



WEDNESDAY, MAY 1 @ 1:00 pm

Ice Cream Social hosted by Arbour Square | Come enjoy a sweet, frosty treat, compliments of our friends at Arbour Square. They will bring brochures and information on their housing options as well, for anyone who is interested. This is a free event, but don't forget to sign up for lunch in the office if you plan to have a nutritious meal first!



THURSDAY, MAY 2 @ 11:00 am

Help Yourself to Healthy Living: "Strokes are no joke!" | Learn the latest updates on strokes and stroke treatments at Jefferson Abington Hospital and Jefferson Lansdale Hospital. **Get your free blood pressure check beforehand from 9:30am to 10:45am.**



FRIDAY, MAY 3 from 11:00 am to 1:00 pm

Shiatsu Appointments | Kerry Palanjian, an experienced Shiatsu practitioner, will be offering 15-min appointments for a fully clothed chair massage. Shiatsu has a number of health benefits and is shown to improve relaxation and wellbeing. The cost is \$20 for 15 minutes paid to Kerry via cash, check, Venmo or Zelle. **To schedule, call Kerry directly at 215-622-4359, call or see Gina at the front desk.**



FRIDAY, MAY 3 @ 1:00 pm Happy? Ya! Ya! Crew | Theme- Kentucky Oaks- Bet on your favorite horse.



WEDNESDAY, MAY 8 @ 10:30 am

Retrospective Roundtable: "Gardening Tips & Tricks." | Join us for a casual group conversation sharing your gardening stories from over the years. What has worked for you and what has failed!! You might learn something new too!



WEDNESDAY, MAY 8 @ 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, MAY 8 @ 1:00 pm

YWCA Foster Grandparents Program | Heather DeCarlo will be presenting the details of a mutually beneficial opportunity to impact the lives of children, as well as stay engaged in the world during retirement years. Please come out to hear all about this program and the impact it has had on both children and Senior Citizens. **To register, call or see Gina at the front desk.**



THURSDAY, May 9 @ 11:00 am

Prayer Care Group | Join this newly formed opportunity for those wanting to pray with someone else for whatever issue needs to be addressed. We will pray for people who are grieving the loss of a friend or relative, those with family problems, and those with illnesses. We can pray for world events, wisdom, comfort, & direction. Also, to praise God for his faithfulness, & to give Him glory for who He is.

THURSDAY, MAY 9 @ 12:30 pm Advisory Council



FRIDAY, MAY 10 @ 1:00 pm Happy? Ya! Ya! Crew | Theme- National Golf Day - Putting Challenge.



FRIDAY, MAY 10 @ 11:00 am

State Representative Resource Table | Please join PA State Representative Donna Scheuren's office staff for information on services offered to seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property and more!

ENCORE SPECIAL PROGRAMS CONTINUED...



MONDAY, MAY 13 @ 1:00 pm

"Maybe It's Your Medications: Why We Need to Talk," with Dr. Hedva Barenholtz Levy, PharmD |

This presentation will focus on how to avoid unnecessary drug therapy and adverse drug reactions. All too often, an unrecognized adverse drug effect is mistaken for a new medical condition, or worse, a symptom of getting older. Empower yourself to have important conversations about your prescription and nonprescription drugs. **To register, call or see Gina at the front desk by Friday, May 10th.**



TUESDAY, May 14 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 of Rent Rebates, SNAP benefits and more. **Call Mary Ellen for an appointment 215-256-6900.**



THURSDAY, MAY 16 @ 12:00 pm

Monthly Birthday Celebration | Join Encore friends to celebrate our May Birthdays during our congregated meal. **May birthdays, please let Gina know when registering for lunch.**



FRIDAY, MAY 17 @ 12:30 pm

Spring Celebration Sing-Along, presented by Senior "DJ" Group | Join us in celebrating the arrival of Spring! Our friends from the TriCounty Active Adult Center will lead a group sing-along to some of our favorite songs that remind us of springtime. Sign up for lunch and stay for this free entertainment.



FRIDAY, MAY 17 @ 1:00 pm Happy? Ya! Ya! Crew | Shades Day- Wear your sunglasses.



MONDAY, MAY 20 @ 1:00 pm

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. **To register, call or see Gina at the front desk by Friday, May 17th.**



WEDNESDAY MAY 22 @ 10:30 am

Paint & Sip Activity with PA Health & Wellness | Join Estelle Walker as she leads us in a step-by-step painting project with a Memorial Day theme. All supplies are included and refreshments will be served. **To register, call or see Gina at the front desk by Friday, May 17th.**



WEDNESDAY, MAY 22 @ 4:00 pm

Villa Vito Dinner Outing | Our group will be traveling across the street to Villa Vito for a 4:00 dinner. Anyone is invited to meet there. **Please RSVP to Gina at the front desk by Monday, May 20th** so we can call ahead and sit together. Each person will pay their own bill and supply their own transportation.



THURSDAY, May 23 from 10:00 am to 2:00 pm Social Services with Carol Costlow | By appt only.

THURSDAY, MAY 23 @ 11:00 am Prayer Care Group



FRIDAY, MAY 24 @ 1:00 pm Happy? Ya! Ya! Crew | Theme- National Scavenger Hunt Day.



FRIDAY, MAY 24 from 8:30 am to 3:30 pm

Encore Yard Sale | Come check out this indoor/outdoor event with many tables of various goods for sale at bargain prices! RSVP for our Special Picnic Lunch of Burgers, Hot Dogs, Macaroni Salad, and Chips. Your cost will depend on what you order. **If you would be interested in having your own Yard Sale table for \$10, please contact Mary Ellen at 215-256-6900.**



TUESDAY, MAY 28 @ 12:30 pm Korean Dance Performance | The PEAK Korean Dance Group will be performing for us at Encore to share their cultural heritage with us. Be prepared to be dazzled by the costumes and dance moves!



FRIDAY, MAY 31 @ 1:00 pm Happy? Ya! Ya! Crew | Theme- National Smile Day. Make yourself smile!