



A note from the Executive Director

Dear Friends,

This month I am proud to introduce our new name and brand. We are officially...

SPARK SENIOR CENTERS OF MONTGOMERY COUNTY

While our name may be changing, our commitment to you and to our community remains steadfast. The name **SPARK** references the spark of vitality that our seniors embody. It is also an acronym representing the scope of offerings: **S**ervices, **P**rograms, **A**ctivities, **R**esources, and **K**nowledge.

Over the course of our 50-year history, we have gone through many eras, and we are excited to step into the next with the goal of creating a recognizable, cohesive brand that embodies who we are and what we offer with captivating imagery and clear messaging.

With this rebrand, we shift from multiple names to one organizational name and theme. Encore Experiences will now be known as **SPARK Senior Center of Harleysville** and The PEAK Center as **SPARK Senior Center of Lansdale**. With the consistent name and brand image, we provide clarity that we are indeed ONE organization and promote increased collaboration between our Centers.

I recognize that change comes with challenges. I am here to say that the heart and soul of our organization is not changing. We remain committed to helping seniors live vibrant, purposeful, and independent lives at any age. I encourage you to embrace your SPARK of vitality and walk with us as we embrace this next era of our longstanding, senior serving organization. Each day we are sparking connections and enriching lives!

With excitement,

Elizabeth Beil



**SPARK Senior Centers are designed to meet the
wholistic 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

Joanne Allman **Deborah Smalls**
Meal Assistant 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



[www.facebook.com/
sparkseniorcenters](https://www.facebook.com/sparkseniorcenters)



[www.instagram.com/
spark_senior_centers](https://www.instagram.com/spark_senior_centers)

SPARK SENIOR CENTERS RESOURCES & SERVICES

Social Services Appointments with our Social Services Coordinator Tara Ticktin

Looking for food stamps, SNAP benefits, or Medicaid applications? Do you know if you qualify for the monthly food box for seniors? Need help with all the forms or understanding the mail from these programs? Call Tara, at 215-362-7432, ext. 203 to schedule.

Harleysville: Appts. available from **9:30 am - 2 pm every Wednesday.** **Lansdale:** Call to request an appointment.

Advisory Council Meetings

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

Harleysville: **Thurs, July 10th at 12:30 pm.**

Lansdale: **Wed, July 16th 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, July 22nd.**

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 the desk to schedule for **Thurs, July 10th or 24th**

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, July 11th, from 11 am - 12 pm.

Lansdale: PA State Representative Steve Malagari's Office:
Tues, July 8th, from 10 am - 12 pm.

PA State Senator Maria Collett's Office:

Wed, July 23rd, 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 July, 10:30 am - 12 pm**

Lansdale: Call to make an appt for any **Friday in July, 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. 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

The vouchers are expected to be available at some point in June. Contact either Center in June to learn how to receive one set of vouchers per person worth \$25. Eligibility requirements for 2025: 1) You must be 60 years or older, and 2) a Montgomery County resident, and 3) income below \$2,413/mo. or \$28,953/yr. for one person, or \$3,261/mo. or \$39,128/yr. for a couple. Please note that due to federal budget cuts, the supply of vouchers will be less than in prior years. Vouchers are distributed on a first come, first served basis until our supply is exhausted.



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

shelbysellsrealestate.com



SRES 
Seniors Real Estate Specialist

Summer is the Perfect Time to Make a Move!

Whether you're thinking of downsizing, relocating, or simply exploring your options, I am here to guide you every step of the way with patience, professionalism, and a personal touch.

Shelby Leight, Realtor®
A light in your home journey.

