



# LANSDALE SPECIAL PROGRAMS

*Please sign up for all programs in person at the Greeter's Desk or by calling 215-362-7432.*



• **MONDAY, AUGUST 4 @ 12:30 pm: Pickle Making Demonstration with Teri Wassel** | If you love pickles, you can make your own at home with this fantastic recipe! Fresh sliced cucumbers in a homemade brine with pickling spices, fresh garlic, and dill...you'll be so surprised how easy it can be to make homemade pickles! Come and make your own jar with Chef Teri from the Montgomery County Office of Aging Services. **Pre-registration with Sabrina is required by July 31 – space is limited!**



• **TUESDAY, AUGUST 5 @ 10:00 am: Crafts with Friends** | Suzanne will lead a craft group making bracelets. This time we will be making bracelets to sell as a fundraiser for SPARK Lansdale! **Please RSVP at the desk by Fri, Aug 1.**



• **WEDNESDAY, AUGUST 6, from 8:00 am to 12:00 pm: AARP Safe Driver Refresher Course** | This 4-hour course is open to participants who have successfully completed the 8-hour AARP driver safety program within 36 months prior. Participants 55 years of age or older, may qualify for a state mandated discount on their automobile insurance premium. Participants should contact their insurance company to determine their eligibility. Please bring your driver's license to class. The fee for the course is \$20 for AARP members and \$25 for non-members. **Please bring a check payable to AARP to class. Please register by Wed, July 30.**



• **WEDNESDAY, AUGUST 6, from 10:00 am to 1:00 pm: Shiatsu Massage Appts** | 15-min, fully clothed, chair massages by Kerry Palanjian, experienced Shiatsu practitioner. For pricing information and to schedule an appointment, **sign up at the SPARK Lansdale front desk, or call Kerry directly at 215-622-4359.**



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



• **THURSDAY, AUGUST 7 @ 12:30 pm: Food for Thought: Home Sweet Home** | This month let's talk about "home." Where are some places you've lived? What was your childhood home or first independent home like? (we'd love to see if you have pictures to share!) What things "feel like home" to you? Join us for this casual, meandering conversation as we learn more about one another and deepen our connections.



• **FRIDAY, AUGUST 8 @ 10:00 am: 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 Sabrina in the office by Wed, Aug 6.**



• **MONDAY, AUGUST 11 @ 11:30 am: Movie Matinee & Lunch** | We'll deliver the congregate meal right to your seat OR you can bring your own lunch! **If you'd like the congregate meal during the movie, please sign up with Sabrina by Fri, Aug 8.**



• **MONDAY, AUGUST 11 @ 12:30 pm: Prayer Care** | Come join this peaceful fellowship of prayer to praise God. We pray for those in need of guidance, wisdom, comfort, and direction. All are welcome!



• **TUESDAY, AUGUST 12 @ 10:00 am: Story Time with Josephine** | Josephine will be reading "Kill or Be Killed," by Ogden Nash, "The Leopard Man's Story," by Jack London, & "Two Bottles of Relish," by Lord Dunsany. Join us at SPARK Lansdale or via Zoom. **Email [ebeil@sparkseniorcenters.org](mailto:ebeil@sparkseniorcenters.org) for the Zoom link.**



• **WEDNESDAY, AUGUST 13 @ 11:30 am: Special Lunch with The Elvis Pretzel Show (\$10)** | Enjoy a yummy summer lunch of Crab Cake Sandwich, Summer Corn Salad, Popsicles, & Milk. After lunch, come enjoy classic Elvis tunes at The Elvis Pretzel Show. Elvis Pretzel is an Elvis impersonator who brings his passion to performing for audiences of all ages. He loves to mingle with the crowd and has even promised some teddy bear give-a-ways! **Please sign up with Sabrina in the office by Fri, Aug 8; Cost \$10.**



• **THURSDAY, AUGUST 14 @ 12:30 pm: 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.



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-  **• FRIDAY, AUGUST 15 @ 10:00 am: The Traveling 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!
-  **• MONDAY, AUGUST 18 @ 12:30 pm: Veterans' Resource Group** | Join Rob from the American Legion for our monthly Veteran's Group. Come to connect with fellow Vets and learn about available resources to support your physical, social, and financial well-being.
-  **• TUESDAY, AUGUST 19, from 10:00 to 10:30 am: Free Blood Pressure Checks** | Free Blood Pressure Checks will be available through Jefferson Health prior to the start of the Health and Wellness program. **Please RSVP in person or by calling 215-362-7432 by Mon, Aug 18.**
-  **• TUESDAY, AUGUST 19 @ 10:30 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!
-  **• THURSDAY, AUGUST 21 @ 12:30 pm: Birthday Cake & Karaoke Fun!** | Enjoy birthday cake courtesy of PA Health & Wellness to celebrate our August Birthdays while you share your favorite tunes with friends and dance along during our Karaoke Fun to celebrate National Senior Citizen's Day. Please share your song requests with the front desk by Wednesday, Aug 20 so we can be prepared. We'll be happy to accommodate song requests during the event too! **If your birthday is in August, please let us know when signing up for lunch.**
-  **• 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.**
-  **• MONDAY, AUGUST 25 @ 12:00 pm: Book Club** | This month we will discuss "The Stillwater Girls," by Minka Kent. For more information contact Betty Helpa ([betty.helpa@gmail.com](mailto:betty.helpa@gmail.com)).
-  **• MONDAY, AUGUST 25 @ 12:30 pm: Prayer Care** | Come join this peaceful fellowship of prayer to praise God. We pray for those in need of guidance, wisdom, comfort, and direction. All are welcome!
-  **• SEPTEMBER PREVIEW: Starting FRIDAY, SEPTEMBER 5 @ 10:00 am: Tai Chi for Arthritis** | Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness. Tai Chi for Arthritis helps people with arthritis to improve all these and more. It improves balance both mentally and physically thus significantly reduces the rate of fall of older adults. Additional benefits include improving relaxation, vitality, posture, and immunity. Tai Chi for Arthritis is an 8-session program provided by the Montgomery County Office of Aging Services with each session lasting 45 minutes to 1 hour. Exercises can be done seated or standing. **Spots are limited so please register at the front desk or by calling 215-362-7432.**

## LANSDALE SENIOR SPOTLIGHT: DEBORAH SMALLS



Folks from both Lansdale and Harleysville may recognize Deborah, as she is one of our members that attends both Centers. Deborah comes to us as a graduate of the Common Grounds Program, a culinary training program run by our neighbors at Manna on Main Street. After many years in the food service industry in her previous home state of New York, she was excited to find a way to continue with her culinary passions. Deb loves to cook, and her passion and zest for life shine through in everything she does. She became a regular volunteer in the Lansdale lunchroom, bringing her vibrant energy and enthusiasm for all things related to food. These experiences prepared her to step in as a new hire when a part-time Meal Assistant position opened up in Harleysville. Welcome aboard Deb, we are lucky to have you!