

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Burger with Pesto, Roasted Red Peppers, Mozzarella, & Spinach on Whole Grain Roll, Potato Chips, Pineapple, Milk 9:15am Tai Chi (\$5) 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks	Election Day No Lunch Today 9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10am Stamp Club* 10:30am Scrabble No Lunch or Facilitated Afternoon Activities	Spaghetti and Meatballs, Green Beans, Mandarin Oranges, Milk 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10am Ping Pong* 10:30am-12pm Tech Tutoring Appts w/ Ed** 1pm Total Performance PT w/ Eric* 1pm Rummikub	Chicken Salad Stuffed Tomato on bed of Lettuce, Whole Grain Roll & Butter, Mandarin Oranges, Milk THEME THURSDAY: Crazy Hats!* 9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am BP Screenings* 10am-2pm GMU Speech Language Pathology Students* 11am Help Yourself to Healthy Living Presentation: Obesity, Diabetes & Weight Loss Meds* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)	Baked Cod, Roasted Tomatoes with Mac & Cheese, Vanilla Pudding, Milk 10am Wii Sports or Jeopardy 12:30pm Table Toppers* 1:30pm Stretch & Tone (\$4)
3	4	5	6	7



A Toast &

Taste of Autumn

JOIN US @

SPARK HARLEYSVILLE

SAT, NOVEMBER 8, 2025 | 5-8 PM

FOOD | WINE & BEER | GAMES

ENTERTAINMENT & DANCING

\$50 per ticket for Seniors

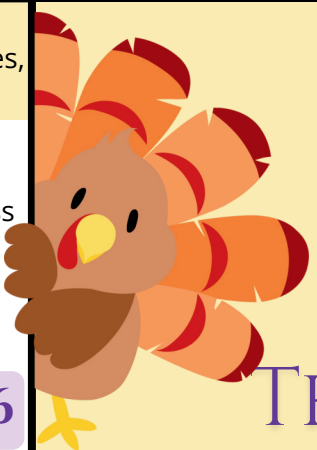
Purchase @ givebutter.org/tta2025



Tuna Melt on Rye, Low Sodium Tomato Soup, Mandarin Oranges, Milk 9:15am Tai Chi (\$5) 1pm Aetna Medicare 101* 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks	Paprika Chicken Breast, Brown & Wild Rice, Peas & Cauliflower, Peaches, Milk 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am-12pm Cash for Gold* 10:30am Scrabble 12:30pm Pinochle 1pm PA Health/Wellness Bday Celebration* 1pm Mahjong 1:30pm Book Club* 1:30pm "Dance w/ Lysandra" (\$4)	Pork Loin, Sauerkraut, Mashed Potatoes, Cranberry Sauce, Milk 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 10:30am Mindfulness Program w/ Katie S* 10:30am-12pm Tech Tutoring Appts w/ Ed** 12:45pm OFF SITE: Theater Matinee @ Dock Mennonite Academy* 1pm Rummikub	Crab Cake, Sweet Potato Fries, Beet Salad, Fruit Cup, Milk 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students* 12:30pm Advisory Council ** 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)	Beef Taco Salad, Tortilla Chips, Fruit Cup, Milk 9am B'fast Club: BDM Good Cafe in Hatfield* 10am Wii Sports or Jeopardy 11am State Rep Scheuren Office Resource Hour** 1pm Happy? Ya! Ya! Crew: Let's Get Moving* 1pm NEW! Model Building* 1:30pm Stretch & Tone (\$4)
10	11	12	13	14

SPARK of Harleysville NOVEMBER 2025

Lunch is served daily from 12 - 1 pm.
Advanced Reservations are required.
Call 215-256-6900 for all lunch or program
reservations and appts.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Eggplant Parmesan Green Salad, Whole Wheat Roll & Butter, Fruit Cup, Milk 9:15am Tai Chi (\$5) 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks 17	Swedish Meatballs, Egg Noodles, Carrots & Cauliflower, Apple Sauce, Milk 9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30-10:30am Vision Screenings w/ GMU OT* 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1pm Hunting/Fishing Club* 1:30pm "Dance w/ Lysandra" Class (\$4) 18	Shrimp with Pesto Pasta, Green Salad, Cookie Milk 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring Appts w/ Ed** 1pm Lower Salford Police: Scam Prevention* 1pm Rummikub 19	Mandarin Grilled Chicken on Mixed Green Salad with Feta, Almonds, Craisins, & Chow Mein Noodles Whole Wheat Roll & Butter, Milk 9am Wood Carving 9:30am Stitch & Chat 10am-2pm GMU SLP Students* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 20	Veteran's Lunch: (\$10. Vets eat free) Baked Salmon with Lemon Herb Sauce, Mixed Green Salad w/ Vinaigrette, Baked Potato, Vegetable Medley, Dinner Roll & Butter, Apple or Cherry Pie 10am Wii Sports or Jeopardy 12-1:30pm Veterans' Special Lunch w/ The Glenn Miller Show* (\$10, Free for Vets) 1:30pm Stretch & Tone (\$4) 21
BBQ Pulled Pork, Stuffed Sweet Potato w/ Cheddar Cheese, Broccoli, Pineapple, Milk 9:15am Tai Chi (\$5) 1:30pm Art Class (\$5) 1:30pm Bingo for Bucks 24	Fish & Chips, Cheddar Cheese, Cole Slaw, Apple Sauce, Milk 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance w/ Lysandra" Class (\$4) 25	Chicken Pot Pie over Egg Noodles, Green Salad, Peaches, Milk 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 10am Ping Pong* 10:30am-12pm Tech Tutoring Appts w/ Ed** 1pm Rummikub 26	 SPARK WILL BE CLOSED FOR THANKSGIVING	

• **Items with *** are Special Programming for this month. Additional information is available in the "Special Program Descriptions" section of our newsletter or at the front desk of either Center.

• **Items with **** are Resources & Services with additional information available in the "Illuminate Your Options" section of our website or electronic newsletter.

• Our center is open 8am - 4pm, Mon-Fri, including access to our fitness room, library, pool table, and ample space for relaxing, socializing, game playing, puzzling etc.

Programs are free unless otherwise indicated.



Scan me

Detailed descriptions for all of
our regular and recurring
programming can be found on
our website:
www.sparkseniorcenters.org
or scan the QR code.

312 Alumni Avenue, Harleysville, PA 19438