Reach out today to schedule a FREE consultation!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>BBQ Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese, Broccoli, Pineapple, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks</p> <p>7</p>	<p>Swedish Meatballs, Egg Noodles, Carrots & Cauliflower, Apple Sauce, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10am Stamp Club* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Stretch & Tone w/ Jane (\$4)*</p> <p>1</p>	<p>Shrimp with Pesto Pasta, Green Salad, Cookie, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am YMCA Campers* 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Humana Indoor 4-Hole Golf Tourney*</p> <p>2</p>	<p>Mandarin Grilled Chicken on Mixed Green Salad with Feta, Almonds, Craisins, & Chow Mein Noodles, Whole Wheat Roll & Butter, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am BP Screenings 11am Help Yourself to Healthy Living Presentation: Immunization Update* 12:30pm Bridge 12:30pm Table Toppers* 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p>3</p>	<p>CLOSED for the 4th of July</p>
<p>BBQ Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese, Broccoli, Pineapple, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks</p> <p>7</p>	<p>Fish & Chips, Cheddar Cheese, Cole Slaw, Apple Sauce, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Book Club* 1:30pm "Dance with Lysandra" class (\$4)</p> <p>8</p>	<p>Chicken Pot Pie over Egg Noodles, Green Salad, Peaches, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am The Road to Valley Forge: Revolutionary War Talk* 10:30am-12pm Tech Tutoring 1pm Rummikub 1pm UPMC Dental Health Presentation*</p> <p>9</p>	<p>Meatloaf with Gravy, Mashed Potatoes, Green Beans, Fruit Cup, Milk</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 12:30pm Advisory Council ** 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p>10</p>	<p>Grilled Chicken Caesar Salad, Whole Wheat Roll, Mandarin Oranges, Milk</p> <p>9am Breakfast Club* 10am Wii Sports or Jeopardy 10am Tai Chi for Arthritis (pre-registered participants)* 11am State Rep. Scheuren Office Hour** 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong</p> <p>11</p>
<p>Chicken Burger with Pesto, Roasted Red Peppers, Mozzarella, & Spinach on Whole Grain Roll, Potato Chips, Pineapple, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks</p> <p>14</p>	<p>Spaghetti and Meatballs, Green Beans, Mandarin Oranges, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am-12pm Cash for Gold* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance w/ Lysandra" Class (\$4)</p> <p>15</p>	<p>Chicken Salad Stuffed Tomato on bed of Lettuce, Whole Grain Roll & Butter, Vanilla Pudding, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Summertime Safety & Wellbeing w/ MCOAS*</p> <p>16</p>	<p>Italian Sausage, Peppers, Onions, & Roasted Potatoes w/ Marinara Sauce, Fruit Cup, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 12:30pm Bridge 12:30pm Skip-Bo 1pm PA Health & Wellness Bday Celebration/Program* 1:30pm Tone & Balance (\$4)</p> <p>17</p>	<p>Baked Cod, Roasted Tomatoes with Mac & Cheese, Mandarin Oranges, Milk</p> <p>SPARK Harleysville Hoagie Sale Pre-Order Deadline* 10am Wii Sports or Jeopardy 10am Tai Chi for Arthritis (pre-registered participants)* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong</p> <p>18</p>
<p>Chicken Burger with Pesto, Roasted Red Peppers, Mozzarella, & Spinach on Whole Grain Roll, Potato Chips, Pineapple, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks</p> <p>14</p>	<p>SUNDAY DINNER OUTING 13 4pm Dinner & Phillies @ Poppys*</p>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tuna Melt on Rye, Low Sodium Tomato Soup, Mandarin Oranges, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p> <p>21</p>	<p>Paprika Chicken Breast, Brown & Wild Rice, Peas & Cauliflower, Peaches, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Hunting & Fishing Social Club* 1pm Mahjong 1:30pm Stretch & Tone w/ Jane (\$4)*</p> <p>22</p>	<p>Beef Taco Salad, Tortilla Chips, Fruit Cup, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30a-2p Social Services Appts** 10am Happy? Ya! Ya! Crew: Let's Get Moving* 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm GreenLight Mobility Presentation *</p> <p>23</p>	<p>Pork Loin, Sauerkraut, Mashed Potatoes, Cranberry Sauce, Milk</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 12:30pm Bridge 12:30pm Skip-Bo 4:30pm Tone & Balance (\$4)</p> <p>24</p>	<p>SPECIAL LUNCH \$8: Homemade Lump Crab Cake w/ Lemon Herb Aioli, Red Bliss Potato Salad, Fresh Vegetable Salad, Christmas Cookie, Milk</p> <p>9:30am Veterans' Coffee Catch-Up* 10am Wii Sports or Jeopardy 10am Tai Chi for Arthritis (pre-registered participants)* 12-1:30pm Special Lunch: Christmas in July (\$8)* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong*</p> <p>25</p>
<p>Baked Eggplant Parmesan, Green Salad, Whole Wheat Roll & Butter, Fruit Cup, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p> <p>28</p>	<p>Shrimp with Pesto Pasta, Green Salad, Cookie, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Stretch & Tone w/ Jane (\$4)*</p> <p>29</p>	<p>Swedish Meatballs Egg Noodles, Carrots & Cauliflower, Apple Sauce, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Ice Cream Social: Pictures of our Past*</p> <p>30</p>	<p>Mandarin Grilled Chicken on Mixed Green salad with Feta, Almonds, Craisins, & Chow Mein Noodles Whole Wheat Roll & Butter, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 12:30pm Bridge 12:30pm Skip-Bo 1-3pm SPARK Harleysville Hoagie Pickup* 4:30pm Tone & Balance (\$4)</p> <p>31</p>	<p>JULY IS National Minority Mental Health Awareness Month & Disability Pride Month</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.



