



**FRIDAY, DECEMBER 1 / 10:30am**

**Diamond-Painted Christmas Ornaments** Bring on the holiday cheer as we create Diamond-Painted Christmas Ornaments with Laura. These sparkly decorations will really catch the light wherever you hang them! **RSVP to the Office by Monday, November 27th. \$2 Cost.**



**FRIDAY, DECEMBER 1 / 11:00 am to 3:00pm**

**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 for members enclosed in the newsletter! Please sign up for an appointment in the office or by calling 215-256-6900.**



**MONDAY, DECEMBER 4 / 11:00am**

**Creative Recycled Cards Crafts** Make your own greeting cards or design of your choice from recycled cards! Supplies are provided, but please bring your own scissors.



**WEDNESDAY, DECEMBER 6 / 10:00am to 3:00pm**

**Christmas Bazaar** Come in for a stroll around our winter wonderland. There will be crafts, games, prizes, lunch, goodies and lots of holiday cheer! There's no cost to enter, but bring money for our Café-style al-la-carte lunch and snacks, also for the games, gifts, raffles and crafts!



**WEDNESDAY, DECEMBER 6 / 10:00am to 1:00pm**

**Senator Pennycuick Resource Table** PA State Senator Tracy Pennycuick's Office will be on-site to provide information on services offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property and more! This is also a time to share any feedback you have for our legislators directly with their staff members.



**WEDNESDAY, DECEMBER 6 / 10:00am to 1:00pm**

**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!



**THURSDAY, DECEMBER 7 / 11:00am to 12:00pm**

**Help Yourself to Healthy Living: Have a Peaceful and Less-Stress Holiday Season!** Learn how to enjoy your favorite holiday traditions in a stress-free way! Are you grieving? Learn how to be kind to yourself and navigate your way through the holidays. **Get your free blood pressure check from 10:00am to 10:45am.**



**MONDAY, DECEMBER 11 / 11:00am**

**"Caring for the Caregiver" Roundtable** Join Kristi Wile, Director of Nursing for Senior Helpers, who can provide valuable advise to help you in your caregiving role. This session will also include sharing of ideas from those in attendance to help you grow your own support network.



**TUESDAY, DECEMBER 12 / 11:00am**

**Snowmen & Elves Arts & Crafts** Join Tara and her special little "elf" for some creative fun. Supplies are provided, just bring your creativity and your chit-chat!



**WEDNESDAY, DECEMBER 13 / 10:30am**

**Peter Wentz Farmstead: Life in 18th Century Pennsylvania** LeAnne Sykes will explore various facets of this past era, including social classes, the lives of women and children, fashions and dress, religion, cooking and food, and other topics. Enjoy the "traveling trunk" of reproduced articles of clothing and food utensils to see and hold.



**WEDNESDAY, DECEMBER 13 / 4:00pm**

**Dinner Outing at Villa Vito** Join your friends at a local favorite, Villa Vito, right across Alumni Ave. from Encore Experiences. **Please RSVP with the Office by Friday, December 8th**, so we can call ahead and arrange seating together. There is a Senior Citizen's discount of 10% off the regular menu. Each person will pay their own bill and supply their own transportation.



**THURSDAY, DECEMBER 14 / 1:00pm**

**The PEAK Tappers and Brittany Pointe Steel Pan Drums Show!** Come for pork and sauerkraut at noon (**lunch requires an RSVP as usual**) and then stay to enjoy some fabulous entertainment! We are so grateful to these two groups for coming to share their talents with us. No cost!



**TUESDAY, DECEMBER 19 / 10:00am to 12:00pm**

**United Healthcare Info Table** Stop by and have your healthcare insurance related questions answered by Charles Siniari, Licensed Sales Agent.



**WEDNESDAY, DECEMBER 20 / 1:00pm**

**A Conversation of Understanding** Join Tasha Santiago, Director of Education for the LGBT Center of Reading, for a training on the language and definitions that are utilized when referencing sexual orientation, gender identity, and gender expression while also referencing historical and cultural context. This is a safe place for participants to learn and ask questions free of judgment or prejudice and allows for dialogue on LGBT+ concepts and terminology through an intersectional lens.



**FRIDAY, DECEMBER 29 / 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!