

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



“AUGUST, THE LAST HURRAH OF
SUMMER, LET’S MAKE IT
UNFORGETTABLE.” — UNKNOWN

Baked Lemon Fish, Brown Rice,
Vegetable Medley, Pudding,
Milk

10am Wii Sports or Jeopardy
10am Tai Chi for Arthritis
(pre-registered participants)
12:30pm Table Toppers*
1:30pm Stretch & Tone (\$4)
2:30pm Ping Pong

1

BBQ Pulled Pork Stuffed Sweet
Potato w/ Cheddar Cheese,
Broccoli, Pineapple, Milk

9:15am Tai Chi (\$5)
1:30pm Art Class (\$5)
1:30pm Bingo for Bucks

4

Chicken Pot Pie over Egg
Noodles, Green Salad,
Peaches, Milk

9-10:20am Haircuts (\$10)*
9:15am Walking w/ Weights (\$4)
9:30am Group Trivia
10am Stamp Club*
10:30am-12pm Cash for Gold*
10:30am Scrabble
12:30pm Pinochle
1pm Mahjong
**4:30pm “Dance with
Lysandra” class (\$4)**

5

SPECIAL LUNCH \$10: Homemade
Pepperoni or Cheese Pizza, Greek
Salad, Brownie w/ Raspberry
Sauce

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
Appts w/ Ed****
**12pm Special Lunch w/ The
TRAAC Singers, Summer
Sing-Along (\$10)***
1pm Rummikub

6

Meatloaf with Gravy, Mashed
Potatoes, Green Beans, Fruit
Cup, Milk

**9am Breakfast Club @ Energy
Station***
9am Wood Carving
9:30am Stitch & Chat
**9:30-10:45am Free BP
Screenings***
**11am Help Yourself to Healthy
Living: Mental Health***
12:30pm Bridge / Skip-Bo
1:30pm Tone &
Balance (\$4)

7

Fish & Chips, Cheddar Cheese,
Cole Slaw, Apple Sauce, Milk

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

8

Chicken Burger with Pesto, Roasted
Red Peppers, Mozzarella, & Spinach
on Whole Grain Roll, Potato Chips,
Pineapple, Milk

9:15am Tai Chi (\$5)
1:30pm Art Class (\$5)
1:30pm Bingo for Bucks

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Spaghetti and Meatballs,
Green Beans, Mandarin
Oranges, Milk

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 w/
Lysandra” Class (\$4)**

12

Chicken Salad Stuffed Tomato
on bed of Lettuce, Whole Grain
Roll & Butter, Vanilla Pudding,
Milk

8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
**9:30am-2pm Social Services
Appts w/ Tara****
**10am Good Shepherd Rehab-
Dizziness***
**10:30am-12pm Tech Tutoring
Appts w/ Ed****
1pm Rummikub
**1pm Air Traffic Control
Towers***

13

Italian Sausage, Peppers,
Onions, & Roasted Potatoes
w/ Marinara Sauce, Fruit Cup,
Milk

9am Wood Carving
**9am Medicare Counseling
Appts****
9:30am Stitch & Chat
**10:30am Guatemalan
Culture w/ Liz & John***
12:30pm Bridge or Skip-Bo
12:30pm Advisory Council **
1:30pm Tone &
Balance (\$4)

14

Baked Cod, Roasted Tomatoes
with Mac & Cheese, Mandarin
Oranges, Milk

10am Wii Sports or Jeopardy
10am Tai Chi for Arthritis
(pre-registered participants)
1pm YMCA Campers’ Play*
1:30pm Stretch & Tone (\$4)
2:30pm Ping Pong

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

• **Items with *** are Special Programming for this month. Additional information is available in the "Special Program Descriptions" section of our newsletter or at the front desk of either Center.

• **Items with **** are Resources & Services with additional information available in the "Illuminate Your Options" section of our website or electronic newsletter.

• Our center is open 8am - 4pm, Mon-Fri, including 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.