• **JULY FITNESS CLASS CHANGES** | No Tai Chi with Mark on *July 14 or 16*. No Tone & Balance with Lysandra on *July 3, 24, or 31*. Dance with Lysandra will be replaced with Jane's Stretch and Tone on *July 1, 22, or 29*. There will be no Chair Yoga until Fall, as we look to determine the best time moving forward.



• **EVERY FRIDAY IN JULY at 10 am: TAI CHI FOR ARTHRITIS** | Join this Montgomery County Office of Aging Services evidence-based, 8-week program that utilizes the Sun Style for relaxation, balance, and ease of movement. Each class is led by a certified instructor and lasts up to an hour. The movements can be done standing or sitting. Increase your strength, balance, and flexibility while improving your mind, body, and spirit! **Spaces are limited so sign up with Gina in the office right away. There is no cost for this program.**



• **SPARK HARLEYSVILLE HOAGIE SALE** | Pre-order your \$7 Turkey or Italian Hoagie (9") by *July 18th* for pick-up on *July 31st* from 1-3pm at SPARK Harleysville. These fresh, delicious sandwiches will be personally made by our own volunteers. **The quantity will be limited so place your order with Gina as soon as possible!**



• **TUESDAY, JULY 1, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.

• **TUESDAY, JULY 1 @ 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!

• **WEDNESDAY, JULY 2 @ 10:30 am: 4th of July Party with YMCA Campers** | Come celebrate the birth of our country with our young YMCA neighbors with fun activities, games, and snacks! **Please sign up with Gina in the office by Mon, June 30.**

• **WEDNESDAY, JULY 2 @ 1 pm: Indoor Golf Tournament hosted by Humana** | Bring your competitive spirit and your smooth golf stroke as we play a 4-hole tournament on our dance floor, organized by Jim Link of Humana, complete with snacks and prizes!

• **THURSDAY, JULY 3 @ 11 am: Help Yourself to Healthy Living: "Immunizations Update"** | Gain an understanding of the various immunizations and the Center for Disease Control's current recommendations! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**

• **THURSDAY, JULY 3 @ 12:30 pm: Table Toppers** | Come join our decorating group on Thursday this month, since we will be closed on Friday. This is some fun socializing while also helping make our dining room tables look pretty. No experience necessary!

