



# LANSDALE SPECIAL PROGRAMS

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



• **New Class! WEDNESDAYS from 11:15 am to 12 pm: Tai Chi and Health Qigong with Xixin Duan** | This new FREE movement based class will be taught in English and Chinese. Boost flexibility, balance, strength, & vital energy, while enhancing flexibility & coordination. Participants will have time to attend lunch after class.



• **MONDAYS IN MARCH, from 10 am to 2 pm: Gwynedd Mercy University Speech Language Pathology Students** | 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! **No students on 3/9.**



• **MONDAYS IN MARCH, from 8:30 to 11 am: Sleeping Mat Project** | Help turn plastic bags into a woven sleeping mat to be donated to homeless folks in need. Connect with Alexis for materials and instructions.

• **Fitness Class Changes for MARCH:** Fit for the Future will be cancelled on **3/9, 3/11, 3/23, and 3/25.**



• **STARTING FRIDAY MARCH 27 @ 10 am: Healthy Steps in Motion (HSIM)** | This 8 week falls prevention exercise program is taught by Certified Workshop Leaders and is designed for people of all fitness levels, including strength & balance exercises and stretching. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance. **Pre-registration is required by 3/16.**



• **MONDAY, MARCH 2 @ 12:30 pm: Salah with Manny** | SPARK Lansdale volunteer Manny will share a presentation about Salah (Muslim prayer) and facilitate a discussion around Muslim faith traditions.



• **TUESDAY, MARCH 3 @ 10 am: Crafts with Friends: Easter Baskets for St. Mary's Manor Nursing Home** | There will be no fee this month, but we are collecting donations to include in the baskets. Please drop off any of the following in the office: Easter baskets any size, bags of grass, Easter candy - wrapped, nothing loose, puzzle books, adult coloring books, colored pencils, card games, small stuffed animals.



• **WEDNESDAY, MARCH 4 @ 12:30 pm: Eldercare Planning with Rothkoff Law** | Come learn from Ryan A. Krocke, Esq, everything you wanted to know but were afraid to ask about Power of Attorney, Living Wills, and many of the legal issues around housing and older adults. Ryan is here to answer questions and help you make sense of the legal jargon that may intimidate you around any of these topics.



• **THURSDAY, MARCH 5 @ 12 pm: PA Health & Wellness B-day Celebration and Program** | Join Estelle from for an interactive health presentation during lunch, while we sing and celebrate this month's birthdays with a sweet treat. Let us know it's your Birthday Months when you sign up for lunch.



• **THURSDAY, MARCH 5 @ 12:30 pm: Karaoke Fun: Duets!** | Casual karaoke where we can take turns having a moment in the spotlight and all sing along to our favorite tunes together. In honor of "March in your Friends" Month, bring your bestie to do a duet!



• **TUESDAY, MARCH 10 @ 10 am: Story time with Josephine** | Josephine will be reading "Peephole," by Henry Slesar, and "Man Bites Dog," by Donald Honig. You can join us at SPARK Lansdale or via Zoom. Email Liz at [ebell@sparkseniorcenters.org](mailto:ebell@sparkseniorcenters.org) if you would like the Zoom link.



• **TUESDAY, MARCH 10 @ 12:30pm: Making Lifestyle Changes, Type 2 Diabetes Prevention** | Join Claire from MCOAS for this special 1 hour presentation. Diabetes is on the rise in America & prevention is key. This presentation explores what diabetes is, signs and symptoms, complications, and what we can do to prevent or delay our Type 2 Diabetes Risk. **RSVP by 3/3.**



• **WEDNESDAY, MARCH 11, from 11:30 to 1:30 pm: Special Lunch and Square-Dancing Demo with the Perky Promenaders (\$10)** | "Square dancing is friendship set to music." Join us after lunch for a special Square Dancing demonstration by this local award-winning group. They will show off their moves, introduce the basics, and invite you to join in! **RSVP for Special Lunch by 3/4. The cost for lunch is \$10.**



• **THURSDAY, MARCH 12 @ 12:45 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!



