us for seasonal activities featuring simple, easy-to-do movements, such as walking, corn hole, ping pong, etc. This will be an invigorating social and active session, so come on out and make some friends!



• **WEDNESDAY, AUGUST 27 @ 1:00 pm: Humana Birdhouse Painting Activity** | Join Jim Link as he leads us in painting birdhouses for our little feathery friends. He will also be able to answer any questions about Humana insurance services and their CenterWell™ healthcare services, which make it easier for you to achieve your best health. Humana is dedicated to improving health outcomes and well-being for their members, patients and employees. **Please sign up with Gina in the office by Fri, August 22.**



• **THURSDAY, AUGUST 28 @ 1:00 pm: PA Health & Wellness Birthday Celebration & Program** | Come celebrate all August birthdays with birthday cake. Sign up for lunch and stay for the fun!



• **FRIDAY, AUGUST 29 @ 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.

## HARLEYSVILLE SENIOR SPOTLIGHT: MARIANNA TEDESCO



Marianna is a daily attendee of SPARK Harleysville and she is always looking out for everyone here. Her compassion and thoughtfulness are ever-present. She is always praising the help she receives here at the Center. Marianna enjoys the friendships she has made here, the delicious food, and the helpful resources we provide. She says the people are all so kind and understanding and that it is nice being with groups of people that are your own age. She feels the employees are considerate of her needs and help you when you need it. Marianna misses it when she cannot come in. She told her granddaughter it is the highlight of her day coming into SPARK Harleysville. It is a highlight for us when you are here, Marianna!

It's hard to believe that it was just over a month ago that we were dancing and celebrating together at the 2025 Pillar of the Community and 50<sup>th</sup> Anniversary Celebration. Thanks so much to everyone who helped to make the evening such a success! We are still blown away by the way that the community came together to help us achieve such an amazing fundraising goal in just one evening. What a fun night we will never forget!

