



HARLEYSVILLE SPECIAL PROGRAMS

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



AUGUST FITNESS CLASS CHANGES | There will be no "Dance with Lysandra" on August 5. "Dance with Lysandra" will be replaced with "Jane's Stretch and Tone" on August 19. "Stretch and Tone" will be led by Kristin Messina on Aug 21. There will be no Chair Yoga until Fall, as we look to determine the best time.

FRIDAY, AUGUST 1 @ 12:30 pm: Table Toppers | Come join our decorating group after lunch to do some fun socializing while also helping make our dining room tables look pretty. No experience necessary!

TUESDAY, AUGUST 5, from 9:00 to 10:20 am: Haircuts w/ Robin | Call to schedule a \$10 dry haircut appt.

TUESDAY, AUGUST 5 @ 10:00 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, AUGUST 5, from 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, 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, AUGUST 6, from 12:00 pm to 1:30 pm: Special Pizza Lunch with TRAAC Singers: Summer Celebration Sing-Along | Come enjoy the TRAAC Singers: Summer Celebration Sing-Along! Trish will be preparing her homemade Pepperoni Pizza (with the option to order Plain Pizza instead), Greek Salad, and Brownies with Raspberry Sauce. **Sign up with Gina by Fri, August 1; Cost \$10.**

THURSDAY, AUGUST 7 @ 9:00 am: Breakfast Club: Energy Station | Join us at 2710 Shelly Rd, Harleysville (in the Shelly Square Shopping Center) for our monthly breakfast outing. Each person will pay their own bill & supply their own transportation. **Please RSVP by Mon, Aug 4 so we can call ahead for seating.**

THURSDAY, AUGUST 7 @ 11:00 am: Help Yourself to Healthy Living: "Addressing Mental Health" | Mental Health is our #1 Health Priority! Recognize a mental health crisis and actions to take to get help for oneself or others! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**

TUESDAY, AUGUST 12 @ 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, AUGUST 13 @ 10:00 am: Good Shepherd Rehabilitation Hospital: Dizziness Presentation | Danielle Martin, physical therapist from Good Shepherd Rehabilitation, will be discussing the many causes and risk factors for dizziness. **Sign up with Gina by Mon, August 11.**

WEDNESDAY, AUGUST 13 @ 1:00 pm: Air Traffic Control Towers | Please join Tony Ditlow as he presents on "How safe is it to fly?" He will discuss the technology you never see, and the voices you never hear, guiding you from takeoff to landing. Even if you don't have a future trip planned, this will be a very educational talk!

THURSDAY, AUGUST 14 @ 10:30 am: Experience Guatemalan Culture | Join our Executive Director, Liz Beil, as she presents interesting facts about the Land of Eternal Spring. She will be joined by John McCabe, who has recently returned from a two-month educational program in Guatemala that also included many sight-seeing adventures.

FRIDAY, AUGUST 15 @ 1:00 pm: YMCA Campers' Play | Sign up for lunch and then stay for our neighbor's annual musical play here in our own dining room. These young, budding stars will amaze you as they work together to put on a fun, uplifting show.

TUESDAY, AUGUST 19, from 9:00 to 10:20 am: Haircuts w/ Robin | Call to schedule a \$10 dry haircut appt.

TUESDAY, AUGUST 19 @ 1:00 pm: 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, AUGUST 20 @ 1:00 pm: Medicare 101 by Aetna | Join us for a free Medicare 101 informational session provided by Aetna designed to help you understand your Medicare options, coverage, and enrollment process. Whether you're new to Medicare or just looking for a refresher, this session will provide clear, easy to understand guidance so you can make confident healthcare decisions. **Please sign up with Gina in the office by Mon, August 18.**



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• **THURSDAY, AUGUST 21 @ 4:30 pm: Dinner Outing at Lansdale Tavern for National Senior Citizen's Day** | Sign up at either Center for this special dinner outing at 839 W. Main Street, Lansdale. It's a great way for our SPARK Senior Centers to mingle! You must provide your own transportation and pay your own bill. **Please RSVP to Gina or Sabrina by Thurs, August 14.**



• **WEDNESDAY, AUGUST 27 @ 10:00 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, AUGUST 27 @ 1:00 pm: Humana Birdhouse Painting Activity** | Join Jim Link as he leads us in painting birdhouses for our little feathery friends. He will also be able to answer any questions about Humana insurance services and their CenterWell™ healthcare services, which make it easier for you to achieve your best health. Humana is dedicated to improving health outcomes and well-being for their members, patients and employees. **Please sign up with Gina in the office by Fri, August 22.**



• **THURSDAY, AUGUST 28 @ 1:00 pm: PA Health & Wellness Birthday Celebration & Program** | Come celebrate all August birthdays with birthday cake. Sign up for lunch and stay for the fun!



• **FRIDAY, AUGUST 29 @ 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.

HARLEYSVILLE SENIOR SPOTLIGHT: MARIANNA TEDESCO



Marianna is a daily attendee of SPARK Harleysville and she is always looking out for everyone here. Her compassion and thoughtfulness are ever-present. She is always praising the help she receives here at the Center. Marianna enjoys the friendships she has made here, the delicious food, and the helpful resources we provide. She says the people are all so kind and understanding and that it is nice being with groups of people that are your own age. She feels the employees are considerate of her needs and help you when you need it. Marianna misses it when she cannot come in. She told her granddaughter it is the highlight of her day coming into SPARK Harleysville. It is a highlight for us when you are here, Marianna!

It's hard to believe that it was just over a month ago that we were dancing and celebrating together at the 2025 Pillar of the Community and 50th Anniversary Celebration. Thanks so much to everyone who helped to make the evening such a success! We are still blown away by the way that the community came together to help us achieve such an amazing fundraising goal in just one evening. What a fun night we will never forget!

2025 PILLAR of the Community & 50th Anniversary Celebration RECAP

Close to 200 people
came together to honor
Bob Schoen



Live Auction items raised
\$3,750

Silent Auction items raised
\$4,865

Ticket sales raised
\$5,200

General Donations raised
\$6,952

Live Meal Pledges raised
\$23,000

Advertisers and Sponsors raised
\$41,050

Totaling \$84,817