




Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk</p> <p><b>9:15am</b> Tai Chi (\$5) <b>10:30am-12pm</b> Cash for Gold* <b>1:30pm</b> Art Class (\$5)* <b>1:30pm</b> Bingo for Bucks</p> <p>2</p>	<p>Sausage, Peppers, &amp; Onions Served w/ Roasted Potatoes &amp; Tomato Sauce, Fruit, Milk</p> <p><b>9-10:20am</b> Haircuts (\$10)* <b>9:15am</b> Walking w/ Weights (\$4) <b>9:30am</b> Group Trivia <b>10am</b> Stamp Club* <b>10:30am</b> Scrabble <b>12:30pm</b> Pinochle <b>1pm</b> Mahjong <b>1:30pm</b> "Dance with Lysandra" Class (\$4)</p> <p>3</p>	<p>Chicken &amp; Broccoli over Pasta Alfredo, Garden Salad, Brownie, Milk</p> <p><b>8am</b> Chess <b>9am</b> Breakfast Club @ Backyard Beans* <b>9:15am</b> Tai Chi (\$5) <b>9:30am</b> Coloring for Calmness <b>9:30am-2pm</b> Appts w/ Tara** <b>10:30am-12pm</b> Tech Tutoring** <b>1pm</b> Rummikub <b>1pm</b> Medicare Fraud Prevention* <b>2:30pm</b> Chair Yoga (\$4)*</p> <p>4</p>	<p>Hot Open Face Turkey &amp; Gravy on Wheat Bread, Tuscan Vegetables, Cranberry Sauce, Milk</p> <p><b>9am</b> Wood Carving <b>9:30am</b> Stitch &amp; Chat <b>9:30-10:45am</b> BP Screenings <b>10am-2pm</b> Hearing Screenings w/ GMU SLP Students (Brain Games @ 10:30am)* <b>11am</b> Help Yourself to Healthy Living: Chronic Disease, Palliative Care and Hospice Presentation* <b>12:30pm</b> Advisory Council ** <b>12:30pm</b> Bridge or Skip-Bo <b>1:30pm</b> Tone &amp; Balance (\$4)</p> <p>5</p>	<p>Crab Cake, Sweet Potato Fries, Mixed Vegetable, Fruit, Milk</p> <p><b>10am</b> Wii Sports or Jeopardy <b>10:30am</b> Birdhouse Painting with Humana* <b>12:30pm</b> Table Toppers* <b>1:30pm</b> Stretch &amp; Tone (\$4) <b>2:30pm</b> Ping Pong</p> <p>6</p>
<p>Baked Haddock, Long Grain Rice Pilaf, Winter Vegetable Blend, Cookie, 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>9</p>	<p>Chicken Marsala, Brown Rice, Green Beans, Whole Grain Roll &amp; Butter, Mandarin Oranges, Milk</p> <p><b>9:15am</b> Walking w/ Weights (\$4) <b>9:30am</b> Group Trivia <b>10:30am</b> Scrabble <b>10:30am</b> Total Performance PT w/ Eric* <b>12:30pm</b> Pinochle <b>1pm</b> Mahjong <b>1:30pm</b> "Dance with Lysandra" class (\$4) <b>1:30pm</b> Book Club*</p> <p>10</p>	<p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, 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</b> Social Services Appts w/ Tara** <b>10:30am-12pm</b> Tech Tutoring** <b>1pm</b> Rummikub <b>2:30pm</b> Chair Yoga (\$4)*</p> <p>11</p>	<p>Mixed Greens w/ Grilled Chicken, Pears, Pecans, &amp; Cranberries, Cheddar Biscuit, Fruit Cup, Milk</p> <p><b>9am</b> Wood Carving <b>9am</b> Medicare Counsel Appts** <b>9:30am</b> Stitch &amp; Chat <b>10am-2pm</b> GMU SLP Students (Brain Games @ 10:30am)* <b>11:30a-1:30p</b> Picnic @ Fischer's Park w/ Entertainment (\$10)* <b>12:30pm</b> Bridge <b>12:30pm</b> Skip-Bo <b>1:30pm</b> Tone &amp; Balance (\$4)</p> <p>12</p>	<p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p><b>Brand Unveiling at the Centers</b> <b>10am</b> Wii Sports or Jeopardy <b>11am</b> State Rep. Scheuren Office Hour** <b>1:30pm</b> Stretch &amp; Tone (\$4) <b>2:30pm</b> Ping Pong</p> <p>13</p>