## 2025 PILLAR of the Community & 50th Anniversary Celebration RECAP

Close to 200 people  
came together to honor  
Bob Schoen



Live Auction items raised  
\$3,750

Silent Auction items raised  
\$4,865

Ticket sales raised  
\$5,200

General Donations raised  
\$6,952

Live Meal Pledges raised  
\$23,000

Advertisers and Sponsors raised  
\$41,050

**Totaling \$84,817**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



“AUGUST IS THE BORDER BETWEEN  
SUMMER AND AUTUMN; IT IS THE MOST  
BEAUTIFUL MONTH I KNOW.”  
-TOVE JANSSON

Pork Pozole (Mexican Stew),  
Rice, Capri Vegetables, Milk

**10am** Fit for the Future (\$4)

**10am** Whist/Other Games

**12:30pm Teri Wassel Pickle  
Making Demo\***

**2pm** Korean Bong Sul

**3pm** Korean Table Tennis

**4pm Korean Choir Class**

**4**

Turkey w/ Gravy, Glazed  
Sweet Potatoes, Green  
Beans, Milk

**10am** Fit for the Future (\$4)

**10am** Whist/Other Games

**11:30am Lunch/Movie  
Matinee\***

**12:30pm Prayer Care Group\***

**2pm** Korean Bong Sul

**3pm** Korean Table Tennis

**4pm Korean Choir  
Class**

**11**

General Tso Chicken, Fried  
Rice, Broccoli, Milk

**10am** Tai Chi (\$4)

**10am Crafts with Friends  
(\$4)\***

**1pm** Game Club

**1pm** Korean Dance/Drums

**1:30pm** Korean Origami

**3:30pm** Korean Smart  
Phone Class

**5**

Sweet Italian Sausage,  
Roasted Potatoes, Steamed  
Peas, Milk

**10am** Tai Chi (\$4)

**10am Story Time w/  
Josephine\***

**10am-12pm State Rep.  
Malagari Office Hours\*\***

**1pm** Game Club

**1pm** Korean Dance/Drums

**1:30pm** Korean Origami

**3:30pm** Korean Smart  
Phone Class

**12**

Meatloaf with Gravy, Mashed  
Potatoes, Mixed Vegetables,  
Milk

**8am-12pm AARP Safe Driver  
Refresher Course\***

**10am** Wii Bowling

**10am** Fit for the Future (\$4)

**10am Medicare Counseling \*\***

**10am-1pm Shiatsu Appts\***

**12:45pm** Progressive Pinochle

**2pm** Korean Bong Sul

**2:30pm** Korean Drawing

**3:30pm** Korean Sax

**6**

**SPECIAL LUNCH \$10:**

Crab Cake Sandwich, Summer  
Corn Salad, Popsicles, Milk

**10am** Wii Bowling

**10am** Fit for the Future (\$4)

**10am Medicare Counseling\*\***

**11:30am Special Lunch: The  
Elvis Pretzel Show (\$10)\***

**12:45pm** Progressive Pinochle

**2pm** Korean Bong Sul

**2:30pm** Korean Drawing

**3:30pm** Korean Sax

**13**

Three Bean Chili with Bulgur  
Wheat Confetti & Pea  
Vegetables, Cold Peaches, Milk

**9am Breakfast Club @ Energy  
Station\***

**9am** Yoga (\$4)

**10:15am** Chair Yoga (\$4)

**12:30pm Food for Thought\***

**1pm** Korean Women's  
Bong Sul

**2pm** Korean Line Dancing

**3pm** ESL for Koreans

**3pm** Korean Sax

**4pm** Korean Creative  
Music Talk

**7**

Cheese Stuffed Shells, Crushed  
Tomato Sauce, Steamed  
Carrots, Mixed Vegetables, Milk

