

January - February, 2018

The mission of Greater Harleysville and North Penn Senior Services is to provide access to programs and resources that help older adults live independently and remain active. www.GHPSS.org

Encore Experiences in Harleysville

312 Alumni Avenue, Harleysville, PA 19438
Phone: 215.256.6900 Fax: 215.256.9132
www.EncoreExperiences.org

The PEAK Center in Lansdale

North Penn Commons
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432 www.peakcenter.org

Encore Experiences & PEAK Center Hours
Monday – Friday 8:00 AM – 4:00 PM*
Occasional evening and weekend programming
*Summer Hours: We close Fridays at 3:00 PM from Memorial Day-Labor Day

Inclement Weather Alert

Your safety is important to us. For Encore, if Souderton Area Schools are closed due to bad weather, we are too. Watch the news or go online to www.soudertonsd.org/schools/closings

For PEAK, if North Penn Area Schools are closed we are too, go to www.npenn.org

It is our policy to request that each attendee completes a participant registration form. This helps us apply for additional funding and gives us vital information in case of incident/emergency. Thank you for your cooperation.

All speakers, products, services or advertisements which are presented as part of the Greater Harleysville and North Penn Senior Services activities at Encore Experiences in Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHPSS; nor are the opinions of speakers necessarily the opinions of GHPSS; nor are the representations and information presented tested or reviewed for accuracy or reliability by GHPSS.

TransNet Rider Information

For new trip reservations to and from The PEAK Center or Encore Experiences call:
The PEAK Center at 215-362-7432
Encore Experiences at 215-256-6900

For next day reservations you must call by 1:00 PM the previous day. To cancel your reservation, you must call TransNet at 215-542-7433.

If your call is not answered by an operator, listen closely for the prompts and follow the prompts for Mid County Transportation "PEAK" or Valley ParaTransit "Encore" (whichever applicable).

Wine And Craft Beer Tasting & Silent Auction

PEAK of Winter

Friday, January 12, 2018 ~ 6 to 9 PM

Lutheran Community at Telford
12 Lutheran Home Dr., Telford, PA 18969

TICKETS ARE AVAILABLE AT:

The PEAK Center 606 E. Main Street Suite 1003, Lansdale, PA	Encore Experiences 312 Alumni Avenue Harleysville, PA
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Tickets \$50 each (\$35 deductible)
Tickets available at the door \$55 each
Tickets \$35 each (\$40 at the door) for Peter Becker & Lutheran Community at Telford residents, GHPSS Encore & PEAK members

For questions or to purchase tickets call Joyce Helmick at 215-362-7432 email jhelmick@ghnpss.org

This year's event will include presentations on wine and food pairing by Christopher Goggins, Executive Chef Lutheran Community at Telford and Ed Varon, Executive Chef Peter Becker Community. There will also be a variety of hot and cold hors d'oeuvres and many wines and craft beers for your tasting pleasure!

Benefiting:

UPCOMING PROGRAMS AND HIGHLIGHTS!

Special Pro-Rated GHPSS Half Year Membership from January 1-June 30, 2018!

Join now to experience ALL the benefits and programs The PEAK Center and Encore Experiences have to offer YOU.

Call us for more information- Don't miss out!

Exciting new menu beginning January 1! Stop in and enjoy lunch with us. Many old favorites are back PLUS some new items.

Encore Members Council Notes

Officers for 2018 were elected at the meeting of the Members on Tuesday December 5. New officers will serve for one year:

- President - Rosetta Troutman**
- Vice Pres. - Shirley Sielcken**
- Secretary - Barbara Buis**
- Treasurer - Naomi Griffiths**

Congratulations to all for having positively volunteered - not merely having been picked from a list of the least unwilling. There is plenty to do in the new year, and this is evidence of the will to get it done. Let us help the officers and each other in the spirit of the three-word mission statement "Seniors Helping Seniors".

Change is inevitable. Change brings challenges. Resources to meet the challenges are available. As members, we are rich in the possession of diverse skills, talents and perspectives. We have the strength of our connections with each other. We have the ongoing enrichment of new members and new volunteers.

