



Encore
Experiences
in Harleysville Part of GHNPS

SPECIAL PROGRAMS

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



• **MONDAYS in MAY, from 1:30 to 3:30 pm: Art Class with NEW teacher** | Join our Art Class, featuring our new art teacher, Rich Godshall, for instruction in all mediums. Everyone works on their own project and Rich will provide individual instruction to help with your piece. **The cost for these two-hour sessions is \$5.**



• **TUESDAYS after Lunch: Tasty Tuesdays Bake Sale** | Want a freshly baked homemade goody to take home after lunch? For just \$1 you can purchase something yummy, baked just for you by our friends at Encore. All proceeds will go towards GHNPS events & activities. The selection of treats will vary weekly.



• **WEDNESDAYS in MAY @ 2:30 pm: WEEKLY Chair Yoga with Lysandra (\$4)** | Join our gentle, accessible Chair Yoga class for seniors looking to improve flexibility, balance, and overall well-being. This class offers seated or standing, chair-supported poses, making it ideal for those with mobility challenges. No prior yoga experience is needed - just bring comfortable clothing, shoes, and a willingness to move and relax!



• **THURSDAYS in MAY, from 10 am to 2 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. There will be opportunities for group and 1:1 activities, including our popular Brain Games @ 10:30 am. **No students on site May 8th.**



• **FRIDAYS in MAY @ 2:30 pm: NEW Ping Pong Group** | Come check out our brand-new ping pong table and get in on some gaming action. We will play from 2:30 to 4 pm. This is a FREE Activity.



• **THURSDAY, MAY 1 @ 11 am: Help Yourself to Healthy Living: Prevent a Stroke** | Stroke is the number 1 cause of disability in the US! Most strokes are preventable! Learn the steps you can take to prevent a stroke! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**



• **FRIDAY, MAY 2 @ 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, MAY 2 @ 1 pm: Happy? Ya! Ya! Crew: National Sweet Truffle Day!** | Encore Hoagie Sale Day, the running of the Kentucky Oaks, AND eating chocolate truffles! Can life get any better?? Come ready to share some Churchill Downs fun and place your "bets" for May 3rd's 151st Run for the Roses.



• **TUESDAY, MAY 6, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, MAY 6 @ 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!



• **TUESDAY, MAY 6, from 10:30 am to 12 pm: Cash for Gold** | Bring your old or broken gold, silver, or platinum jewelry, class rings, coins, sterling silver flatware, or dental gold, and turn it into CASH in your pocket! Thanks to Carol Hoy for making this valuable service available to us in our secure environment.



• **WEDNESDAY, MAY 7 @ 11 am: QR Codes Deciphered** | Ed Sellers, our Tech Tutoring volunteer, will conduct a short informational class on the use of QR codes. Now that so many places (including our newsletter!) utilize these funny looking square boxes, it's about time we understood them!



• **WEDNESDAY, MAY 7 @ 1 pm: Helpful Tips for Selling Your Home** | Janine Paillard, our long-time kitchen volunteer, is an experienced RE/MAX Central Realtor and will be presenting a seminar on the multitude of steps it takes to getting your house ready for sale. She will break it down for us so that it is not so overwhelming! Bring any questions you have. **Please sign up with Gina in the office by Mon, May 5.**



• **THURSDAY, MAY 8 @ 9 am: Breakfast Club** | This month we will visit Peeps at 333 Main Street, Harleysville. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, May 5 so we can arrange seating together.**



• **FRIDAY, MAY 9 @ 1 pm: Happy? Ya! Ya! Crew: National Lost Sock Memorial Day!** | Let's say goodbye to our missing close-knit friends. Bring in your remaining single socks so we can put them to good use. Be sure to bring some clothes pins!



• **TUESDAY, MAY 13 @ 1:30 pm: Book Club** | Join our avid readers to engage in conversation about the book of the month and take part in voting which book to read next month. We are looking for your help to get this club going, can we count on you?