**9am** Yoga (\$4)

**10:15am** Chair Yoga (\$4)

**12:30pm Guatemalan Culture  
with Liz and John\***

**1pm** Korean Women's  
Bong Sul

**2pm** Korean Line Dancing

**3pm** ESL for Koreans

**3pm** Korean Sax

**4pm** Korean Creative  
Music Talk

**14**

Paprika Chicken, Brown & Wild  
Rice Pilaf, Peas & Carrots,  
Poached Pear, Milk

**9:30am** All Levels Pinochle

**10am Aetna Medicare 101\***

**10:30am** Grief Support

**11am-1pm Tech Tutoring\*\***

**12:30pm** Bingo

**12:30pm** Korean Beginner  
Drumming

**1:30pm** Korean Kalimba

**2pm** Korean Bong Sul

**3pm** Korean Book Club

**3pm** Korean Sax

**8**

Swedish Meatballs, Egg  
Noodles, Peas, Peaches,  
Milk

**9:30am** All Levels Pinochle

**10am Traveling Happy? Ya! Ya!  
Crew: Let's get moving\***

**11am-1pm Tech Tutoring\*\***

**12:30pm** Bingo

**12:30pm** Korean Beginner  
Drumming

**1:30pm** Korean Kalimba

**2pm** Korean Bong Sul

**3pm** Korean Book Club

**3pm** Korean Sax

**15**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Waffles and Turkey Sausage Patty, Breakfast Potatoes, Collard Greens, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>12:30pm Veterans' Resource Group*</b> <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Table Tennis <b>4pm Korean Choir Class</b></p> <p><b>18</b></p>	<p>Roasted Tilapia with Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>10-10:30am Free BP Checks*</b> <b>10:30-11:15am Help Yourself to Healthy Living: Mental Health*</b> <b>1pm</b> Game Club <b>1pm</b> Korean Dance/Drums <b>1:30pm</b> Korean Origami <b>3:30pm</b> Korean Smart Phones</p> <p><b>19</b></p>	<p>Baked Mac &amp; Cheese, Stewed Tomatoes, Steamed Green Beans, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am Medicare Counseling**</b> <b>12:45pm Advisory Council**</b> <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Sax</p> <p><b>20</b></p>	<p>Birthday Lunch: White Chicken Chili, Brown Rice, Roasted Zucchini &amp; Stewed Tomatoes, Milk</p> <p><b>9am</b> Yoga (\$4) <b>10:15am</b> Chair Yoga (\$4) <b>12:30pm</b> MontCo Assoc/Blind <b>12:30pm Karaoke Fun*</b> <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>3pm</b> Korean Sax <b>4pm</b> Korean Creative Music Talk <b>4:30pm Dinner Outing @ Lansdale Tavern*</b></p> <p><b>21</b></p>	<p>Chicken Pot Pie, Cauliflower, Cold Apples, Milk</p> <p><b>9:30am</b> All Levels Pinochle <b>10:30am</b> Grief Support <b>11am-1pm Tech Tutoring**</b> <b>12:30pm</b> Korean Beginner Drumming <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>3pm</b> Korean Sax</p> <p><b>22</b></p>
<p>Beef Stroganoff, Egg Noodles, Mixed Vegetables, Cold Peaches, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>12pm Book Club*</b> <b>12:30pm Prayer Care Group*</b> <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Table Tennis <b>4pm Korean Choir Class</b></p> <p><b>25</b></p>	<p>COLD MEAL: Turkey &amp; Cheddar Slider, Carolina Coleslaw, Applesauce, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>12pm Legal Consultations**</b> <b>1pm</b> Game Club <b>1pm</b> Korean Dance &amp; Drums <b>1:30pm</b> Korean Origami <b>3:30pm</b> Korean Smart Phone Class</p> <p><b>26</b></p>	<p>COLD MEAL: Fusilli Salad w/ White Beans, Grilled Marinated Chicken Breast, Canned Pears, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am Medicare Counseling**</b> <b>10am-12pm State Sen. Collett Office Hours**</b> <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Sax</p> <p><b>27</b></p>	<p>Pasta with Meatballs, Peas, Fruit Salad, Milk</p> <p><b>9am</b> Yoga (\$4) <b>10:15am</b> Chair Yoga (\$4) <b>12:45</b> Trivia with Nancy <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>3pm</b> Korean Sax <b>4pm</b> Korean Creative Music Talk</p> <p><b>28</b></p>	<p>Pot Roast Dinner, Steamed Green Beans, Cold Peaches, Milk</p> <p><b>9:30am</b> All Levels Pinochle <b>11am-1pm Tech Tutoring**</b> <b>12:30pm</b> Korean Beginner Drumming <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>3pm</b> Korean Sax</p> <p><b>29</b></p>

**Items with \*** Indicates Special

Programming with additional information available on **pgs. 5-6**

**Items with \*\*** Indicates Resources & Services with additional information available on **pg. 2**

Our center is open **8am - 4pm, Mon-Fri**, with access to self-organized Rummikub, Puzzles, Card Games, Chess, and Creative Coloring. See Sabrina or a greeter at the front desk for questions or to access materials.

**Programs are free unless otherwise indicated.**



Scan me

Detailed descriptions for all of our regular and recurring programming can be found on our website:  
**www.sparkseniorcenters.org**  
or scan the QR code.

606 E. Main Street, Suite 1003, Lansdale, PA 19446  
215-362-7432





# LANSDALE SPECIAL PROGRAMS

*Please sign up for all programs in person at the Greeter's Desk or by calling 215-362-7432.*



• **MONDAY, AUGUST 4 @ 12:30 pm: Pickle Making Demonstration with Teri Wassel** | If you love pickles, you can make your own at home with this fantastic recipe! Fresh sliced cucumbers in a homemade brine with pickling spices, fresh garlic, and dill...you'll be so surprised how easy it can be to make homemade pickles! Come and make your own jar with Chef Teri from the Montgomery County Office of Aging Services. **Pre-registration with Sabrina is required by July 31 – space is limited!**



• **TUESDAY, AUGUST 5 @ 10:00 am: Crafts with Friends** | Suzanne will lead a craft group making bracelets. This time we will be making bracelets to sell as a fundraiser for SPARK Lansdale! **Please RSVP at the desk by Fri, Aug 1.**



