



# HARLEYSVILLE SPECIAL PROGRAMS

Please sign up for all programs in person at the Greeter's Desk or by calling 215-256-6900.



• **THURSDAYS from 10 am to 2 pm: Gwynedd Mercy University Speech Language Pathology Students on Site** | SLP's work to prevent, assess, and treat disorders that impact speech, language, cognition, social communication, fluency, voice, and/or swallowing. Meet them & see how they can help! **There will be no students on 3/12 due to the students' spring break.**



• **Fitness Class Changes for MARCH:** Pilates Strength will be cancelled on **3/3 and 3/10.**



• **There will be no haircuts offered on site this month.**



• **TUESDAY, MARCH 3 @ 9:30 am: Group Trivia: Women's History Month** | Test your knowledge with a special Group Trivia focused on questions about Women who shaped History during this special month.

• **TUESDAY, MARCH 3 @ 10 am: Stamp Club** | Join us to talk about stamps and everything else. We welcome everyone and would enjoy having you join the group. No need to be an expert, just come join us!



• **WEDNESDAY, MARCH 4 @ 10 am: Wheel of Fortune** | Come Spin the Wheel as we recreate this popular TV Game Show. We'll test our puzzle-solving speed, word recognition, and the ability to perform under pressure with high energy and a clear, confident voice!



• **WEDNESDAY, MARCH 4 @ 1 pm: Aetna: Navigating Long-Term Care with Medicare** | Have you been getting a lot of calls about Medicare? Join us for an informative Medicare presentation designed to help you better understand your coverage options and benefits, including how long-term care fits into your overall healthcare planning. We'll break things down in a clear, friendly way and answer common questions so you can feel confident about Medicare and long-term care choices. **Please sign up with Gina by 3/2.**



• **THURSDAY, MARCH 5 @ 11 am: Help Yourself to Healthy Living: "Fueling the Body for Strong Bones and a Healthy Colon!"** | Join Sue Smith, M Ed., RN from Jefferson Health to learn how everyday food choices can help protect against colon cancer and osteoporosis. This presentation highlights essential nutrients, protective dietary patterns, and practical tips to promote bone health and lower cancer risk across the lifespan. **Get your free blood pressure check between 9:30 and 10:45 am.**



• **FRIDAY, MARCH 6 @ 12:30 pm: Table Toppers** | Come join our decorating group to do some fun socializing while helping to spruce up our dining room tables. No experience necessary!



• **TUESDAY, MARCH 10, from 10:30 am to 12 pm: Cash for Gold** | Leave your wallet at home but bring your old or broken gold, silver, or platinum jewelry, class rings, coins, sterling silver flatware, or even dental gold, and turn it into CASH in your pocket! We thank Carol Hoy for making this valuable service available to our Seniors in our secure environment.



• **TUESDAY, MARCH 10 @ 1 pm: Tasty Tuesday** | Bring your dollar and pick out your favorite tasty treat from the selection that our volunteer bakers have prepared for this day.



• **TUESDAY, MARCH 10 @ 1:30 pm: Book Club** | Join our avid readers to engage in conversation about the book of the month, "The Color of Water" by James McBride, plus take part in voting on which book to read next month. Inquire about borrowing this month's book at our front desk.



• **WEDNESDAY, MARCH 11 @ 10 am: Ping Pong** | Join us for some casual table tennis on our brand-new table. No need to sign up – just come and join in on the fun. No experience necessary!



• **WEDNESDAY, MARCH 11 @ 1 pm: Cancer Awareness with Fox Chase Cancer Center** | Alexandra Traglia, MPH, CHES, from the Office of Community Outreach & Engagement, works to reduce the cancer burden in Southeastern PA by providing cancer education and promoting early detection. Come and learn about cancer risk, screening options, and tips for staying healthy! Alexandra will discuss cancer screening and why it's important to be screened before experiencing any symptoms. **Please sign up with Gina in the office by 3/9.**



• **THURSDAY, MARCH 12: Theme Thursday, National Parks** | The first National Park opened 3/1/1872, so join us in celebration by dressing in your national park t-shirts, or themed gear representative of these parks.



• **FRIDAY, MARCH 13 @ 1 pm: Plastic Sleeping Mat Project** | Help turn plastic bags into "plarn" to donate to groups who turn these bags into sleeping mats. You will enjoy fun socializing as we help those in need. No experience necessary!

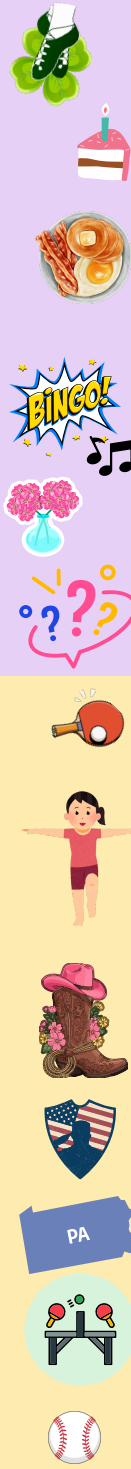


• **TUESDAY, MARCH 17 @ 1 pm: Hunting & Fishing Social Club** | Come share epic stories from your hunting and fishing experiences. Make new friends who enjoy some of the same activities that you do.



