

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



“AUGUST IS THE BORDER BETWEEN  
SUMMER AND AUTUMN; IT IS THE MOST  
BEAUTIFUL MONTH I KNOW.”  
-TOVE JANSSON

Pot Roast Dinner, Steamed  
Green Beans, Cold Peaches,  
Milk

**9:30am** All Levels Pinochle  
**11am-1pm Tech Tutoring\*\***  
**12:30pm** Bingo  
**12:30pm** Korean Beginner  
Drumming  
**1:30pm** Korean Kalimba  
**2pm** Korean Bong Sul  
**3pm** Korean Book Club  
**3pm** Korean Sax

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Pork Pozole (Mexican Stew),  
Rice, Capri Vegetables, Milk

General Tso Chicken, Fried  
Rice, Broccoli, Milk

Meatloaf with Gravy, Mashed  
Potatoes, Mixed Vegetables,  
Milk

Three Bean Chili with Bulgur  
Wheat Confetti & Pea  
Vegetables, Cold Peaches, Milk

Paprika Chicken, Brown & Wild  
Rice Pilaf, Peas & Carrots,  
Poached Pear, Milk

**10am** Fit for the Future (\$4)  
**10am** Whist/Other Games  
**12:30pm Teri Wassel Pickle  
Making Demo\***  
**2pm** Korean Bong Sul  
**3pm** Korean Table Tennis  
~~**4pm** Korean Choir Class~~

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**10am** Tai Chi (\$4)  
**10am Crafts with Friends  
(\$4)\***  
**1pm** Game Club  
**1pm** Korean Dance/Drums  
**1:30pm** Korean Origami  
**3:30pm** Korean Smart  
Phone Class

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**8am-12pm AARP Safe Driver  
Refresher Course\***  
**10am** Wii Bowling  
**10am** Fit for the Future (\$4)  
**10am Medicare Counseling \*\***  
**10am-1pm Shiatsu Appts\***  
**12:45pm** Progressive Pinochle  
**2pm** Korean Bong Sul  
**2:30pm** Korean Drawing  
**3:30pm** Korean Sax

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**9am Breakfast Club @ Energy  
Station\***  
**9am** Yoga (\$4)  
**10:15am** Chair Yoga (\$4)  
**12:30pm Food for Thought\***  
**1pm** Korean Women's  
Bong Sul  
**2pm** Korean Line Dancing  
**3pm** ESL for Koreans  
**3pm** Korean Sax  
**4pm** Korean Creative  
Music Talk

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**9:30am** All Levels Pinochle  
**10am Aetna Medicare 101\***  
**10:30am** Grief Support  
**11am-1pm Tech Tutoring\*\***  
**12:30pm** Bingo  
**12:30pm** Korean Beginner  
Drumming  
**1:30pm** Korean Kalimba  
**2pm** Korean Bong Sul  
**3pm** Korean Book Club  
**3pm** Korean Sax

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Turkey w/ Gravy, Glazed  
Sweet Potatoes, Green  
Beans, Milk

Sweet Italian Sausage,  
Roasted Potatoes, Steamed  
Peas, Milk

**SPECIAL LUNCH \$10:**  
Crab Cake Sandwich, Summer  
Corn Salad, Popsicles, Milk

Cheese Stuffed Shells, Crushed  
Tomato Sauce, Steamed  
Carrots, Mixed Vegetables, Milk

Swedish Meatballs, Egg  
Noodles, Peas, Peaches,  
Milk

**10am** Fit for the Future (\$4)  
**10am** Whist/Other Games  
**11:30am Lunch/Movie  
Matinee\***  
**12:30pm Prayer Care Group\***  
**2pm** Korean Bong Sul  
**3pm** Korean Table Tennis  
~~**4pm** Korean Choir  
Class~~

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**10am** Tai Chi (\$4)  
**10am Story Time w/  
Josephine\***  
**10am-12pm State Rep.  
Malagari Office Hours\*\***  
**1pm** Game Club  
**1pm** Korean Dance/Drums  
**1:30pm** Korean Origami  
**3:30pm** Korean Smart  
Phone Class

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**10am** Wii Bowling  
**10am** Fit for the Future (\$4)  
**10am Medicare Counseling\*\***  
**11:30am Special Lunch: The  
Elvis Pretzel Show (\$10)\***  
**12:45pm** Progressive Pinochle  
**2pm** Korean Bong Sul  
**2:30pm** Korean Drawing  
**3:30pm** Korean Sax

