

October 2023 Programs at Encore

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Hybrid Classes (in-person and virtual) are noted in blue. 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>3</p> <p>9:00-10:20 Haircuts (by appt.) (\$10) 9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Stamp Club 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>4</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 11:00 Chair Yoga (\$4) 12:00-1:00pm Lunch 1:00pm Medicare Counseling (by appt.) 1:00pm Shiatsu Therapy & Integrative Medicine by Kerry</p>	<p>5</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00-10:45 Free Blood Pressure Screenings 11:00-12:00pm Help Yourself to Healthy Living: Cancer Kick Down! 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>6</p> <p>10:00 Wii Sports or Jeopardy 11:00-3:00pm Shiatsu Massage (by appt.) (\$20) 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)</p>
<p>9</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:00pm Medicare 2024 Info Session with Carl Cutrone 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>10</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Storytime with Josephine (Online & at PEAK) 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>11</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30-12:00pm Cash for Gold 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:00pm Patina Health and Tri-State Senior Consultants: The Future of Medicare Primary Care</p>	<p>12</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 1:30pm Tone & Balance (\$4)</p>	<p>13</p> <p>10:00 Wii Sports or Jeopardy 11:00 PA Rep. Donna Scheuren's Office Resource Hour 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:00pm Balance Screening & Fall Prevention Presentation with Ivy Rehab 1:30pm Stretch & Tone (\$4)</p>
<p>16</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:00pm Medicare Trivia & Info Session with Lisa Huot 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>17</p> <p>9:00-10:20 Haircuts (by appt.) (\$10) 9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>18</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Wedding Dance Exercises with Nadine (\$4) 2:00pm Cooking for One with an Air-Fryer Presentation</p>	<p>19</p> <p>9:00 Wood Carving 9:30-10:30 Legal Consultations (by appt.) 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 5:00pm Dinner Club: Pizza Time Saloon</p>	<p>20</p> <p>10:00 Wii Sports or Jeopardy 10:00-12:00pm United-Healthcare Table with Charles Siniari 10:30 Arts & Crafts with Laura: Sunflower Pocket-book Hangers (\$3) 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)</p>
<p>23</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>24</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>25</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 11:00 Fall Celebration Sing-Along with Senior "DJ" Group 12:00-1:00pm Lunch 1:00pm Chair Bingo Exercise (\$4)</p>	<p>26</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00-2:00pm Social Services with Carol Costlow 12:00-1:30pm Special Lunch (\$10): Oktoberfest with Accordionist Don Bitterlich 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>27</p> <p>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 (\$4)</p>
<p>30</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>31</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm-4:00pm Giant Pharmacy Vaccination Clinic 1:00pm Mahjong 1:30pm Zumba (\$4)</p>			