

Event Descriptions:

Get Smart

Technology help on your devices (phone, tablet, laptop) from tech savvy university students.

Medicare Workshop

A Medicare specialist will be available to discuss the fundamentals and share information about the upcoming changes. There will also be an opportunity for assistance with individual questions.

Cooking for 1 or 2 Demo

Chef Richard from Metz Dining will demonstrate how you can take a simple product and make several healthy meals.

Partner Organizations:

Allegany County Office for the Aging

(585)268-9390

<https://aging.ny.gov/location/allegany-county-office-aging>

Allegany Council on Alcoholism & Substance Abuse Inc.

(585)593-6738

<https://alleganycouncil.wordpress.com/administration/>

Ardent Solutions:

(585)593-5223

www.ardentnetwork.org

For more information:

Houghton University Events: www.houghton.edu/community/arts-culture

Encore registration, Recreation Club membership, and aquatics programming: www.houghton.edu/encore

community@houghton.edu



585-567-9621



ENCORE

Programming Guide

- Educational
- Recreational
- Socially Enriching



“Encore allows senior adults to build friendships and to immerse themselves in wellness, creativity, and learning.”

WEEKLY CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--------------------------------------|--|---|--------------------------------------|
| PICKLEBALL 8:30 AM / KPAC | WATER FITNESS 8-8:45 AM / Nielsen | SENIOR EXERCISE 9-10 AM / Nielsen | WATER FITNESS 8-8:45 AM / Nielsen | SENIOR EXERCISE 9-10 AM / Nielsen |
| SENIOR EXERCISE 9-10 AM / Nielsen | | TAI CHI 6:30 PM / Wide Awake Library, Fillmore | PICKLEBALL 8:30 AM / KPAC | |
| RETIRED MEN'S GATHERING 9:30 AM / Encore Suite | | | RECORDER GROUP 1:00-2:15 PM / Encore Suite | |
| STITCHES 1-4 PM / Encore Suite | | | | |

*These activities take place each week, with some not meeting when the university is on break. Check with the coordinators and watch the weekly emails for updates.

| MARCH: | APRIL: | MAY: | JUNE: |
|--|--------|------|-------|
| FICTION BOOK CLUB Tuesday, March 24 10 AM / Encore Suite | | | |
| DRIVE WELL / CAR FIT Wednesday, March 25 1:30 PM | | | |
| SUPPER CLUB Thursday, March 26 6 PM / Various Homes | | | |
| | | | |