In the spirit of the closing year, "God bless us every one!"

As winter surrounds us with its cold chill and bleak landscape I reflect on our past year. Encore like a ship at sea has encountered smooth sailing and stormy water. I feel we are returning to a safe harbor.

Death and family moves have caused our circle of valued friends to become smaller. Friends become family with Encore our home for fellowship and mutual support. By working together we increase the enjoyment for all.

Please leave messages for me in my office mailbox - include a phone number if you would like a return call.

Rosetta Troutman

It saddens my heart to have to say good bye but life has taken me down a path where I have to leave Encore and return to my family in Texas. Working at Encore has been a complete and absolute joy for me. I have loved every moment of my time here, I want to thank all of the members and staff for being so warm and welcoming to me. I will miss the amazing conversations and laughs I've shared with you all, as well as the steady flow of pretzels sent my way from Carole Gibson!

Thank you all again for the smiles, support and good times I got to enjoy during my short time here. I wish you all the very best!

Kate Busbee



Because my philosophy is that food represents family, friends, and community I am thrilled to be joining Encore Experiences where we are creating an environment that enhances the lives of seniors. My role in that is to provide meals that will sustain the body as they enrich the spirit. In part my feelings about food originate from my culinary training at Le Cordon Bleu in Paris France; but are also from simply sharing wonderful meals with my own family and friends. The past two years found me feeding college students at Kutztown University so I am looking forward to this new chapter of my life!

Cindi

GHPSS STAFF MEMBERS

- Sarah Whetstone
Executive Director
- Becky Carver
Administrative Assistant/Bookkeeper
- ENCORE EXPERIENCES STAFF MEMBERS**
- Deb Hunsberger
Social Services Coordinator
- THE PEAK CENTER STAFF MEMBERS**
- Margo Fine-Gabbay
Site and Program Director
- Carol Costlow
Social Services Coordinator
- Joyce Helmick
Office Manager
- Sherry Rocchino
Administrative Assistant

Steve Zurad
Meal Assistant

GHPSS

- Board of Directors**
- Mary Metz, President
- Bob Schoen, Treasurer
- Deb Santoro, Secretary
- Sheri Strouse, NP Liaison
- Bill Downey, Encore Members' Council Rep
- Louise Shaheen, The PEAK Members' Council Rep
- Anna Crouse
- Katie Farrell
- Mark Hoffman
- Robert Iannozzi
- Dan McKee
- Kate Moore
- Andrew Santana

PEAK Members Council Notes

Happy New Year to all! It is hard to believe that we have been in the NPC for over a year. Many new programs have started and our membership is growing.

Please check out the newsletter for all the new programs that have been added.

We continue to support Manna on Main St. In November we donated 62.55 pounds of foods that included 1 frozen turkey. Non-perishable food items can be left at the Greeters Desk. Thank you for your support!

Please join us for our monthly meetings and bring your suggestion on activities you might like to see at PEAK. Our next meetings: January 16th and February 20th at 12:30 PM.

Louise Shabeen



In Memoriam

Encore & PEAK Members

- William Bray*
- Patsy Garges*
- Phyllis Migliaccio*
- Carolyn Williams*

Nifty Thrifty Shoppe

THRIFT STORE at ARBOUR SQUARE

Open Monday through Saturday
10-11:30am & 1-3pm

Shop a collection of clothing, housewares, books, and decorative items at unbelievably affordable prices!



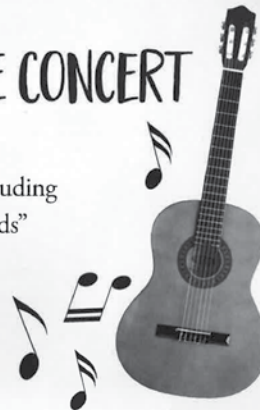
JOHN DENVER TRIBUTE CONCERT

Tuesday, January 30 • 7pm

Enjoy some of your favorite country hits including "Sunshine on My Shoulders," "Country Roads" and "Thank God I'm a Country Boy."