<p>Salmon Crouquette Tartar Sauce, Rice Pilaf, Carrots &amp; Peas, Peaches, Milk</p> <p><b>Tai Chi Canceled Today</b> <b>1:30pm</b> Art Class (\$5)* <b>1:30pm</b> Bingo for Bucks</p> <p>16</p>	<p>BBQ Pulled Pork Stuffed Sweet Potato, Green Beans, Cookie, Milk</p> <p><b>Haircuts Canceled Today</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</b> PA Health &amp; Wellness Bday Celebration/Program* <b>1pm</b> Mahjong <b>1:30pm</b> "Dance w/ Lysandra" Class (\$4)</p> <p>17</p>	<p>Roasted Vegetable Pizza, Soup Du Jour, Mandarin Oranges, Milk</p> <p><b>Tai Chi Canceled Today</b> <b>8am</b> Chess <b>9:30am</b> Coloring for Calmness <b>9:30am-2pm</b> Social Services Appts w/ Tara** <b>10:30am-12pm</b> Tech Tutoring** <b>1pm</b> Rummikub <b>1pm</b> Snack &amp; Learn about Vaccines w/ GIANT* <b>2:30pm</b> Chair Yoga (\$4)*</p> <p>18</p>	<p>Roast Beef, Mashed Potatoes, Carrots, Roll &amp; Butter, Applesauce, Milk</p> <p><b>9am</b> Wood Carving <b>9:30am</b> Stitch &amp; Chat <b>No GMU SLP Students Today</b> <b>12:30pm</b> Bridge <b>12:30pm</b> Skip-Bo <b>1pm</b> Intergenerational Juneteenth Trivia* <b>1:30pm</b> Tone &amp; Balance (\$4)</p> <p>19</p>	<p>Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk</p> <p><b>10am</b> Wii Sports or Jeopardy <b>1:30pm</b> Stretch &amp; Tone (\$4) <b>2:30pm</b> Ping Pong</p> <p>20</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian 3 Bean Chili, Green Salad, Fruit Cup, Milk  <b>9:15am</b> Tai Chi (\$5) <b>1:30pm</b> Art Class (\$5)* <b>1:30pm</b> Bingo for Bucks  <b>23</b>	Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, 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</b> "Dance w/ Lysandra" Class (\$4)  <b>24</b>	Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk  <b>8am</b> Chess <b>9:15am</b> Tai Chi (\$5) <b>9:30am</b> Coloring for Calmness <b>9:30a-2p</b> Social Services Appts** <b>10am</b> Happy? Ya! Ya! Crew: Let's Get Moving* <b>10:30am-12pm</b> Tech Tutoring** <b>1pm</b> Rummikub <b>1pm</b> Pride Month Rainbow Decoupage w/ Cinderella* <b>2:30pm</b> Chair Yoga (\$4)*  <b>25</b>	Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, Milk  <b>9am</b> Wood Carving <b>9am</b> Medicare Counseling Appts** <b>9:30am</b> Stitch & Chat <b>10am-2pm</b> GMU SLP Students (Brain Games @ 10:30am)* <b>12:30pm</b> Bridge or Skip-Bo <b>1:30pm</b> Tone & Balance (\$4) <b>4:30pm</b> Dinner Outing @ Franconia Heritage*  <b>26</b>	Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk  <b>9:30am</b> Veteran's Coffee Catch-up* <b>10am</b> Wii Sports or Jeopardy <b>1:30pm</b> Stretch & Tone (\$4) <b>2:30pm</b> Ping Pong  <b>27</b>
Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk  <b>9:15am</b> Tai Chi (\$5) <b>1:30pm</b> Art Class (\$5)* <b>1:30pm</b> Bingo for Bucks  <b>30</b>	<div>  <p><i>In June We Celebrate</i></p> <p>Pride Month</p> <p>Alzheimer's and Brain Awareness Month</p>  <p>June 14<sup>th</sup> - Flag Day June 15<sup>th</sup> - Father's Day June 19<sup>th</sup> - Juneteenth</p>  <p>HAPPY FATHER'S Day</p> <p>JuneTeenth!</p> <p>Don't forget, Every Tuesday at Encore we have our Tasty Tuesday Bake Sale with sweet treats available after lunch for just \$1</p> </div>			

**Orange with \*** Indicates special programming with additional information available at our front desk or online

**Blue with \*\*** Indicates Resources & Services with additional info available at our front desk or online

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.

Detailed descriptions for all of our regular and recurring programming can be found on our website:

**www.ghnpss.org**

or scan the QR code for quick access



Scan me