

**WEDNESDAY, NOVEMBER 1 / 12:30pm to 1:00pm**

**All Saints Trivia** Join us for All Saints Trivia with Corpus Christi School students in honor of All Saints' Day!

**WEDNESDAY, NOVEMBER 1 / 1:00pm to 2:00pm / Presented by Ed Savitsky from PA Medi**

**Medicare 2024 Presentation and Q&A** Join Ed Savitsky for a PA Medi Medicare 2024 presentation. Q&A afterwards. No individual appointments on this day.

**THURSDAY, NOVEMBER 2 / 11:00am to 12:00pm / Presented by Susan Lamar from Jefferson Health**

**Help Yourself to Healthy Living: Diabetes Update!** Get a better understanding of how you can live a healthier life – with some education, tools, health tips and food ideas that you can use. You can still live your best life with small, manageable lifestyle modifications. Take action and stick with it! Get your free blood pressure check from 10:00am to 10:45am.

**FRIDAY, NOVEMBER 3 / 11:00am to 3:00pm / Presented by Kerry Palanjan**

**Shiatsu Appointments** Enjoy a Shiatsu Acupressure Chair Massage by Kerry Palanjan. The cost is \$20 for 15 minutes. Please sign up for an appointment in the Office.

**FRIDAY, NOVEMBER 3 / 12:00pm to 1:30pm**

**Special Lunch: Magic by Stuart** Join us for an entertaining lunch with Stuart the Magician. The menu includes filet mignon, mixed green salad, twice baked potato, vegetable medley, and fruit pie for dessert. RSVP by Friday, October 27th to the Office; \$10 cost, but FREE to our Veterans in honor of Veteran's Day this month.

**FRIDAY, NOVEMBER 3 / 1:00pm to 3:00pm / Presented by Independence Blue Cross/Blue Shield**

**FREE Farmers' Market** Bring a bag and fill up on fresh, seasonal fruits and vegetables... for free!

**MONDAY, NOVEMBER 6 and 13 / 11:00am to 12:00pm**

**Creative Recycled Cards Craft** Make your own cards from recycled cards! Supplies are provided, but bring your own scissors.

**WEDNESDAY, NOVEMBER 8 / 10:30am to 12:00pm**

**Cash for Gold** Leave your wallet at home, but bring your unworn or broken gold, silver, platinum jewelry and coins and turn it into CASH!

**WEDNESDAY, NOVEMBER 8 / 1:00pm / Hosted by Morningside House of Towamencin**

**Ice Cream Social** Join us for an Ice Cream Social hosted by Morningside House of Towamencin, formerly known as The Landing. It's never too cold for a frosty treat!

# ENCORE SPECIAL PROGRAMS CONTINUED...

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## WEDNESDAY, NOVEMBER 15 / 5:00pm

**Dinner Outing: So Much to Give Inclusive Café** Join us for dinner at So Much to Give Inclusive Café located at 3401 W. Skippack Pike, Cedars, PA 19423. Please RSVP with the Greeter/Office by Friday, November 10th, so we can call ahead and arrange seating together. Each person will pay their own bill and supply their own transportation.

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## FRIDAY, NOVEMBER 17 / 10:00am to 12:00pm / *Presented by Charles Siniari from UnitedHealthcare*

**Medicare Open Enrollment Presentation** Charles Siniari will provide an overview of Medicare Open Enrollment and the plans available to you. He aims to look at your needs, explore your choices and help you decide on a plan with confidence.

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## FRIDAY, NOVEMBER 17 / 10:30am to 11:30am

**Arts & Crafts with Laura** This month will be a favorite with our bookworms. We will be diamond painting bookmarks as either crosses or feathers. RSVP to the Office by Friday, November 10th. \$2 Cost.

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## MONDAY, NOVEMBER 20 / 1:00pm

**Medicare Educational Presentation** Maxwell Shaffer from American Senior Health Advisers will give an educational presentation on Medicare, covering the basics, providing important insights, and answering questions. Snacks, drinks, trivia and prizes all included!

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## WEDNESDAY, NOVEMBER 22 / 1:00pm

**Rummikub and Scrabble** Come hang out in our lobby and play Rummikub or Scrabble and leave the Thanksgiving cooking to those at home!

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## THURSDAY, NOVEMBER 30 / 10:00am to 2:00pm

**Social Services with Carol Costlow** Our Social Services Coordinator, Carol Costlow, will be available to our members for support and assistance with various issues that come up in everyday life. We are happy to have Carol's valuable expertise and experience to guide us. Sign up for an appointment in the Office.

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