

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