• **MONDAY, MARCH 16 @ 12:30 pm: Veteran's Resource Group** | Join Rob from the American Legion to connect with fellow Vets and learn about resources to support your physical, social, and financial well-being.



• **MONDAY, MARCH 16 @ 12:30 pm: Music Nostalgia and Sing-a-long with Damian** | If you listened to mainstream pop music from 1957 to 1969 this will be a dance down memory lane to wake up the memories and get you dancing in or out of your seat. Twisting is allowed. We will also do some well-known sing-a-longs.



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• **TUESDAY, MARCH 17 @ 10:30 am: Help Yourself to Healthy Living w/ Jefferson Health: Nutrition, Fueling the Body for Strong Bones and a Healthy Colon** | 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. **Free Blood Pressure checks will be available prior to this program, starting at 10 am.**



• **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.**

DO YOU KNOW?

• **THURSDAY, MARCH 19 @ 12:45 pm: Women's History Month Trivia with Nancy** | Same monthly trivia fun...with a Women's History Month Focus. Come see what you know about women in history!



• **FRIDAY, MARCH 20 @ 10:30 am: Healing Houseplants with Lois Saboe** | Come learn about the health benefits of houseplants, the principles of "Nature Therapy," and share best practices and lessons learned about choosing and caring for indoor plants. Take home a small cutting of an easy to care for, air purifying plant to propagate and grow in your own home. **RSVP by 3/11.**



• **TUESDAY, MARCH 24 @ 10:30 am: Financial Wellness Workshop with Prudential** | Join Luke Anthony, a financial planner with Prudential Advisors, for an informative and easy-to-understand presentation focused on financial wellness in retirement and retirement planning. We'll cover practical topics such as budgeting on a fixed income, managing investments, protecting yourself from financial risks, and planning for the future.



• **WEDNESDAY, MARCH 25 @ 12:30 pm: Holi Celebration with Bharatiya Temple** | Holi is the vibrant Hindu Festival of colors, observed in early March to celebrate the arrival of spring. Join us for a festive performance from our friends at the Bharatiya Temple in Montgomeryville as they share a bit of their culture & traditions.



• **THURSDAY, MARCH 26: Theme Thursday, Twin Day** | Bring in a buddy and dress alike today! Or make plans to twin with another current member for fun!



• **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.**



• **MONDAY, MARCH 30 @ 12 pm: Book Club** | This month we will discuss, "The Bee Keeper of Aleppo," by Christy Lefteri. For more information please contact Betty Helpa (betty.helpa@gmail.com).



• **MONDAY, MARCH 30 @ 12:30 pm: The Art of Self Care** | Living in a fast-paced world, we often minimize the importance of self. What many don't realize is how vital self-care is to wellbeing. This program explores the art of self-care, its importance and many benefits with Christine Ford, BSW, of Bodhi Holistic Center. This program was cancelled in January and we are lucky to have it rescheduled for today.



• **TUESDAY, MARCH 31 @ 10:30 am: "What's Next?" with guests from Visiting Angels and Morningside House** | When you've lived independently for so long it can be tricky to think about "giving up" that independence. But when the time is right, you'll actually GAIN independence by making smart choices. We will talk about the emotional and pragmatic aspects of starting to think about next steps, whether it is bringing in home care or beginning to tour a community.

## LANSDALE SENIOR SPOTLIGHT: SHAOBO KUANG

Shaobo stumbled upon our Center one day as he was visiting the YMCA and decided to attend one of our seminars on a whim. Since then, he has become one of our daily regulars, and we are just so glad that he found us! Shaobo loves coming to lunch and he attends a wide variety of educational and cultural seminars here regularly. Now that he is retired, he has enjoyed having a way to connect with so many great people that he would not otherwise know. Outside of his time at SPARK, Shaobo keeps active at the YMCA and on his own - enjoying a variety of active past-times such as volleyball, ping-pong, and more. Shaobo is always an open and welcoming friend to everyone he encounters. He's helpful with translating from English to Chinese and back when we are in a pinch, and he does so much to help everyone feel welcome here. It's so great having you here Shaobo!

