

**THURSDAY, FEBRUARY 1 / 11:00am to 12:00pm**

**Help Yourself to Healthy Living: Do Your Part, Care For Your Heart!!** Take control and learn about heart disease, heart health, and understanding the Lipid Panel (Cholesterol, HDL, LDL, non-HDL, Triglycerides). **Get your free blood pressure check from 9:30am to 10:45am.**



**THURSDAY, FEBRUARY 1 and FEBRUARY 15 at 2:30pm**

**Prayer Care Group** Join this newly formed opportunity for those wanting to pray with someone else for whatever issue needs to be addressed. We will pray for people who are grieving the loss of a friend or relative, those with family problems, and those with illnesses. We can pray for world events, wisdom, comfort, and direction. Also, to praise God for his faithfulness and to give Him glory for who He is.



**EVERY FRIDAY, FEBRUARY 2 THRU MARCH 22 / 10:00am**

**Tai Chi for Arthritis and Fall Prevention.** Join this Montgomery County Office of Senior 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! **RSVP required. No cost.**



**FRIDAY, FEBRUARY 2 / 11:00 am to 2:00pm**

**Shiatsu On-Site Acupressure Chair Massage by Kerry Palanjian** Relax and refresh your muscles with a shiatsu-style, fully-clothed, chair massage. **\$20 for a 15 minute session...Discount coupons included in the December mailing are valid thru March. Please sign up for an appointment in the office or by calling 215-256-6900.**



**FRIDAY, FEBRUARY 2 / 10:00am**

**Arts & Crafts with Laura** This month will be a favorite with our bookworms. We will decorate bookmarks in the diamond painting technique taught by Laura! **RSVP by Friday, January 26th to the Office; \$2 cost.**



**TUESDAY, FEBRUARY 6 / 1:00pm**

**Jump Start Your Nutrition** Get your 2024 off to a good nutritional start. Join Barbara MacFarland, a Registered Dietician and Nutritionist, for a health presentation focused on breaking the bad eating habits you may have developed over the holidays.



**WEDNESDAY, FEBRUARY 7 / 10:30am to 12:00pm**

**Cash for Gold** Leave your wallet at home, but bring your old, unworn, or broken gold, silver, or platinum jewelry and coins and turn it into CASH! Bring that class ring, broken necklace, sterling silver flatware set, silver coins, or even dental gold and leave with CASH in your pocket!



**WEDNESDAY, FEBRUARY 7 / 1:00pm**

**Ice Cream Social, plus the History of Encore!** Join us for a sweet treat and meander around the displays of old pictures and write-ups about the Senior Center in Harleysville throughout the ages.



**FRIDAY, FEBRUARY 9 / 11:00am to 12:00pm**

**State Representative Resource Table** Please join PA State Representative Donna Scheuren's office staff for information on services offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property and more!



**WEDNESDAY, FEBRUARY 14 / 1:00pm**

**Old Goshenhoppen Church: A Journey Through Time** This program, using historical photographs, will follow the history of Old Goshenhoppen Church, in Woxall, PA., from its beginnings in 1732 right up to the present day. This will include the current restoration of the 1732 Log Gemeinhaus to the thriving church of today. This program is presented by the Old Goshenhoppen Reformed Church Historian, Bruce Stocking, and will last about an hour.



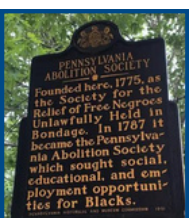
**THURSDAY, FEBRUARY 15 / 12:00pm – 1:30pm**

**Special Lunch with Entertainment by Ryan Slepian of Unplugged Entertainment** Enjoy New Orleans Style Gumbo with Chicken, Shrimp and Andouille Sausage over rice and a Mixed Green Salad with King Cake. Following lunch, Ryan will perform with his marionettes and show off his juggling skills. He will also provide demonstrations of proper techniques and let us try out our own skills. **Cost is \$10. Please RSVP by February 9th to Gina at the front desk or by calling 215-256-6900.**



**MONDAY, FEBRUARY 19 / 10:30am**

**Black History Month Presentation: Unita Blackwell** Come join Terri Lyons for her character performance of the life of Unita Blackwell, an American civil rights activist who was the first black woman to be elected mayor in the U.S. state of Mississippi in 1976. Unita was a project director for the Student Nonviolent Coordinating Committee and helped organize voter drives across Mississippi. You will be carried back in time by Terri's dynamic presentation.



**WEDNESDAY, FEBRUARY 21 / 10:30am**

**Peter Wentz Farmstead Presentation: Slavery in Pennsylvania** Honor Black History Month with a presentation on the history of the institution of slavery in Pennsylvania. The first enslaved individuals arrived in the territory prior to Pennsylvania's filing as a colony and, soon thereafter, abolitionists began to speak out. Explore the life of Pennsylvania's enslaved people, the passing of the Gradual Abolition Act of 1780 and its results, and civil rights issues in the decades before the Civil War.



**FRIDAY, FEBRUARY 23 / 9:30am**

**Veteran's Coffee Catch-up** Come on in and "catch up" with other Veterans in a relaxing environment. Let's celebrate the upcoming New Year together!



**FRIDAY, FEBRUARY 23 / 10:00am – 12:00pm**

**Get Your Medicare Questions Answered!** Carl Cutrone of Covenant Insurance will be available for questions at his Medicare Informational Table in our lobby.



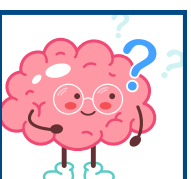
**TUESDAY, FEBRUARY 27 / 10:00am – 2:00pm**

**Social Services with Carol Costlow** New day, same time for Carol's expertise on issues such as LIHEAP, Rental Rebates, SNAP benefits and more. **Call Mary Ellen for an appointment 215-256-6900.**



**WEDNESDAY, FEBRUARY 28 / 10:30am**

**Retrospective Roundtable: "Where Were You When JFK Was Shot?"** Join us for casual question/answer presentations from some of our members on their personal experience on the day the news was broadcast that our President, John F. Kennedy, was shot. Contact Mary Ellen in the office if you are interested in being one of our lead presenters about your own memories!



**WEDNESDAY, FEBRUARY 28 / 1:00pm**

**Brain Aerobics with Neely from Forever Fit and Wellness** Build your mental fitness through multiple cognitive abilities which challenge your brain and improve processing speed and memory. This class engages attention and breaks routine action in an unexpected way. You will work on long term memory, working memory, short term memory and executive function memory. **Fee \$4.**