• **TUESDAY, JULY 8 @ 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, JULY 9 @ 10:30 am: The Road to Valley Forge - The Revolutionary War in Montgomery County** | We may remember the 1776 crossing of the Delaware and the Valley Forge encampment as events that tested the endurance of the patriot forces, but the continental soldiers triumphed over scores of other hardships at places lesser known. In the fall of 1777, the Continental Army fought two key battles and marched hundreds of miles through all types of terrain and in all sorts of weather. Often deprived of food, sleep, and comfort, the soldiers deserve recognition for what they endured during this campaign for the cause of liberty. Join historical reenactor, lecturer, and tour guide, Michael Jesberger for this course which will include images of Philadelphia area historic sites, maps, and eyewitness accounts of the participants which will bring these seldom-celebrated events to life. Come join us for this free event!

• **WEDNESDAY, JULY 9 @ 1 pm: UPMC Dental Health Presentation** | This program will cover the importance of proper routine dental care and cleanings, diabetes and dental health, daily routine, adaptive care and denture care, plus additional resources available to you. **Please sign up with Gina in the office by Mon, July 7.**

• **FRIDAY, JULY 11 @ 9 am: Breakfast Club at So Much To Give Inclusive Cafe** | Join us at 3401 Skippack Pike, Cedars, PA 19423, for our monthly breakfast outing. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, July 7 so we can call ahead for seating.**





HARLEYSVILLE SPECIAL PROGRAMS

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



• **SUNDAY, JULY 13 @ 4 pm: Poppy's Tavern Weekend Dinner Outing** | Sign up at either Center for this special WEEKEND dinner outing at 64 E. Lincoln Ave., Hatfield, PA 19440. We will be able to enjoy watching the 4:10 pm Phillies game while we eat! You must provide your own transportation and pay your own bill. **Please RSVP at either Center by Wed, July 9.**



• **TUESDAY, JULY 15, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, JULY 15, 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! We thank Carol Hoy for making this valuable service available to our Seniors in our secure environment.



• **WEDNESDAY, JULY 16 @ 1 pm: Summertime Safety and Wellbeing for Older Adults with MCOAS** | Debbie Jankowski will present on the following topics: Benefits of Spending Time Outdoors, Ways to Stay Safe in Hot Weather, and How to Spot and Treat Problems Caused by Heat. **Please sign up with Gina in the office by Mon, July 14.**



• **THURSDAY, JULY 17 @ 1 pm: PA Health & Wellness Birthday Celebration & Program** | Come celebrate all July birthdays with birthday cake and an interactive health presentation on July Health Awareness by Estelle Walker. Sign up for lunch and stay for the fun!



• **TUESDAY, JULY 22 @ 1 pm: NEW! 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, JULY 23 @ 10 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, JULY 23 @ 1 pm: GreenLight Mobility** | Discover how smart home modifications can help you or your loved ones stay safe, independent, and comfortable at home. Join physical therapist and owner of GreenLight Mobility, Gabrielle Minich, for an engaging presentation on practical and effective solutions that support aging in place.



• **FRIDAY, JULY 25 @ 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, JULY 25, from 12 pm to 1:30 pm: Special Christmas in July Lunch** | Enjoy Trish's Homemade Lump Crab Cakes with Lemon Herb Aioli, Red Bliss Potato Salad, Fresh Vegetable Salad & Christmas Cookies for dessert. Join in on our Christmas song karaoke – no experience necessary! Stay even longer to enjoy a fun Christmas movie in the Program Room. **Please Sign up with Gina in the office by Fri, July 18; Cost \$8.**



• **WEDNESDAY, JULY 30 @ 1 pm: Ice Cream Social- Pictures of our Past** | Sign up for lunch and stay for ice cream while you browse around many pictures of our organization from the past 50 years!

