



## **January/February 2012 Upcoming Events**

For more information on these events, please call 215-256-6900

### **Health & Wellness Programs**

#### **Body Massage**

Wednesdays, January 4 and February 1

By Appointment starting at 1:00PM      Cost: \$5.00/ten minutes; \$7.00/fifteen minutes

Provided by Lea Irmtraud Wilson, Reiki Master/Teacher, Certified Massage Therapist

#### **Laughter Yoga**

Thursdays, January 5-February 23rd      6:30PM      Cost: \$2.00

Instructor Kim Ruch-Alegant, Certified Laughter Leader

Laughter reduces mental stress and strengthens your immune system. Laughter yoga is a simple yet profound exercise routine that combines unconditional laughter with yogic breathing.

#### **Foot Reflexology**

Fridays, January 13 and February 10

By appointment starting at 9:00AM      Cost: \$5.00

Provided by Sue Taylor, Certified Reflexologist

Reflexology is a relaxing and revitalizing therapy. The gentle stroking of the feet will improve your blood circulation and reduce the effects of stress upon your body. If you are unable to make your appointment, please call Encore Experiences so that others on the waiting list may have a chance.

#### **Radon Awareness**

Video presentation

Friday, January 13      12:30PM

January is radon awareness month. EPA estimates that about 20,000 lung cancer deaths each year in the U.S. are radon-related. Exposure to radon is the second leading cause of lung cancer after smoking. Look for literature at the Greeter's desk and enter to win a radon detection kit.

#### **What is Reiki?**

Wednesday, January 18      12:30PM

Presenter Lea Irmtraud Wilson, Reiki Master

Join us and learn about a Japanese technique used for stress reduction and relaxation.

## **Gourmet Weight Wise**

Tuesdays, January 24-March 27 12:30PM

Presented by Katie Marger, RD

The emphasis for this ten-week session will be on Osteoporosis and Setting the Table with a Healthy Plate. During this time you will taste foods, sample recipes and learn how to decrease your risk for Osteoporosis and achieve a healthier lifestyle and a healthier you.

## **Diabetic Shoe Fittings**

Tuesday, February 7

By appointment starting at 10:00AM

Evaluator: Paula Klauger, Certified Orthotic Fitter

Diabetics on Medicare may receive one pair of shoes and inserts per year. Your first visit includes an evaluation and foot measurement. Please bring your Medicare and supplemental insurance cards, as well as the name and telephone number of your primary care physician to your appointment.

## **American Heart Month**

Thursday, February 9 12:30PM

Presented by Melinda Behrens, Grandview Hospital

Are You Doing Enough? Heart disease is the #1 killer of women, but many women do not know they are at risk. Get a personal and urgent wake-up call about your risk of heart disease and ways to lower it.

## **Balance Testing**

Friday, February 24 12:30PM

Presented by Natalie Derstine, PT, DPT Phoenix Rehabilitation

Sign-up by February 22

Are you noticing that you are losing your balance more often? Have you had any recent falls? Have your medications changed or are you taking new ones? Would you like to know how good your balance is? Have your balance tested and get advice on how to improve your balance as well as home modifications. You will have the opportunity to get a five-minute chair massage.

## **Powerful People**

Wednesdays and Fridays, March 16-May 18 12:30PM

Sponsored by Montgomery County Health Department

Pre-registration January 9-13 Note: No class on Friday, April 6

Powerful People is a nine-week, twice a week, strength training program which is a safe and effective way to build bone and muscle. The first class is a pre-assessment. Done regularly, strength training is one of the best ways to preserve strength, independence, and energy.

## **Healthy Steps for Older Adults 50+**

Tuesday, April 3 9:30AM-2:30PM (includes lunch break)

Facilitator: Alice Lodge

Sign-up by March 9

Alice Lodge is returning to Encore Experiences for a repeat of this falls prevention program. You will learn new tips that fit easily into your daily routine and how to stay healthy and active. If you previously participated in this program, we invite you to join us for this four-hour refresher course. Are you new to Healthy Steps for Older Adults? Your full participation includes a personal interview, physical skills screening, and four-week follow-up call. Encore Experiences will also receive a financial bonus if you are new to this program!