Refreshments served.

Call 215-315-7762 to RSVP.



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Encore Wellness

For a full description of classes,
call 215-256-6900

Acupuncture Treatments

Call for Dates and Times.

Treatment Cost: \$20.00

Provided by Kim Niezgoda,
Board Certified Licensed Acupuncture

The service requires a sign up. You may do this in two ways. Call Kim directly at 215-500-3399 or email her at kim.niezgoda@gmail.com

You may choose to come and sit in on a session and ask questions with no charge. Learn how it may help relieve pain in your body, reduce the effects of stress and lower your blood pressure.

Ballroom Dancing

Location: Encore Experiences
in Harleysville
Cost: \$5.00

Experienced: Thursday
Evenings 5:30 - 6:30 PM
Beginner: Thursday
Evenings 6:45 - 7:45 PM
Come out and learn the
Fox Trot, Cha Cha,
Jitterbug, and Waltz.



Chair Yoga

Thursdays 1:30 PM

Cost: \$5.00, Instructed by Lysandra Sanchez

Core Fitness

Thursdays 9:15 AM Cost: \$5.00

MERCK Fitness Room

Anytime

Stretch and Tone & Walkaerobics

Mondays, Wednesdays, and Fridays
Walkaerobics begin at 9:00 AM followed by Stretch
and Tone at 9:45 AM. You can take the entire class
or just have one or the other, your choice.
Cost: \$5.00

*Tai Chi

Mondays and Wednesdays, 10:45 AM
Cost: \$5.00

Wii

We have Wii when there is a room available.

Yoga

Wednesdays 9:30 AM
Cost: \$5.00, Instructor, Terri Kuenzer
A mind, body and soul experience you will not
want to miss! No prior experience needed.

Zumba

Wednesdays 6 PM, Cost: \$5.00

*Zumba Gold

Zumba Gold times have been changed, Tuesdays
class will now begin at 1:45 PM. Fridays class will
now begin at 1:30 PM, Cost: \$5.00

Wellness Screenings & Other

Diabetic Shoe Fitting

Call Paula at 215-872-3222

First Wednesday of each month, By appointment

Diabetics on Medicare may receive one pair of
shoes and inserts per year. Your first visit includes
an evaluation and foot measurement. When
scheduling appointment, please verify insurance
coverage. Bring your Medicare and supplemental
insurance cards to appointment as well as the
name and phone number of your primary care
physician.

HYTHL and Blood Pressure Checks

HYTHL and Blood Pressure checks day and
time have been changed starting January
2018. They will now be the first Thursday of the
month. Blood Pressure Checks will be from 9:30
to 11:30 AM. HYTHL will be from 12:30 to
1:30 PM

Health Checks

Call for Dates and Times. Provided by Abington
Health, blood pressure and weight checks. Jane is
here to answer any questions you may have.

Be Calm Coloring

Wednesdays of each month 10:45 AM

By request, color, relax and explore the artist
inside you. This program is offered in the
program room.

Quakertown Foot Care Center

Toe Nail Clipping by appointment the first
Tuesday of every month from 1:00 to 2:00 PM.
Bring your insurance card, contact the office
for details.



Photos above, at left
and below were taken
at the PEAK Center,
Crafts with Mags.



PLEASE NOTE

* Programs/events marked with * are specifically targeted
to persons age 60 and older. Everyone is welcome to
participate regardless of age.

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www.VisitingAngels.com/lansdale

215.362.1100

Ballroom Dancing

Location: Encore Experiences in Harleysville
 Cost: \$5.00
 Experienced: Thursday Evenings 5:30 - 6:30 PM.
 Beginner: Thursday Evenings 6:45 - 7:45 PM
 Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Bowling

Thursdays at Earl Bowl, Souderton, 12:15 PM
 sign-up; bowl at 12:30 PM, Cost: \$5.00

Chair Yoga

Thursdays 10:30 - 11:30 AM
 Cost: \$5.00 Instructed by Terri Kuenzer

All in a chair, these 22 simple yoga posture based exercises help to loosen all the joints, from toes to the head. Learn this beautiful and GENTLE ancient practice from India.