HARLEYSVILLE SENIOR SPOTLIGHT: ROY SHRUM



Steady and true is our Roy, who has been supporting us with his dishwashing skills for quite a few years now. His dedication to serving others is apparent in the way that everything he does is from his heart. Roy noted that the Lord has provided some wonderful volunteer opportunities since he retired, including doing dishes in our kitchen. He feels blessed to play a role in providing meals for the senior community in Harleysville and he is thankful for how the people at SPARK Harleysville make him and other volunteers feel so appreciated. We love your calm demeanor and your great sense of humor when you are here with us, Roy. Thank you for being you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Chicken Burger with Roasted Peppers & Provolone, Wild & Brown Rice Pilaf, Steamed Broccoli, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Food for Thought* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class</p> <p>7</p>	<p>COLD MEAL: Turkey & Cheddar Slider, Carolina Coleslaw, Applesauce, Milk</p> <p>10am Tai Chi (\$4) 10am Crafts with Friends (\$4)* 12pm Scavenger Hunt Pt 1* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p> <p>1</p> <p>Pasta with Meatballs, Peas, Fruit Salad, Milk</p> <p>10am Tai Chi (\$4) 10am Story Time w/ Josephine* 10am-12pm State Rep. Malagari Office Hours** 12pm Scavenger Hunt Pt 2* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class</p> <p>8</p> <p>COLD MEAL: Roasted Vegetable Grinder, Green Beans w/ Vinaigrette, Mandarin Oranges, Milk</p> <p>10am Tai Chi (\$4) 10-10:30am Free BP Checks* 10:30-11:15am Help Yourself to Healthy Living: Immunization Update* 12pm Scavenger Hunt Pt 3 & Ice Cream Social Fundraiser* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class</p> <p>15</p>	<p>Chicken Pot Pie, Cauliflower, Apricot Halves, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling ** 10am-1pm Shiatsu Appts* 12pm PA Health & Wellness Bday Celebration & Program* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax</p> <p>2</p> <p>SPECIAL LUNCH \$10: Cheeseburger, Coleslaw, Watermelon, Chocolate Chip Cookie, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 11:30am Special Lunch w/ Russ Rentler Entertainment (\$10)* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax</p> <p>9</p> <p>COLD MEAL: Chicken Salad on Lettuce, Tomato & Cucumber, Three Bean Salad, Tapioca Pudding, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:45pm Advisory Council** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax</p> <p>16</p>	<p>Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p>3</p> <p>Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p>10</p> <p>Turkey w/ Gravy, Glazed Sweet Potatoes, Green Beans, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm MontCo Assoc for the Blind 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p>17</p>	<p>CLOSED for the 4th of July</p> <p>General Tso Chicken, Fried Rice, Broccoli, Milk</p> <p>9am Breakfast Club* 9:30am All Levels Pinochle 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</p> <p>11</p> <p>Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk</p> <p>9:30am All Levels Pinochle 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</p> <p>18</p>
<p>Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 11:30am Lunch/Movie Matinee* 12:30pm Prayer Care* 2pm Korean Bong Sul 3pm Korean Table Tennis</p> <p>14</p> <p>SUNDAY DINNER OUTING 13 4pm Dinner & Phillies @ Poppys*</p>				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Roasted Chicken Thighs with Sweet Potatoes, Green Beans, Blueberry Buckle, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm The Road to Valley Forge: Revolutionary War Presentation* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 21</p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p>10am Tai Chi (\$4) 10:30am Wii Jeopardy* 12pm Legal Consultations* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phones 22</p>	<p>Swedish Meatballs, Egg Noodles, Peas, Peaches, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 10am-12pm State Sen. Collett Office Hours** 12:30pm Medicare Prevention Fraud Prevention* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 23</p>	<p>COLD MEAL: Ham & Swiss Sandwich, Macaroni Salad, Fruit Salad, Milk</p> <p>THEME THURSDAY: Phillies* 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:45pm Trivia with Nancy 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 24</p>	<p>Waffles and Turkey Sausage Patty, Breakfast Potatoes, Collard Greens, Milk</p> <p>9:30am All Levels Pinochle 10:30am Grief Support 10:30am We are the Red Cross* 11am-1pm Tech Tutoring** 12:30pm Korean Beginner Drumming 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone 25</p>
<p>Baked Mac & Cheese, Stewed Tomatoes, Steamed Green Beans, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 12:00pm Book Club* 12:30pm Veteran's Resource Group* 12:30pm Prayer Care Group* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 28</p>	<p>White Chicken Chili, Brown Rice, Roasted Zucchini & Stewed Tomatoes, Milk</p> <p>10am Tai Chi (\$4) 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 29</p>	<p>Chicken Pot Pie, Cauliflower, Apple Crumble, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:30pm Hula Hoop Fun* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 30</p>	<p>COLD MEAL: Fusilli Salad w/ White Beans, Grilled Marinated Chicken Breast, Canned Pears, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 31</p>	<p>JULY IS National Minority Mental Health Awareness Month & Disability Pride Month</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.



