



HARLEYSVILLE SPECIAL PROGRAMS

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



• **FRIDAYS, JULY 10 THROUGH AUGUST 28 @ 10 am: Montgomery County Tai Chi for Arthritis and Falls Prevention** | Join this Montgomery County Office of Aging Services evidence-based, 8-week program that utilizes the Sun Style for relaxation, balance, and ease of movement. Each class is led by a certified instructor and lasts up to an hour. The movements can be done standing or sitting. Increase your strength, balance, and flexibility while improving your mind, body and spirit! **Spaces are limited so sign up with Gina in the office right away.** There is no cost for this program.

• **EVERY TUESDAY IN JULY @ 12:30 pm: New Start Time for Mahjong!** | Come join this growing group of players. No experience necessary, as they will train newcomers on how to play American Mahjong.

• **WEDNESDAY, JULY 1 @ 10 am: Ping Pong** | Exercise & laughs combined. No experience needed!

• **WEDNESDAY, JULY 1 @ 1 pm: Arbour Square Ice Cream Social & Ray's Freedom Train Display** | Come enjoy a sweet, frosty treat compliments of our friends at Arbour Square. They will bring brochures and information on their housing options as well for anyone who is interested. Our own member, Ray Nase, will set up his special "Freedom Train" display in celebration of our nation's 250th Anniversary!

• **THURSDAY, JULY 2 @ 10:30 am: 4th of July Sing-Along with YMCA Campers** | Let's celebrate the 250th Anniversary of our country with our young YMCA neighbors with a fun sing-along session!

• **THURSDAY, JULY 2 @ 11 am: Help Yourself to Healthy Living: "Senior Safety is the Priority!"** | Sue Smith, M Ed., RN from Jefferson Health will be presenting about life safety practices, such as: medical alert devices, fire safety, medication safety, driving, financial safety and targeted senior scams, artificial intelligence, etc.! **Get your free blood pressure check between 9:30 and 10:45 am.**

• **THURSDAY, JULY 2 @ 12:30 pm: US Constitution Reading** | Let's celebrate Independence Day & revisit the Freedoms promised by our Founding Fathers with select readings from the Constitution.

• **TUESDAY, JULY 7 from 9 to 10:20 am: Haircuts w/Robin** | Call to schedule a \$10 dry haircut appt.

• **TUESDAY, JULY 7 @ 10 am: Stamp Club** | Once a month this group meets to talk about stamps and everything else. We welcome everyone and would enjoy having you join us. No need to be an expert!

• **WEDNESDAY, JULY 8 @ 10 am: Wii Wheel of Fortune** | Join us for some TV Game Show fun as we test our puzzle-solving speed & word recognition. Solve that puzzle with high energy and a clear, confident voice!

• **WEDNESDAY, JULY 8 from 11 am to 2 pm: Giant Vaccine Clinic** | Stay active, independent, and protected! Stop in during Giant Pharmacy's Immunization Clinic designed with seniors in mind. Our friendly pharmacists provide convenient, expert care to help safeguard you against pneumonia, shingles, and more. Come see us and take a simple step toward a healthier season! **Please sign up with Gina in the office by 7/6.**

• **WEDNESDAY, JULY 8 @ 11 am: Retired Status Vehicle Registration** | Tara Ticktin, SPARK's Social Services Coordinator, is here to find out if you are paying too much for your car registration! Do you make less than \$30,778? Are you retired and receiving Social Security, SSI payments, retirement benefits, or other pensions and annuities? Tara can help you apply for a reduced rate car registration. She just needs an odometer reading, a copy of your insurance card, and a credit/debit card. She will handle the rest!