• **WEDNESDAY, AUGUST 6, from 8:00 am to 12:00 pm: AARP Safe Driver Refresher Course** | This 4-hour course is open to participants who have successfully completed the 8-hour AARP driver safety program within 36 months prior. Participants 55 years of age or older, may qualify for a state mandated discount on their automobile insurance premium. Participants should contact their insurance company to determine their eligibility. Please bring your driver's license to class. The fee for the course is \$20 for AARP members and \$25 for non-members. **Please bring a check payable to AARP to class. Please register by Wed, July 30.**



• **WEDNESDAY, AUGUST 6, from 10:00 am to 1:00 pm: Shiatsu Massage Appts** | 15-min, fully clothed, chair massages by Kerry Palanjian, experienced Shiatsu practitioner. For pricing information and to schedule an appointment, **sign up at the SPARK Lansdale front desk, or call Kerry directly at 215-622-4359.**



• **THURSDAY, AUGUST 7 @ 9:00 am: Breakfast Club: Energy Station** | Join us at 2710 Shelly Road, Harleysville (in the Shelly Square Shopping Center) for our monthly breakfast outing. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, Aug 4 so we can call ahead for seating.**



• **THURSDAY, AUGUST 7 @ 12:30 pm: Food for Thought: Home Sweet Home** | This month let's talk about "home." Where are some places you've lived? What was your childhood home or first independent home like? (we'd love to see if you have pictures to share!) What things "feel like home" to you? Join us for this casual, meandering conversation as we learn more about one another and deepen our connections.



• **FRIDAY, AUGUST 8 @ 10:00 am: Medicare 101 by Aetna** | Join us for a free Medicare 101 informational session provided by Aetna designed to help you understand your Medicare options, coverage, and enrollment process. Whether you're new to Medicare or just looking for a refresher, this session will provide clear, easy to understand guidance so you can make confident healthcare decisions. **Please sign up with Sabrina in the office by Wed, Aug 6.**



• **MONDAY, AUGUST 11 @ 11:30 am: Movie Matinee & Lunch** | We'll deliver the congregate meal right to your seat OR you can bring your own lunch! **If you'd like the congregate meal during the movie, please sign up with Sabrina by Fri, Aug 8.**



• **MONDAY, AUGUST 11 @ 12:30 pm: Prayer Care** | Come join this peaceful fellowship of prayer to praise God. We pray for those in need of guidance, wisdom, comfort, and direction. All are welcome!



• **TUESDAY, AUGUST 12 @ 10:00 am: Story Time with Josephine** | Josephine will be reading "Kill or Be Killed," by Ogden Nash, "The Leopard Man's Story," by Jack London, & "Two Bottles of Relish," by Lord Dunsany. Join us at SPARK Lansdale or via Zoom. **Email [ebeil@sparkseniorcenters.org](mailto:ebeil@sparkseniorcenters.org) for the Zoom link.**



• **WEDNESDAY, AUGUST 13 @ 11:30 am: Special Lunch with The Elvis Pretzel Show (\$10)** | Enjoy a yummy summer lunch of Crab Cake Sandwich, Summer Corn Salad, Popsicles, & Milk. After lunch, come enjoy classic Elvis tunes at The Elvis Pretzel Show. Elvis Pretzel is an Elvis impersonator who brings his passion to performing for audiences of all ages. He loves to mingle with the crowd and has even promised some teddy bear give-a-ways! **Please sign up with Sabrina in the office by Fri, Aug 8; Cost \$10.**



• **THURSDAY, AUGUST 14 @ 12:30 pm: Experience Guatemalan Culture** | Join our Executive Director, Liz Beil, as she presents interesting facts about the Land of Eternal Spring. She will be joined by John McCabe, who has recently returned from a two-month educational program in Guatemala that also included many sight-seeing adventures.