## [Recreation and Enrichment Programs](#)

### **Saturday Bingo**

January 14 & February 11 1-4PM

\$20 per person admission

\$5.00 specials packet

Payout:

\$50.00 payout regular games

4 specials pay \$75.00

Coverall pays \$200.00

### **Thursday Evening Meal**

Thursdays, January 19 and February 16

5:00-6:30PM Cost: \$5.95 + tax

Enjoy a Thursday night out at the Encore Café!

**January meal:** Beef roll ups, mashed potatoes, peas & pearl onions, dessert

**February meal:** Almond cranberry chicken, buttered couscous, broccoli & fruit cobbler

### **Movies**

All movies begin at 12:30PM

Friday, January 20 Snow Dogs

Wednesday, February 1 Chocolat

### **Chinese New Year Video presentation**

Monday, January 23 10:00AM

Chinese New Year, or Lunar New Year, occurs in the early months of our calendar year. This year it falls on January 23rd. This is the first of 15 days of celebration and the start of the Year of the Dragon. Learn the history of the New Year and enjoy your fortune in a cookie.

## **Souper Bowl Lunch**

Friday, January 27 11:30AM Cost \$5.00

Seating limited to 80

Sign-up early to ensure you can attend. There is nothing better than a hearty winter soup to warm you from the inside out. Add a scrumptious handcrafted sandwich and the meal is grand. There will be football trivia at each table for enjoyment. Enter to win a football prize.

## **History of Chocolate Video presentation**

Wednesday, February 1 12:15PM

What better time to learn about chocolate than in the month of February. You will learn how chocolate was spread around the world from Europe to the Hershey plant in Pennsylvania. Enjoy samples of the flavor of the month "Dark Chocolate". The movie Chocolat will follow this program.

## **What is Fair Trade?**

Friday, February 3 12:30PM

Presented by Bonnie Moyer, Ten Thousand Villages

Learn about an alternative approach to conventional international trade. Sample some delicious treats and enter to win a distinctive fair trade item.

## **Valentine's Lunch**

Friday, February 10 11:30AM Cost: \$5.00

Seating limited to 80

Sign-up early to ensure you can attend. Join us for a delicious lunch and a sweet dessert. Enter to win a Whitman's Sampler.

## **Random Acts of Kindness Week**

Monday, February 13-Friday, February 19

A random act of kindness is a selfless act performed by a person or people wishing to either assist or cheer up an individual person or people. Either spontaneous or planned, random acts of kindness are priceless. The hidden power of a smile is a random act of kindness. Let us all practice random acts of kindness this week and all the other weeks of the year!

## **George and Abraham Video presentation**

Friday, February 17 12:30PM

Today Abraham Lincoln is known as one of the greatest American presidents. George Washington turned a rag-tag group of men into a disciplined fighting machine. Attend today and learn more about our country's former Presidents.

## Trips

### **Charleston & Savannah**

September 17-22, 2012

In partnership with Park View at Oak Crest

Single \$1210; Double \$911; Triple \$818; Quad \$772 (25 passengers)

Single \$1156; Double \$857; Triple \$764; Quad \$718 (30 passengers)

\$100 deposit to reserve seat;

Final payment due July 27;

Trip Insurance Available

We're partnering with Park View at Oak Crest and promising a trip you will long remember. You will be touring places where glorious gardens peak out from behind 300-year old gates, where you can hear a jazz concert on the lawn of an antebellum plantation, and experience some Civil War sights. Welcome to Charleston, where history lives! Savannah is also the perfect place to enjoy learning about our nation's history, relaxing in the city's squares and dining at fine restaurants. Detailed itinerary is available at the office.