

ECHO LAKE

*What's Happening at
the Welcome Center*

APRIL 2018

All events and programs are complimentary and you are
always welcome to bring a friend.
Just RSVP by calling **484-568-4777**.

Lincoln Court Shopping Center: 235 Lancaster Avenue, Malvern



SAGE LIFE | Living to the Power of You



Pickleball

The fun sport with the funny name! We've set up an indoor court. Don't know how to play? No problem. All skill levels welcome for this fun weekly session.

MONDAYS, 11:00 AM



Watercolor

Yes, you can! Everyone can be an artist. Come fall in love with simplicity and beauty of watercolor painting. Taught by Beth Clark, MFA, Pennsylvania Academy of Fine Arts. **MONDAYS, 3:00 PM**



Happy Hour

Pop in (no RSVP required) and have a glass of wine or beer or a soft drink and learn what's new at Echo Lake or tell us what's new with you.

MONDAY THROUGH FRIDAY, 4:00 – 5:30 PM



Gentle Yoga

You'll want to make this a regular Tuesday thing. An instructor from Awakening Wellness will lead this weekly class.

TUESDAYS, 11:00 AM



Tai Chi

Tai chi is an ancient Chinese tradition that is great for battling stress and anxiety and improving balance and flexibility. Make it a regular practice and see the results. **THURSDAYS, 10:00 AM and FRIDAYS, 11:30 AM**



Tech 101

Are you getting the most out of your techy gadget? Get expert help with setting it up or some tips for using it. **FRIDAYS at 3:00 PM**

SPECIAL EVENTS IN APRIL

Spring Gardening

The many benefits of gardening! Learn all about organic from third generation gardener and certified Master Composter Deborah Kates.

THU, 4/5, 2:00 PM

Poker Night

Know when to hold 'em or fold 'em. The folks from Atlantic City Poker will set up a Casino at the Welcome Center. Can we deal you in?

THU, 4/12, 4:30 PM

Rightsizing

Freedom from "Stuff" Expert John Hall teaches us to evaluate possessions and identify what what to hold onto vs what's holding us back.

WED, 4/18, 2:30 PM

Sous Vide

When the recipe calls for weather stripping! The French cooking technique called Sous Vide – high tech meets fine dining. Taste & Learn!

THU, 4/19, 3:30 PM

What is Fake News?

What is the role of the free press in American politics. **Lecture:** How modern media shaped and was shaped by the 21st century.

WED, 4/25, 2:00 PM

Join us for an Enlightening Brunch

Wednesday, April 11 at 11:00 AM

Learn all about options in retirement living and discover Echo Lake...enjoy a catered brunch, too.