



**TUESDAY, JUNE 4 @ 10:00 am: Stamp Club** | On the 1st Tuesday of every month, a small group talks stamps and everything else. We welcome everyone and would enjoy having you join the group. No need to be an expert because we don't claim to be!



**WEDNESDAY, JUNE 5 @ 12:00 pm: Monthly Birthday Celebration** | We will celebrate our June Birthdays during our congregate meal! **June Birthdays, let Gina know when registering for lunch.**



**WEDNESDAY, JUNE 5 @ 1:00 pm: Medicare Counseling** | *By appt only.* PA MEDI is a free Health insurance counseling program to help PA residents age 65 and over, and those with disabilities and health insurance concerns. **Call Gina at 215-256-6900 to set up an appointment.**



**WEDNESDAY, JUNE 5 @ 1:00 pm: Aerobic Kickboxing** | Channel your inner Rocky Balboa as you jab, cross, hook, uppercut, and (safely) kick your way to improved endurance, coordination, and strength. No equipment necessary and all fitness/skill levels welcome! Class is FREE and sure to be a hit.



**THURSDAY, JUNE 6 @ 11:00 am: Help Yourself to Healthy Living: "Our precious amazing brains!"** | Explore brain disease advances, new treatments, and healthy brain preservation. **Get your free blood pressure check beforehand from 9:30 am to 10:45 am.**



**FRIDAY, JUNE 7 from 11:00 am to 1:00 pm: Shiatsu Massage Appointments** | 15-minute, fully clothed chair massages by Kerry Palanjian, an experienced Shiatsu practitioner. The cost is \$20 paid directly to Kerry via cash, check, Venmo or Zelle. **Schedule with Gina, or call Kerry at 215-622-4359.**



**FRIDAY, JUNE 7 @ 11:00 am: 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. Ask the Greeter for a request card for prayer intentions. All are welcome!



**FRIDAY, JUNE 7 @ 1:00 pm: Happy? Ya! Ya! Crew** | World Caring Day! Perform little acts of kindness and be prepared to share your favorite story of someone caring for another.



**TUESDAY, JUNE 11 from 9:00 am to 10:20 am: Haircuts with Robin** | \$10 dry haircuts with Robin, *by appt only.* **Call Gina at 215-256-6900 to schedule.**



**TUESDAY, JUNE 11 from 10:00 am to 2:00 pm: Social Services with Carol Costlow** | Carol Costlow will be at Encore to help you with social service issues such as LIHEAP, PA Property Tax / Rent Rebates, SNAP benefits, and more. **Call Mary Ellen at 215-256-6900 to schedule your appointment.**



**WEDNESDAY, JUNE 12 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 and coins and turn it into CASH! Bring that class ring, broken necklace, sterling silver flatware set, silver coins, or even dental gold and leave with CASH in your pocket!



**WEDNESDAY, JUNE 12 @ 1:00 pm: Balance and Fall Prevention Workshop** | Do you find yourself looking for walls, railings, or other items to help you keep your balance? Is your equilibrium no longer what it used to be? Feeling unsteady on your feet? Come out to meet Dr. Taylor Salamon, PT, from Total Performance Physical Therapy, Harleysville, and learn how physical therapy can help! **Please pre-register with Gina in the office.**



**THURSDAY, JUNE 13 from 12:00 pm to 2:00 pm: Fischer's Park Outing** | Kick off summer with a picnic at Fischer's Park. Lunch is catered by Manna's Common Grounds with entertainment by Michael Kropp (\$10). This is a rain or shine event. **Please RSVP to Gina or Sabrina by June 7th.**

# ENCORE SPECIAL PROGRAMS CONTINUED...



**FRIDAY, JUNE 14 @ 11:00 am: Resource Office Hour** | PA State Representative Donna Scheuren's 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.



**FRIDAY, JUNE 14 @ 1:00 pm: Happy? Ya! Ya! Crew** | National Flag Day! Wear red, white, and blue to honor Old Glory!



**MONDAY, JUNE 17 @ 1:00 pm: Stonewell Nutrition Trail Walk** | Join us for a walk and talk about nutrition as we stroll along the Harleysville Trails near Alumni Avenue. Barbara MacFarland, a Registered Dietitian from Stonewell Nutrition, will be your guide and lead the way. **Please pre-register with Gina in the office by Friday, June 14th.**



**WEDNESDAY, JUNE 19 @ 1 pm: Juneteenth Celebration** | Come join us as we view the movie *Harriet*, based on the story of iconic freedom fighter Harriet Tubman. Snacks and drinks will be provided.



**THURSDAY, JUNE 20 from 10:00 am to 2:00 pm: Social Services with Carol Costlow** | *By appt. only*



**THURSDAY, JUNE 20 @ 10:30 am: Summertime Safety and Wellness** | Presentation by Montgomery County Office of Senior Services. Find out about tips & tricks for making the Summer of '24 a great one!



**THURSDAY, JUNE 20 @ 12:30 pm: Advisory Council** | A meeting of members and staff to share ideas and feedback.



**FRIDAY JUNE 21 from 10:00 am- 12:00 pm: Get Your Medicare Questions Answered!** | Carl Cutrone of Covenant Insurance will be available for questions at his Medicare Informational Table in our lobby.



**FRIDAY, JUNE 21 @ 11:00 am: Prayer Care Group** | See description on June 7th for details.



**FRIDAY JUNE 21 @ 1pm: YMCA Campers unite with Happy? Ya! Ya! Crew for Summer Solstice Day!** | Join our intergenerational gathering to celebrate sunshine outdoors, weather permitting.

**FRIDAY, JUNE 21 @1:30 pm STRETCH AND TONE IS CANCELED TODAY**



**TUESDAY, JUNE 25 from 11:00 am- 1:00 pm: Medication Take-Back Program** | Sponsored by Montgomery County Office of Senior Services. Receive valuable information on opioid meds, proper disposal of needles, & more. Bring unwanted prescription & non-prescription medication for collection.



**WEDNESDAY, JUNE 26 @ 1:00 pm: Ice Cream Social hosted by PATHS of Mont. County** | Join experts from the Professional Alliance To Help Seniors, who will be on hand to answer questions on medical geriatric care, homecare, downsizing and selling your home, eldercare law and other various topics. Sign up for lunch with Gina, and stay for a frosty treat, plus access to these valuable resources.



**THURSDAY, JUNE 27 @ 4:30 pm: Dinner Outing at Franconia Heritage Restaurant** | Join us for a meal at 508 Harleysville Pike, Telford, PA. Each person will pay their own bill & supply their own transportation. **Please RSVP to Gina by Friday, June 21st so we can call ahead & sit together.**



**FRIDAY, JUNE 28 @ 9:30 am Veterans' Coffee Catch-up** | Join our veterans for some coffee & home-baked goodies with special resource guest: SYNERGY HomeCare. They provide non-medical support services including companionship, homemaking, & personal care. They are very proud to be an accredited program with the Veteran's Administration, providing their service at no cost to Veterans.



**FRIDAY, JUNE 28 @ 1:00 pm Happy? Ya! Ya! Crew** | Paul Bunyan Day! Wear your flannel shirts and play games from The Northland.