

SPARK of Lansdale Senior Center

NOVEMBER 2025

Lunch is served daily from 11:30 am - 12:30 pm.
Advanced Reservations are required.
Call 215-362-7432 for all lunch or program
reservations and appts.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Pancakes, Turkey Sausage, Scrambled Eggs, Spinach, Milk	Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk	Roasted Chicken Thighs, Sweet Potatoes, Green Beans, Blueberry Buckle, Milk	Cheese Stuffed Shells, Crushed Tomato Sauce, Broccoli, Mixed Vegetables, Milk	Swedish Meatballs, Egg Noodles, Peas, Cold Pears, Milk
10am-2pm GMU Speech Language Pathology Students* 10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Food for Thought* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class	10am Tai Chi (\$4) 10am Crafts with Friends (\$4)* 1pm Game Club 1pm Korean Dance & Drums 1:30pm Korean Origami 3:30pm Korean Smart Phone Class	10am Wii Bowling 10am Fit for the Future (\$4) 10am-1pm Shiatsu Appts* 10am Medicare Counseling by Appt** 12:30pm Oscar Hammerstein Historical Presentation* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax	THEME THURSDAY: Crazy Hats* 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm PA Medi Informational Session w/ Diane Duda * 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 3pm Korean Sax 4pm Korean Creative Music Talk	10:30am What You Don't Know About Inflammation* 11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax
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



8

Philly Roast Pork Sandwich, Cauliflower, Cold Peaches, Milk	Roasted Tilapia with Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk	COLD MEAL: Fusilli Salad with White Beans, Grilled Marinated Chicken Breast, Cold Pears, Milk	White Chicken Chili, Brown Rice, Roasted Zucchini & Stewed Tomatoes, Milk	Chicken Pot Pie, Cauliflower, Cold Apples, Milk
10am-2pm GMU Speech Language Pathology Students* 10am Fit for the Future (\$4) 10am Whist/Other Games 11:30am Movie Matinee & Lunch* 12:30pm Prayer Care 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class	9:30-10:30am Vision Screenings w/ GMU OT* 10am Tai Chi (\$4) 10am-12pm State Rep. Malagari Office Hours** 10am Storytime w/ Josephine* 1pm Game Club 1pm Korean Dance/Drums 1:30pm Korean Origami 3:30pm Korean Smart Phone Class	10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling by Appt** 12:45pm OFF SITE: Theater Matinee @ Dock Mennonite Academy* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax	9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm PA Health/Wellness Bday Celebration & Program* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 3pm Korean Sax 4pm Korean Creative Music Talk	9am B'Fast Club: BDM Good Cafe in Hatfield* 10:30am Grief Support 10:30am Medicare Info Session w/ Carl Cutrone* 11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax
10	11	12	13	14

SPARK of Lansdale **NOVEMBER 2025**

Lunch is served daily from 11:30 am - 12:30 pm.
Advanced Reservations are required.
Call 215-362-7432 for all lunch or program
reservations and appts.

Monday	Tuesday	Wednesday	Thursday	Friday
SPECIAL LUNCH (\$10, Vets eat free) Turkey w/ Gravy, Stuffing, Glazed Sweet Potatoes, Green Beans, Pumpkin Pie, Milk 10am-2pm GMU Speech Language Pathology Students* 10am Fit for the Future (\$4) 10am Whist/Other Games 11:30am Special Veterans' Lunch w/ Entertainment* (\$10, Free for Vets) 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class	Caribbean Flounder over Dirty Rice, Roasted Potatoes, Broccoli, Milk 10am Tai Chi (\$4) 10-10:30am BP Screenings* 10:30am Help Yourself to Healthy Living: Obesity, Diabetes, Weight Loss Meds* 1pm Game Club 1pm Korean Dance & Drums 1:30pm Korean Origami 3:30pm Korean Smart Phone Class	Chicken Burger with Roasted Peppers and Provolone, Wild and Brown Rice Pilaf, Steamed Broccoli, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling by Appt** 12:45 Advisory Council** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax	Pasta with Meatballs, Peas, Cold Pears, Milk 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm MontCo Assoc/Blind 12:30pm Journal Therapy* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 3pm Korean Sax 4pm Korean Creative Music Talk	Pot Roast Dinner, Steamed Green Beans, Cold Peaches, Milk 11am-1pm Tech Tutor Appts** 12:30pm Bingo 12:30pm Korean Beg. Drums 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax
Korean Beef Bulgogi, White Rice, Broccoli, Mixed Vegetables, Milk 10am-2pm GMU Speech Language Pathology Students* 10am Fit for the Future (\$4) 10am Whist/Other Games 10am-12pm State Sen. Collett Office Hours** 12pm Book Club* 12:30pm Prayer Care 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class	General Tso Chicken, Fried Rice, Broccoli, Milk 10am Tai Chi (\$4) 10:30am Craft & Gratitude Activity w/ YMCA Preschool* 12pm Legal Consultations** 1pm Game Club 1pm Korean Dance & Drums 1:30pm Korean Origami 3:30pm Korean Smart Phone Class	Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling by Appt** 12:30pm Trivia w/ Nancy 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax	 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, with access to self-organized Rummikub, Puzzles, Card Games, Chess, and Creative Coloring. See Sabrina or a greeter at the front desk for questions or to access materials.
- 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.

606 E. Main Street, Suite 1003, Lansdale, PA 19446