Fit for the Future I

Tuesdays and Fridays 9:00 - 10:00 AM
 Cost: \$5.00, Taught by Kim Zimmerman

Fit for the Future II

Tuesdays 12:45 - 1:45 PM
 Fridays 10:30 - 11:30 AM Cost: \$5.00
 Taught by Kim Zimmerman

Expertly designed routines which are specific to the participants includes, stretching, walking, flexibility & strength training. Join us to exercise with this friendly group.

Growing Stronger

Mondays, Wednesdays. Please see January and February calendar for specific dates in the series
 Fee: \$45.00 per 6-week session

This program is a safe, effective strength-training and nutrition program for individuals who have been active or sedentary for the past few years and are interested in improving their health.

Healthy Soup in a Jar

January 29 from 10:00 - 11:00 AM - FREE -
 Join us as Teri Wassel, MS, RD leads a "Soup in a Jar" workshop. Create and take home your own delicious soup to enjoy for dinner! Space is limited-RSVP at PEAK Office now.

Line Dancing

Thursdays 1:00 - 2:00 PM
 Cost: \$5.00 Instructed by John Long
 John Long teaches all, from beginner to advanced, even those with multiple left feet!

Tap Dancing

Thursdays 11:30 AM
 Cost: \$5.00
 This class is energetic and fast moving. Join John Long and our PEAK Tappers. Beginners are welcome to come the first half hour, stay to observe the "pros" or just jump in.

*Tai Chi

Tuesdays 10:15 - 11:15 AM
 Cost: \$5.00

Instructor: Darryl Bryant.
 Tai Chi movements reinforce balance, coordination, flexibility, muscle relaxation, body awareness & mental concentration.



PEAK Holiday Raffle basket Winner - Artline Reinoehl

*Yoga

Thursdays 9:00 - 10:00 AM, Cost: \$5.00
 Instructed by Terri Kuenzer

Do you think your physical limitations or age would prevent you from doing yoga? Have you been curious about yoga but were concerned about feeling out of place in a class? Improve your posture, increase your flexibility, build strength, and reclaim your ability to balance. Practice standing, seated, and reclining yoga poses that meet your physical needs now while expanding your abilities over time, and enjoy breathing and relaxation techniques to invite inner calm and clarity. While this is a gentle approach to yoga, you must be able to get down to the ground and back up again to fully benefit from the class. Please bring a yoga mat.

Zumba Gold

Mondays 1:15 - 2:15 PM, Cost: \$5.00
 Instructor: Mary Ellen Meehan
 Enjoy this aerobic exercise class conducted to the sounds of the Caribbean with a bit of the Mediterranean thrown in. Take it at your own pace.

North Penn Commons Wellness Collaborative

The PEAK Center and the YMCA

Pool Visitation

PEAK Center Members can use the YMCA pool for a daily rate of \$6.00. Please visit the YMCA Membership Office and show your PEAK card to receive your pool pass.

Silver Sneakers

Silver Sneakers will provide a free membership for those eligible. To check eligibility visit the YMCA Membership Office with your ID card.

Financial Assistance

The YMCA also welcomes PEAK Center members to apply for Financial Assistance. Stop by the Membership Office for copies of the necessary paperwork.

Program Membership Benefit for PEAK Members

Joining the PEAK Center allows you a free YMCA PROGRAM membership. If you choose to take a program/class you still pay for that program/class BUT at the PROGRAM MEMBER PRICE.

** Being a PEAK Center member DOES NOT allow a free full membership to use the facility, pool or gym.

** If you bring your insurance card to the Y Membership Desk, they will be happy to see if your insurance will help pay for the membership or reimburse you. They honor many insurances including Silver Sneakers and Silver and Fit. Please check with Y Membership for other participating insurance companies.

PLEASE NOTE:

*Programs/events marked with * are specifically targeted to persons age 60 and older. Everyone is welcome to participate regardless of age.

