

# ECHO LAKE


*What's Happening at  
the Welcome Center*

## MAY 2019

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



### Discovery Brunch

Join us for a catered  
brunch and discover  
Echo Lake.  
Bring a friend!

**May 17 at 11:00 AM**

### Get Your Mobility Score Card *Tuesday, May 7, 2:00 PM*

Our partners, Move for Life, will talk about the importance of strength, flexibility, and balance in maintaining mobility.

They'll perform a series of quick personal assessments and give you your score card along with targeted exercises guaranteed to result in improvement.

### Rightsizing: How to Make a Smart Move *Thursday, May 16, 3:00 PM*

Margit Novack, President of Moving Solutions®, will give tips and techniques that really work and talk about how to navigate the emotional roadblocks to mastering a move.

**Attendees are entered to win a Private Consultation (\$200 value!).**

### Saturday Open House

*Come see our four beautifully decorated model apartments.  
Every Saturday from 2:00 - 4:00 PM*



#### Watercolor

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



#### Trivia Happy Hour

Pop in (no RSVP required) and have a glass of wine, beer, or a soft drink and learn what's new at Echo Lake or tell us what's new with you. **FRIDAYS, 4:00 - 5:00 PM**



#### Broadway Dance Class

So much fun you'll forget you're exercising. Even if you've got two left feet, Dance Instructor Bridget Flood will get your toes tapping and your heart pumping. **WEDNESDAYS at 11:30 AM**



#### Mahjong

Learn and play Mahjong. One of Echo Lake's Founders will lead the group and teach you the fundamentals. Beginners through experts – everyone is welcome! **WEDNESDAYS at 1:00 PM**



#### 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. **FRIDAYS at 11:30 AM**



#### Navigating Social Media

Get step-by-step instructions on how to securely create a Facebook or Instagram account, keep in touch with friends and family, share pictures and establish privacy settings. **FRIDAY, May 24 at 3:00 PM**