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**9am** Yoga (\$4)  
**10:15am** Chair Yoga (\$4)  
**12:30pm Guatemalan Culture  
with Liz and John\***  
**1pm** Korean Women's  
Bong Sul  
**2pm** Korean Line Dancing  
**3pm** ESL for Koreans  
**3pm** Korean Sax  
**4pm** Korean Creative  
Music Talk

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**9:30am** All Levels Pinochle  
**10am Traveling Happy? Ya! Ya!  
Crew: Let's get moving\***  
**11am-1pm Tech Tutoring\*\***  
**12:30pm** Bingo  
**12:30pm** Korean Beginner  
Drumming  
**1:30pm** Korean Kalimba  
**2pm** Korean Bong Sul  
**3pm** Korean Book Club  
**3pm** Korean Sax

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Waffles and Turkey Sausage Patty, Breakfast Potatoes, Collard Greens, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>12:30pm Veterans' Resource Group*</b> <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Table Tennis <del><b>4pm</b> Korean Choir Class</del></p> <p><b>18</b></p>	<p>Roasted Tilapia with Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>10-10:30am Free BP Checks*</b> <b>10:30-11:15am Help Yourself to Healthy Living: Mental Health*</b> <b>1pm</b> Game Club <b>1pm</b> Korean Dance/Drums <b>1:30pm</b> Korean Origami <b>3:30pm</b> Korean Smart Phones</p> <p><b>19</b></p>	<p>Baked Mac &amp; Cheese, Stewed Tomatoes, Steamed Green Beans, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am Medicare Counseling**</b> <b>12:45pm Advisory Council**</b> <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Sax</p> <p><b>20</b></p>	<p>Birthday Lunch: White Chicken Chili, Brown Rice, Roasted Zucchini &amp; Stewed Tomatoes, Milk</p> <p><b>9am</b> Yoga (\$4) <b>10:15am</b> Chair Yoga (\$4) <b>12:30pm</b> MontCo Assoc/Blind <b>12:30pm Karaoke Fun*</b> <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>3pm</b> Korean Sax <b>4pm</b> Korean Creative Music Talk <b>4:30pm Dinner Outing @ Lansdale Tavern*</b></p> <p><b>21</b></p>	<p>Chicken Pot Pie, Cauliflower, Cold Apples, Milk</p> <p><b>9:30am</b> All Levels Pinochle <b>10:30am</b> Grief Support <b>11am-1pm Tech Tutoring**</b> <b>12:30pm</b> Korean Beginner Drumming <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>3pm</b> Korean Sax</p> <p><b>22</b></p>
<p>Beef Stroganoff, Egg Noodles, Mixed Vegetables, Cold Peaches, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>12pm Book Club*</b> <b>12:30pm Prayer Care Group*</b> <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Table Tennis <del><b>4pm</b> Korean Choir Class</del></p> <p><b>25</b></p>	<p>COLD MEAL: Turkey &amp; Cheddar Slider, Carolina Coleslaw, Applesauce, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>12pm Legal Consultations**</b> <b>1pm</b> Game Club <b>1pm</b> Korean Dance &amp; Drums <b>1:30pm</b> Korean Origami <b>3:30pm</b> Korean Smart Phone Class</p> <p><b>26</b></p>	<p>COLD MEAL: Fusilli Salad w/ White Beans, Grilled Marinated Chicken Breast, Canned Pears, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am Medicare Counseling**</b> <b>10am-12pm State Sen. Collett Office Hours**</b> <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Sax</p> <p><b>27</b></p>	<p>Pasta with Meatballs, Peas, Fruit Salad, Milk</p> <p><b>9am</b> Yoga (\$4) <b>10:15am</b> Chair Yoga (\$4) <b>12:45</b> Trivia with Nancy <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>3pm</b> Korean Sax <b>4pm</b> Korean Creative Music Talk</p> <p><b>28</b></p>	<p>Pot Roast Dinner, Steamed Green Beans, Cold Peaches, Milk</p> <p><b>9:30am</b> All Levels Pinochle <b>11am-1pm Tech Tutoring**</b> <b>12:30pm</b> Korean Beginner Drumming <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>3pm</b> Korean Sax</p> <p><b>29</b></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, with access to self-organized Rummikub, Puzzles, Card Games, Chess, and Creative Coloring. See Sabrina or a greeter at the front desk for questions or to access materials.

**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.

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