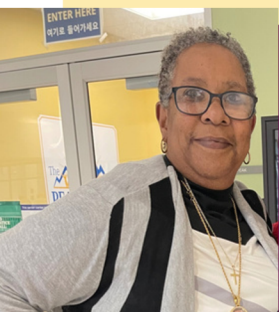
# LANSDALE SPECIAL PROGRAMS

*Please sign up for all programs in person at the Greeter's Desk or by calling 215-362-7432.*



-  **• FRIDAY, AUGUST 15 @ 10:00 am: The Traveling Happy? Ya! Ya! Crew** | Happiness comes from moving together. Join us for seasonal activities featuring simple, easy-to-do movements, such as walking, corn hole, ping pong, etc. This will be an invigorating social and active session, so come on out and make some friends!
-  **• MONDAY, AUGUST 18 @ 12:30 pm: Veterans' Resource Group** | Join Rob from the American Legion for our monthly Veteran's Group. Come to connect with fellow Vets and learn about available resources to support your physical, social, and financial well-being.
-  **• TUESDAY, AUGUST 19, from 10:00 to 10:30 am: Free Blood Pressure Checks** | Free Blood Pressure Checks will be available through Jefferson Health prior to the start of the Health and Wellness program. **Please RSVP in person or by calling 215-362-7432 by Mon, Aug 18.**
-  **• TUESDAY, AUGUST 19 @ 10:30 am: Help Yourself to Healthy Living: "Addressing Mental Health"** | Mental Health is our #1 Health Priority! Recognize a mental health crisis and actions to take to get help for oneself or others!
-  **• THURSDAY, AUGUST 21 @ 12:30 pm: Birthday Cake & Karaoke Fun!** | Enjoy birthday cake courtesy of PA Health & Wellness to celebrate our August Birthdays while you share your favorite tunes with friends and dance along during our Karaoke Fun to celebrate National Senior Citizen's Day. Please share your song requests with the front desk by Wednesday, Aug 20 so we can be prepared. We'll be happy to accommodate song requests during the event too! **If your birthday is in August, please let us know when signing up for lunch.**
-  **• THURSDAY, AUGUST 21 @ 4:30 pm: Dinner Outing at Lansdale Tavern for National Senior Citizen's Day** | Sign up at either Center for this special dinner outing at 839 W. Main Street, Lansdale. It's a great way for our SPARK Senior Centers to mingle! You must provide your own transportation and pay your own bill. **Please RSVP to Gina or Sabrina by Thurs, August 14.**
-  **• MONDAY, AUGUST 25 @ 12:00 pm: Book Club** | This month we will discuss "The Stillwater Girls," by Minka Kent. For more information contact Betty Helpa ([betty.helpa@gmail.com](mailto:betty.helpa@gmail.com)).
-  **• MONDAY, AUGUST 25 @ 12:30 pm: Prayer Care** | Come join this peaceful fellowship of prayer to praise God. We pray for those in need of guidance, wisdom, comfort, and direction. All are welcome!
-  **• SEPTEMBER PREVIEW: Starting FRIDAY, SEPTEMBER 5 @ 10:00 am: Tai Chi for Arthritis** | Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness. Tai Chi for Arthritis helps people with arthritis to improve all these and more. It improves balance both mentally and physically thus significantly reduces the rate of fall of older adults. Additional benefits include improving relaxation, vitality, posture, and immunity. Tai Chi for Arthritis is an 8-session program provided by the Montgomery County Office of Aging Services with each session lasting 45 minutes to 1 hour. Exercises can be done seated or standing. **Spots are limited so please register at the front desk or by calling 215-362-7432.**

## LANSDALE SENIOR SPOTLIGHT: DEBORAH SMALLS



Folks from both Lansdale and Harleysville may recognize Deborah, as she is one of our members that attends both Centers. Deborah comes to us as a graduate of the Common Grounds Program, a culinary training program run by our neighbors at Manna on Main Street. After many years in the food service industry in her previous home state of New York, she was excited to find a way to continue with her culinary passions. Deb loves to cook, and her passion and zest for life shine through in everything she does. She became a regular volunteer in the Lansdale lunchroom, bringing her vibrant energy and enthusiasm for all things related to food. These experiences prepared her to step in as a new hire when a part-time Meal Assistant position opened up in Harleysville. Welcome aboard Deb, we are lucky to have you!