LANSDALE SPECIAL PROGRAMS

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



• **SCAVENGER HUNT** | This 3-part Scavenger Hunt Series will take place the first 3 Tuesdays of the month after lunch. Join in the fun by collecting items to earn points. There will be prizes for getting the most points!



• **TUESDAY, JULY 1 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating beaded bracelets. Make something personalized and special for yourself, or make one to share. There will be a \$4 fee to cover supplies. **Please sign up at the front desk by Tues, June 24.**



• **TUESDAY, JULY 1 @ 12 pm: Scavenger Hunt Week 1** | Today you will be given a list of everyday objects to look for at home. Bring in these items next week and collect points to earn prizes at the end of the 3rd week of the Scavenger Hunt.



• **WEDNESDAY, JULY 2, from 10 am to 1 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 front desk, or call Kerry directly at 215-622-4359.



• **WEDNESDAY, JULY 2 @ 12 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all July birthdays after lunch with birthday cake and a health presentation by Estelle Walker. July Birthdays, please let us know it's your birthday month when you sign up for lunch!



• **MONDAY, JULY 7 @ 12:30 pm: Food for Thought: Siblings, Cousins, and Growing Up** | Let's talk about our siblings, or our cousins, and share stories from our childhood. If you were an only child, we want to hear about that too! What kind of mischief or good trouble did you get into? Join us for this casual meandering conversation where we get to know each other better!



• **TUESDAY, JULY 8 @ 10 am: Story Time with Josephine** | Josephine will be reading "The Reach" by Stephen King. You can join us in person or via Zoom. Email Liz at ebell@sparkseniorcenters.org if you would like the Zoom link.



• **TUESDAY, JULY 8 @ 12 pm: Scavenger Hunt Part 2** | Don't forget to bring back your items from last week to earn points. We will also be doing an on site, "Do you have it?" game where you'll be awarded points for specific and random items that you just might happen to have on you, in your pockets, or in your purse.



• **WEDNESDAY, JULY 9 @ 11:30 am: Special Lunch with Russ Rentler Entertainment (\$10)** | Celebrate summer with a fun meal including a cheeseburger, coleslaw, watermelon, & chocolate chip cookie. After lunch Russ Rentler will perform traditional folk music along with some of his own originals! His live performances are a mix of folk, Celtic, and blues-inspired tunes with multiple instrument changes interspersed with his off-beat humor and wry observations about life. **Please sign up at the front desk by Tues, July 8.**



• **FRIDAY, JULY 11 @ 9 am: Breakfast Club: So Much to Give Inclusive Cafe** | Join us at 3401 Skippack Pike, Cedars, PA 19423, for our monthly breakfast outing. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, July 7 so we can call ahead for seating.**



• **SUNDAY, JULY 13 @ 4 pm: Poppy's Tavern Weekend Dinner Outing** | Sign up at either Center for this special WEEKEND dinner outing at 64 E. Lincoln Ave., Hatfield, PA 19440. We will be able to enjoy watching the 4:10 pm Phillies game while we eat! You must provide your own transportation and pay your own bill. **Please RSVP at either Center by Wed, July 9.**



• **MONDAY, JULY 14 @ 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 at the front desk by Mon, July 7.**



• **MONDAY, JULY 14 @ 12:30 pm: Prayer Care Group** | 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, JULY 15, from 10 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 sign up at the front desk by Mon, July 14.**



• **TUESDAY, JULY 15 @ 10:30 am: Help Yourself to Healthy Living: "Immunization Update"** | Gain an understanding of the various immunizations and the Center for Disease Control's current recommendations!