• **WEDNESDAY, JULY 8 @ 6 pm: Offsite Concert in the Park - The Fabulous Grease Band** | Bring your picnic dinner and your camp chair to this free concert at the DeBarth Amphitheater at Parkside Park Complex in Upper Gwynedd. Hang out with your SPARK friends to relax and enjoy the music, and maybe even dance a little! **Please sign up at either center by 7/8 so we know to look for you! Look for the SPARK Flags!**

• **THURSDAY, JULY 9: Theme Thursday: Freedom of the Press, A Tribute to Cartoons!** | Think about Snoopy and The Red Baron. Back in the day, having cartoons that poked fun at everything demonstrated this important freedom that we have in our country. Let's celebrate Snoopy and his nemesis, and let's have some fun with ourselves! Our judges will be looking to see who dresses up in the most creative tribute to Freedom of the Press, or Snoopy and The Red Baron. **Wawa gift cards are at stake!**

• **TUESDAY, JULY 14 @ 1 pm: Tasty Tuesday** | Bring a dollar and pick out your favorite tasty treat from the selection that our volunteer bakers have prepared for this day.

• **TUESDAY, JULY 14 @ 1:30 pm: Book Club** | Join our avid readers to engage in conversation about the book of the month, plus take part in voting on which book to read next month.



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• **WEDNESDAY, JULY 15 @ 10 am: Ping Pong** | Exercise & laughs combined. No experience needed!



• **WEDNESDAY, JULY 15 @ 1 pm: Historical Philly Presentation by Norm Danis** | How well do you know America's birthplace city? In this year of our nation's 250th Birthday, join us for a virtual tour around the city with a beautiful slide show highlighting our city's best features. Will you recognize the U.S.'s First Bank? Ben Franklin's grave site? The Betsy Ross House? All these special Philly highlights and more will be covered on our fun trip down memory lane.



• **THURSDAY, JULY 16 @ 12:30 pm: Table Toppers** | Come join our decorating group to spruce up our dining room tables while enjoying each other's company. No experience necessary!



• **FRIDAY, JULY 17 @ 9 am: Breakfast Club: So Much To Give Inclusive Cafe** | Join us at 3401 Skippack Pike, Cedars for our monthly breakfast outing. Each person will pay their own bill and supply their own transportation. **RSVP at either center by 7/15 so we can call ahead for seating.**



• **MONDAY, JULY 20, 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, JULY 21 from 9 to 10:20 am: Haircuts w/Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, JULY 21 @ 1 pm: PA Health & Wellness Birthday Celebration & Health Talk** | Celebrate all July birthdays with a birthday treat and a talk on July health topics by Estelle Walker.



• **WEDNESDAY, JULY 22 @ 10 am: Wii Wheel of Fortune** | Join us for some TV Game Show fun as we test our puzzle-solving speed, word recognition, and the ability to perform under pressure with high energy and a clear, confident voice!



• **WEDNESDAY, JULY 22 @ 1 pm: Internet Safety: Protecting Yourself Online** | Learn the essentials of online safety and security. Understand your digital footprint, recognize phone, email, and text scams, and discover practical strategies to protect your personal information. Take control of your online presence and protect yourself from cyber threats. **Please sign up with Gina in the office by 7/20.**



• **FRIDAY, JULY 24 @ 1 pm: Music Bingo with Senior Living Specialists and Griswold Home Care** | Join Kathleen and Gracen for music, fun and prizes! There will be time after bingo to talk with them about how to weigh the pros and cons of aging in place or moving to a senior living community. **Please sign up with Gina in the office by 7/22.**



• **WEDNESDAY, JULY 29 @ 1 pm: Cinderella's Sourdough Bread Demonstration** | Join Cindy Ford after lunch to learn how she makes her delicious sourdough bread. There will be samples for all in attendance! **Please sign up with Gina in the office by 7/27.**



• **FRIDAY, JULY 31 @ 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.

HARLEYSVILLE SENIOR SPOTLIGHT: LORRAINE MORRIS



Lorraine is full of joy and love for everyone! She has made many close friends at SPARK Harleysville over the years. Her favorite thing to do is enjoy conversation with all of our members, plus she loves our meals. She says that each meal is presented so beautifully she hates to touch it, but it tastes so wonderful that she can't resist! Lorraine loves to play games, especially ping-pong, and she is always up for jumping in on anything new we try here. Recently, she reconnected with someone at SPARK who was from her young adult life, who she hadn't seen in years. There are many special moments here when Lorraine is with us. We are blessed to have you here every day, Lorraine!