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• **TUESDAY, MARCH 17 @ 12:30 pm: Pride of Erin Irish Dancers** | Enjoy a special presentation during lunch as these young dancers spread their Irish joy on St. Paddy's Day!

• **TUESDAY, MARCH 17 @ 1 pm: PA Health & Wellness Birthday Celebration & Painting Activity** | Come celebrate all March birthdays with a birthday treat and stay to paint an Irish-themed painting with Estelle Walker. **Please sign up with Gina for the painting in the office by 3/13 so we have enough supplies.**

• **WEDNESDAY, MARCH 18 @ 9 am: Breakfast Club: Franconi's Pizzeria & Ristorante** | Yes, they serve breakfast! Join us at 1200 Welsh Road, North Wales for our monthly breakfast outing. Each person will pay their own bill and supply their own transportation. **RSVP at either center by 3/11 so we can call ahead.**

• **WEDNESDAY, MARCH 18 @ 10 am: Wheel of Fortune** | See description for March 4<sup>th</sup>.

• **WEDNESDAY, MARCH 18 @ 1 pm: Music Bingo with Senior Living Specialists** | Join Kathleen Brogan for some music, fun, and prizes! She will also be available after bingo to talk with you about how to weigh the pros and cons of aging in place or moving to a senior living community. **Please sign up with Gina by 3/16.**

• **THURSDAY, MARCH 19 @ 12:30 pm: Table Toppers Part 2** | See description for March 6<sup>th</sup>.

• **FRIDAY, MARCH 20 @ 1 pm: PA Snacks and Trivia w/ MedMinder** | MedMinder is a smart medication management service that uses innovative technology to help you take the right medications at the right time, improving safety and independence. Learn more about their offerings and then enjoy a fun and interactive Pennsylvania trivia game, complete with classic PA snacks like Soft Pretzels and Tastykakes! **Please sign up with Gina in the office by 3/18.**

• **WEDNESDAY, MARCH 25 @ 10 am: Ping Pong** | Join us for some casual table tennis on our brand-new table. No need to sign up – just come and join in on the fun. No experience necessary!

• **WEDNESDAY, MARCH 25, from 1 to 4 pm: Total Performance Balance Assessments** | Dr. Eric Finkelstein, PT, DPT, will be bringing 1-2 physical therapists to conduct a 15-minute individual consult on balance, gait, and function. We'll run through an assessment to determine risk of falls as well as general strength and well-being. Following the assessment, we'll go over what each test means and recommendations to best improve your health and mobility. **Please make an appointment with Gina in the office by 3/20.**

• **THURSDAY, MARCH 26, from 12 to 1:30 pm: Special Lunch with Lorri Woodward's Country Hodgepodge! (\$10)** | Chef Trish will be preparing Baked Ham, Homemade Baked Beans, Beet Salad, and Apple Cake for this country-western day. We are excited to welcome back Lorri, who puts on an amazing show! **Please sign up with Gina in the office by 3/20; the cost for lunch is \$10.**

• **FRIDAY, MARCH 27 @ 9:30 am: Veterans' Coffee Catch-Up** | All Veterans are invited to come join us for a relaxed, social gathering to share stories and get to know each other.

• **FRIDAY, MARCH 27 @ 12:30 pm: PA Senator Tracy Pennycuik Visit** | Sen. Pennycuik will speak about the ways her office can assist with state services such as the Property Tax Rent Rebate program, PennDOT issues, social service assistance, SEPTA, and much more.

• **FRIDAY, MARCH 27, from 1 to 3 pm: "Doubles" Ping Pong Tournament** | Join us for our first ever tournament that will test your table tennis skills. "March" in a new friend to be your ping pong partner! All levels welcome. Thanks to an anonymous donor for giving us a beautiful, brand new ping pong table!

• **SUNDAY, MARCH 29 @ 1:30 pm: Poppy's Tavern Dinner Outing** | Meet us at 64 E. Lincoln Ave., Hatfield for a fun weekend outing. We will be able to enjoy watching the 1:35 pm Phillies game while we eat! You must provide your own transportation and pay your own bill. **Please RSVP to Gina or Sabrina by 3/25.**

## HARLEYSVILLE SENIOR SPOTLIGHT: KATHY METZ

Kathy is a long-time member whose pleasant and friendly manner is appreciated by all who get to interact with her, which is a lot of people because she is involved in so much here. She enjoys our daily lunches, shooting pool, joining in exercise classes, and sitting in for all of the special things we schedule. Kathy says when she walks through the front door it feels like a warm hug. "Everyone here feels like my family and I miss them when I'm not here. I have been so fortunate to have met so many wonderful people, some of whom are no longer with us. They are now precious memories who will stay in our hearts always. SPARK brought us together!"