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No Script Needed! Early Morning/Saturday Hours!

**FREE SCREENINGS for
 Encore/Peak Center Members**

**Special Lunch Presentation

January 23, 11:30 AM - 1:00 PM - Learn about knee arthritis and how to protect and strengthen your joints, legs, etc., presented by William Morey, PT,DPT from ProAction Physical Therapy. Complimentary Pizza lunch will be served. Space is very limited so must RSVP at PEAK Center Office.

Wii Bowling

Now every Wednesday at 10:00 AM

Experience the health and social benefits of this fun program. Standing or seated, no heavy ball or strange shoes.

Zumba Chair

Wednesdays 12:45 - 1:30 PM
 Cost: \$5.00

Instructor: Mary Ellen Meehan

If you love Latin and Middle Eastern sounds, but the motion seems too risky... Zumba CHAIR is the exercise class for you.

Education & Services

Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come in for a quick screening to determine if you may be eligible. Don't leave money on the table that could help you. Call today for an appointment to find out.

Low-Income Heating Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) will open for applications as of November 1, 2017 through March 2018, for the coming heating season. New income qualifications and applications will be available by late October. Applications can also be submitted online at www.compass.state.pa.us. The income guidelines for 2017 - 18 for homeowners and renters are as follows:

Household Size	Maximum Annual Income
1	\$18,090
2	\$24,360

Apply on line at www.compass.state.pa.us or pick up an application.

Outreach

Are you or someone you know homebound and can benefit from services provided at our Center? We will reach out to those who may need assistance.

Encore Services

AARP Driving Courses

Call for Dates & Times
Instructor: Ed Peterson
\$15 AARP Members, \$20 Non-Member

Legal Advice

An attorney from Fox Rothschild is available by appointment on the second Friday of the month from 9:00 - 10:00 AM.

Medicare appointments are now available on the first Tuesday of every month.

APPRISE Medicare Counseling

Ed Savitsky guides you through the Medicare maze the first Tuesday of each month.

PEAK Services

AARP Driving Courses

Instructor: Judy Pfander
Safe Driving: January 11 & 12
9:00 AM - 1:00 PM (4 hours each day)
4 Hour Refresher Course: February 2
9:00 AM - 1:00 PM
\$15 AARP Members, \$20 Non-Member

Checks made out to AARP. Register by calling The PEAK Center at 215-362-7432. Please bring AARP membership card with you.

Created by AARP, these courses provide information to help you drive violation and crash free. This is a classroom course, so there is no driving or other testing involved.

Property Tax/Rent Rebate

PA Property Tax/Rent Rebate applications for 2017 will be available at the end of February. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by December 31, 2017, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. When totaling your income, only 50% of Social Security and Railroad retirement benefits are counted. The application deadline is June 30, 2018.

TransNet

Free shared ride service to the Encore Experiences and PEAK Centers is available if you are age 65 or older. Rides must be booked at least one day in advance by calling The Encore/PEAK Centers by 11:00 AM. Inquire at the office window for TransNet registration information. To cancel a TransNet ride, please call TransNet directly at 215-542-7433. If you are calling after hours, please follow the prompts to reach Mid-County Transportation, for PEAK. Valley ParaTransit for Encore.

Veterans Service

A Montgomery County Office of Veterans Affairs representative will meet with veterans and/or spouses to discuss opportunities and claims upon request.

Programs are free unless otherwise noted.

Notary Service

Notary service is available to GHNPS members by Claire Schumaker, who volunteers her time. At Encore Deb Hunsberger can provide assistance at 484-685-5558. Carol Costlow at PEAK can provide assistance at 215-362-7432.

Social Services Coordinator

Deb Hunsberger Social Services Coordinator available 8 AM to 4 PM on Mondays and Tuesdays

Having difficulties using your new smart phone?

Can't quite figure out how to work your iPad or tablet? We now have available 1:1 Electronics Assistance, Contact John Matta of Interim Healthcare directly at 610-400-8765 to schedule a training at your convenience here at Encore.