• **WEDNESDAY, MAY 14 @ 1 pm: Clear Captions with Kathleen Cesario** | Why struggle to use the phone? Thanks to a federally mandated program, you can SEE what your caller is saying! If you have hearing loss that necessitates use of captioned phone calls, come learn about this home/mobile phone friendly equipment with free installation & lifetime support. **Please sign up w/ Gina in the office by Mon, May 12.**



• **THURSDAY, MAY 15 @ 1 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all May birthdays after lunch with birthday cake and an interactive health presentation by Estelle Walker on Mental Health & Preventative Care. **Please sign up with Gina in the office by Fri, May 9.**



• **FRIDAY, MAY 16 @ 1 pm: Happy? Ya! Ya! Crew: National Classic Movie Day!** | Grab some popcorn and join us in viewing parts of a classic movie most favored by Happy? Ya! Ya! participants.



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

• **TUESDAY, MAY 20 @ 9:30 am: Group Trivia, Flip the Script on Aging!** | Come join our weekly Trivia group as they keep their minds sharp with lots of knowledge and lots of laughter.



• **TUESDAY, MAY 20 IS ELECTION DAY. THERE WILL BE NO LUNCH OR AFTERNOON CLASSES TODAY**

• **TUESDAY, MAY 20 @ 4:30 pm: Dinner Outing, 1750 Grille @ The Holiday Inn** | Join us at 1750 Grille @ Holiday Inn in Kulpville. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Tues, May 13 so we can sit together.**



• **WEDNESDAY, MAY 21 & 22, from 8 am to 4 pm: Toy Trains in Motion** | Don't miss this interactive train show comprised of miniature trains winding their way through a village that includes a sawmill, log loader, crane, rockets and whistles. This will bring out the conductor in you!



• **WEDNESDAY, MAY 21, from 10 am to 2 pm: Unclaimed Property Day!** | PA Senator Pennycuick's Office will be here to help you possibly find a lost kiddie that you didn't even know you had. Who doesn't love to find money? No appointment necessary.

• **WEDNESDAY, MAY 21, from 12 to 1:30 pm: Special Lunch with PEAK Tappers (\$8)** | Chef Trish will be serving up Breaded Chicken Tenders, Macaroni & Cheese, Cole Slaw, & Strawberry Short Cake. The PEAK Tappers will take the floor to dazzle us with their dance moves! **Sign up in the office by Fri, May 16.**



• **FRIDAY, MAY 23 @ 1 pm: Happy? Ya! Ya! Crew: Nat'l Taffy Day** | Time for a good old taffy pull!



• **WEDNESDAY, MAY 28 @ 1 pm: Crystal Bowls** | Relax, Refresh & Rejuvenate with Soothing Sounds. Experience a gentle and peaceful Sound Bowl session designed to promote relaxation, calmness, and a sense of well-being. Using the soothing tones of crystal singing bowls, this session will create a serene atmosphere where participants can unwind, release stress, and enjoy the beauty of sound.



• **FRIDAY, MAY 30 @ 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, MAY 30 @ 10:30 am: HypnoFit Living Presentation** | Join Sam Formica for a Hypnotherapy session designed to sweep away mental clutter, dust off negative thoughts, and refresh your mind.

• **FRIDAY, MAY 30 @ 1 pm: Happy? Ya! Ya! Crew: National Creativity Day** | A show and tell day! Bring in your latest creation and share it with us. Yes, we will create something new and special together!

Harleysville Senior Spotlight: Janine Paillard

Janine is a long-time kitchen volunteer at Encore, and she also takes time each year to share her wealth of realty knowledge with us by holding a seminar on how to handle the overwhelming task of selling your home. We appreciate all that Janine shares with us and the feeling is mutual. Janine says that she enjoys Encore because of the friendliness of the members, volunteers and staff. "Coming here every Thursday is one of the highlights of my week. I believe what Encore offers is so vital to everyone involved." Chef Trish says Janine is very bubbly, dedicated and organized, and a tremendous asset to our serving group!

