



LANSDALE SPECIAL PROGRAMS

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



• There will be NO YOGA on Thursday July 16 or 23 due to instructor vacation.



• **WEDNESDAY, JULY 1 @ 12:30 pm: Skin Cancer Chat w/Fox Chase Cancer Center** | There are three main types of skin cancer: basal cell, squamous cell, and melanoma. Alexandra, Health Educator with Fox Chase Cancer Center, will discuss skin cancer screening and why it's important to know the signs. Join Alexandra to learn more about the types of skin cancer, prevention, risk factors, screening, and tips for staying healthy!



• **THURSDAY, JULY 2: Theme Thursday: Patriotic** | Wear your Red, White, Blue, Stars & Stripes as we gear up to celebrate America's 250th!



• **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 @ 10 am: Crafts with Friends (\$4)** | Suz will lead the group in patriotic crafting this month as we paint rocks, pieces of slate, wooden boards, etc. with patriotic designs such as Flags, Stars, America250, and more. **Sign up for your spot at the desk by 6/29.**



• **TUESDAY, JULY 7 @ 12 pm: Library for Accessible Media (LAMP) Resource Table** | Do you love to read, but struggle with your vision? Come learn about a FREE service offered to PA Residents providing access to large print library books and audio books by mail. Robert from the Library for Accessible Media in Philadelphia will have an informational table set up during lunch to introduce you to this program and help you fill out the paperwork to enroll.



• **WEDNESDAY, JULY 8 from 10 to 11:30 am: MontCo Office of Public Health Resource Table in Lobby** | Stop by the Office of Public Health's table to learn more about free healthy programs and how the Public Health team protects the places you live and eat.



• **WEDNESDAY, JULY 8 from 11:30 am to 1:30 pm: Special Summer Lunch with Patriotic Quartet Performance (\$10)** | Enjoy the perfect All American Lunch of a cheeseburger, potato chips, and coleslaw, then join us in the lobby for a patriotic themed show from the barbershop style quartet, "Gone Singin' ". **Make sure to sign up for lunch at the front desk.**



• **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!**



• **FRIDAY, JULY 10 @ 10:30 am: The Stories that Make Us with Diane and Alexis** | We each come to SPARK with a variety of lived experiences that make us who we are. Join this program to hear from SPARK member Diane Kirk as she shares some of the stories from her life that have shaped her. Alexis will facilitate this interactive presentation/discussion, helping us to find commonalities and ask thoughtful questions as we get to know one another more deeply.



• **MONDAY, JULY 13 @ 12:30 pm: Dillon Scott on Viola** | We are elated to welcome back Curtis School of Music student Dillon Scott to perform a unique set of original works. His pieces revolve around storytelling and stand alongside poems and short narratives that he has written, encouraging the imagination to run wild.



• **TUESDAY, JULY 14 @ 10 am: Storytime with Josephine** | Josephine will be reading "The Enemy," by Charlotte Armstrong. You can join us at SPARK Lansdale or via Zoom. Email Liz at ebel@sparkseniorcenters.org if you would like the Zoom link.



• **WEDNESDAY, JULY 15 @ 12:30 pm: Water Ice Fundraiser! (\$3)** | Beat the Heat with a Sweet Treat from Mainfreeze. The Advisory Council will be selling Water Ice for \$3, all proceeds will benefit SPARK.



• **THURSDAY, JULY 16 @ 12 pm: PA Health & Wellness B-day Celebration and Program** | Join Estelle from PA Health & Wellness 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 Month when you sign up for lunch.



• **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.**



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• **FRIDAY, JULY 17 from 10 to 11:30 am: Memory Screenings from Dementia Friendly MontCo** | As part of their commitment to promoting brain health and early awareness, Dementia Friendly MontCo will be offering free, brief memory screenings. These screenings will help participants better understand their cognitive wellness and set themselves up for an informed follow-up conversation with a healthcare provider for additional evaluation if they desire. **Sign up at the front desk for your appointment.**



• **MONDAY, JULY 20 @ 12:30 pm: Veterans' Resource Group** | Join VSO Robert Gardner for a class on filing VA Compensation and Pension Claims. He will discuss what is required for the claims, go through each form line-by-line and also discuss what types of evidence the VA recognizes.



• **TUESDAY, JULY 21 from 11 am to 12 pm: AI Basics** | It seems like everywhere we turn, everyone is talking about Artificial Intelligence, but what do you really know about it? Get an easy-to-understand introduction to what artificial intelligence is, how we already use it every day, and how to use it safely. ***You will still have time to attend lunch after this program, sign up for lunches as you normally would at the desk***



• **WEDNESDAY, JULY 22 @ 12:30 pm: Mental Health Awareness with NAMI** | Join Bernadette from the National Alliance of Mental Illness (NAMI) for an overview of basics of mental health, including myths and facts about mental health, how to spot signs of mental health conditions, and suicide warning signs. We will talk about resources available in Montgomery County and how NAMI provides support, education, and advocacy to those experiencing mental illness.



• **FRIDAY, JULY 24 @ 10:30 am: America's 250th w/ Norm Danis** | It's the 250th birthday of our nation and time to celebrate. Come join Norm on a virtual tour of our city, including the historic area. Let's see what we recognize and remember. Bring your own historic trivia and good spirits. Happy Birthday America!



• **MONDAY, JULY 27 @ 12 pm: Book Club** | This month we will discuss "The Lion Women of Tehran," by Marjan Kamali. For more information contact Betty Helpa (betty.helpa@gmail.com).



• **MONDAY, JULY 27 @ 12:30 pm: Origami for Everyone** | If you've been admiring all of the beautiful paper creations from the Korean Origami class, this is your chance to get in on the fun. We'll learn how to fold paper into a masterpiece! **Please sign up at the front desk by 7/20 so we have enough supplies.**



• **WEDNESDAY, JULY 29 @ 12:30 pm: Expert Home Advice with Just Maintenance** | Just Maintenance is excited to share simple, practical ways to help you stay safe and comfortable in your home as the years go on. This presentation will cover common household risks and easy fixes that can prevent falls, accidents and costly repairs. Our goal is to give you peace of mind and help you continue living independently and confidently in the home you love.



• **FRIDAY, JULY 31 @ 10:30 am: Summertime Safety & Wellbeing with Deb Jankowski** | (This program was rescheduled from its original date in June). Summer is a great time to enjoy the outdoors however, extreme heat and humidity can be dangerous for older adults. Deb from the Montgomery County Office of Aging Services will discuss ways to lower your risk of heat related illness and how to spot and treat health problems caused by heat.

LANSDALE SENIOR SPOTLIGHT:

STEPHANIE WISHKIN-DALICANDRO



Stephanie first came to SPARK Lansdale, after learning about us while volunteering at Lansdale Hospital with one of our other members, Janet. She was starting to feel bored at home and was looking for a reason to get out more. She decided to check out SPARK, and the rest is history! We can find her playing Rummikub with her new friends, or gearing up for BINGO on Fridays. She is always willing to help out with special projects we have going on. When she's not at SPARK, she loves watching Hallmark Movies and spending time with her hubby, her daughter, and her grandcats. Stephanie has a positive attitude and an amazing perspective on life, having learned to appreciate the little things, and not sweat the small stuff. We appreciate you Stephanie!