

215-256-6900 www.ghnpss.org

June 2023 Programs at Encore

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Virtual Classes are noted in green. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Wood Carving 9:30 Stitch & Chat 10:00-11:00 Free Blood Pressure Screenings 11:00-12:00pm Help Yourself to Healthy Living: Brain and Body! 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3)	9:30-10:30 Bergey's Car 2 Safety Seminar and Continental Breakfast 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3)
9:15 Tai Chi (\$4) 10:00-12:00pm Exploring Chat GPT with Tech Ed 11:00-2:00pm Ask the Pharmacist with Hatfield Pharmacy 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Stamp Club 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3)	8:00 Chess 7 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Medicare Counseling (by appt. only) 1:00pm Practical Matters: Joy of Laughter in Life 5:30-6:15pm Night Zumba with Lysandra (Prepaid Fee)	8:00 Breakfast Club: Valentino's Bistro 9:00 Wood Carving 9:30 Stitch & Chat 11:00 Meditation with Lea 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Advisory Council 1:30pm Tone & Balance (\$3)	10:00 Wii Sports or Jeopardy 12:00-1:30pm Special Lunch: Willie Nelson & Tanya Tucker Impersonators (\$8) 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3) 2:30pm Happy Hour
12 9:15 Tai Chi (\$4) 10:00-12:00pm Exploring Chat GPT with Tech Ed 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Storytime with Josephine 10:30-12:00pm Cash for Gold 12:00-4:00pm Social Services with Carol Costlow 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3)	8:00 Chess 14 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:00-2:00pm Practical Matters: Aqua Therapy 5:30-6:15pm Night Zumba with Lysandra (Prepaid Fee)	9:00 Wood Carving 15 9:30 Legal Consultations (by appointment only) 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3) 5:30pm Pillar of the Community Event at Indian Valley Country Club (\$\$)	16:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3)
19 9:15 Tai Chi (\$4) 10:00-12:00pm Exploring Chat GPT with Tech Ed 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3)	8:00 Chess 21 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00-2:00pm Wedding Dance Exercise with Nadine (\$3) 5:30-6:15pm Night Zumba with Lysandra (Prepaid Fee)	9:00 Wood Carving 9:30 Stitch & Chat 11:00 Meditation with Lea 12:00-1:00pm Lunch 12:00pm Picnic at Fischer's Park (\$10) 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3)	23 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3) 2:30pm Happy Hour
26 9:15 Tai Chi (\$4) 10:00-12:00pm Exploring Chat GPT with Tech Ed 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	9:15 Walking with Weights (\$3) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3)	8:00 Chess 28 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:00-2:00pm Chair Exercise Bingo with Neely Steich	9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3) 4:15pm Encore Explorers: Dinner Outing to The Energy Station	9:30 Veterans' Coffee Catch-up 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3)