LANSDALE SPECIAL PROGRAMS

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



• **TUESDAY, JULY 15 @ 12 pm: Scavenger Hunt Part 3 and Ice Cream Social (\$3)** | We will search around the center for colorful rubber ducks hidden by our Advisory Council. Points from all 3 weeks will be tallied and prizes will be distributed! Then join us for an Ice Cream Social Fundraiser sponsored by the Advisory Council. The price is \$3 for an ice cream sundae with all of the toppings. Yum! **Please sign up at the front desk by Tues, July 8.**

• **MONDAY, JULY 21 @ 12:30 pm: The Road to Valley Forge - The Revolutionary War in Montgomery County** | We may remember the 1776 crossing of the Delaware and the Valley Forge encampment as events that tested the endurance of the patriot forces, but the continental soldiers triumphed over scores of other hardships at places lesser known. In the fall of 1777, the Continental Army fought two key battles and marched hundreds of miles through all types of terrain and in all sorts of weather. Often deprived of food, sleep, and comfort, the soldiers deserve recognition for what they endured during this campaign for the cause of liberty. Join historical reenactor, lecturer, and tour guide, Michael Jesberger for this course which will include Images of Philadelphia area historic sites, maps, and eyewitness accounts of the participants which will bring these seldom-celebrated events to life. Come join us for this free event!

• **TUESDAY, JULY 22 @ 10:30 am: Wii Jeopardy** | Test your knowledge and enjoy some laughs with this non-competitive Jeopardy game.

• **WEDNESDAY, JULY 23 @ 12:30pm: Medicare Fraud Prevention Presentation by CARIE, (The Center for Advocacy for the Rights and Interests of Elders)** | Join the Pennsylvania Senior Medicare Patrol for a special presentation on Medicare Fraud and Scams. Come and learn about common healthcare scams, how to identify them, and how you can build skills to help keep your healthcare matters safe and protected. Free educational handouts and Healthcare Tracking Booklets will be provided, so you can be equipped to fight fraud even after the presentation is over. Please sign up with Gina in the office by Mon, June 2.

• **THURSDAY, JULY 24: Theme Thursday- Phillies Pride** | Summer means Baseball Season- so wear your favorite Phillies Gear today! (Other teams are welcome but may be subject to heckling from the fans).

• **FRIDAY, JULY 25 @ 10:30 am: We are the Red Cross** | From its founding in 1881 by Clara Barton, the American Red Cross has been dedicated to serving people in need. Come learn about the lifesaving work of the Red Cross from wartime nursing care to disaster relief, from blood drives to first aid certification programs.

• **MONDAY, JULY 28 @ 12 pm: Book Club** | This month we will discuss "The Foundling by Ann Leary." For more information contact Betty Helpa (betty.helpa@gmail.com).

• **MONDAY, JULY 28 @ 12:30 pm: Veterans' Resource Group** | Come to connect with fellow Vets and learn about available resources to support your physical, social, and financial well-being.

• **WEDNESDAY, JULY 30 @ 12:30 pm: Hula Hoop Fun** | Step back in time to enjoy this classic pastime! Do you twirl your hula hoop on your hips, your arm, or your leg? Who can keep the hoop going the longest?! We will meet at the North Penn Commons patio on the Main Street side of the lobby. Spectators encouraged to join!

LANSDALE SENIOR SPOTLIGHT: PEGGY EGERTON



A few years ago, Peggy decided that it was time to find a local Senior Center to get out into the community and stay active...and we are so happy that she found us! Peggy enjoys the fitness classes, especially Chair Yoga, and always looks forward to Bingo. What she loves most about her time here is the chance to really get to know new people from all backgrounds and hear about everyone's unique journey's. Being here has helped her to come out of her shell, and she continually challenges herself to put herself out there more, to connect with new people and have new experiences. Peggy is strong in her Faith, enjoys quiet time in nature, loves her family, and feels so blessed to have had the life that she has had, with a bright future still ahead of her.