APPRISE Medicare Counseling

Tuesdays 9:30 AM - 11:30 AM By Appointment

APPRISE counseling for Medicare benefits, medigap insurance, and Medicaid is offered by Pam Quatraro and Krista Decembrino, Tuesdays 9:30 - 11:30 AM. Call 215-362-1076 to request an appointment.

Legal Counseling

Legal Counseling for PEAK members: Tuesdays, Jan. 23 and Feb. 27. Attorney Jack Dooley provides free legal consultations. Schedule an appointment at the office window or call the PEAK Center.

For information or to schedule an appointment for any of PEAK services, please contact Carol Costlow at 215-362-7432 unless otherwise noted.

Free Income Tax Services

GHNPS at both The PEAK Center and Encore Experiences will host free tax preparation for seniors. Preference in scheduling appointments will be given to those seniors who have low to moderate household income, generally below \$52,000. If you have self-employment income, it should be below \$10,000. Trained AARP volunteers will be available beginning in February through April 15 by appointment only. Please call the preferred Center for an appointment after January 21. No appointments will be made before this date.

Please bring the following items to your appointment. If you will be filing a joint return, both signatures will be needed to file it electronically, so you and your spouse must come to the appointment:

- A copy of last year's tax return
- Social Security Card and a photo ID
- 2017 year-end Social Security statement and other financial statements or tax documents.

For assistance in completing the PA Property Tax/Rent Rebate application, bring paid receipts for 2017's property taxes or proof of rent paid in 2017.

Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following (Updated 4/2017):

Family Size	Annual	Monthly	Weekly	Income
1	\$15,678	\$1,307	\$302	
2	\$21,112	\$1,760	\$406	
3	\$26,546	\$2,213	\$511	

To register for this program, please see the social services coordinator and bring with you:

- Proof of Age (Driver's License);
- Proof of Residency (Utility bill, Driver's License);
- and Proof of Gross Income (Statement from Social Security, Pension Statement, etc.).

The monthly CSFP Food Package contains: 4 vegetables, 2 juices, 2 fruits, 1 protein, 2 cereals, 1 protein alternate, milk product, carbohydrate, and 2 lbs. cheese.

USDA Nondiscrimination Statement 2015

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:
(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Volunteers will be needed as greeters for the free income tax service. No experience is necessary. Greeting tax payers and making them feel welcome is our goal. If you would be interested in helping with one or more 3-hour shifts on Thursdays or Fridays, please call Carol to volunteer.

Encore Enrichment

Art Class

Mondays 1:00 PM, Cost: \$5.00
Instruction from Pat Wilson-Schmid. Bring your materials; easels are available.

Billiards Anytime

Bingo

2nd Saturday of each month come out and join our fabulous Encore volunteers and play some bingo.

Saturday bingo is always looking to enlist additional volunteers, if interested please contact Encore Center at 215-256-6900.

Bingo For Bucks

Mondays 1:45 - 3:30 PM, Cost: \$1.00/card (2 games/card). Low vision Bingo cards available.

Board Games Anytime

Book Club (New)

Last Thursday of every month from 6:00 PM to 9:00 PM. Please contact Encore Center at 215-256-6900 for details.

Bowling

Fridays 10:00 AM, Cost: \$2.75/game
Earl Bowl Lanes, 392 Morwood Road, Earlington. Ask at the counter to join the Encore Experiences in Harleysville League.

Cards

Anytime; most groups meet Thursdays at 12:30 PM.

Chess Anytime

Clip and Save

Every Monday 10:00 AM
Cutting coupons does not just save you money, it allows you to maintain strength by building up the tiny muscles in the palms of your hands.

Coin Club

Second Thursday of the month 2:00 PM
Do you have some old coins that you think are valuable? Join us to discuss current coin news.

Computer Use

Anytime, surf the web!

Creative Writing

Wednesdays starting January 17, 2018 from 12:30 - 2:30 PM with Creative Writing Professor Susan Buchler-Moyer of Montgomery County Community College. Please come and join us!

Croquet and Shuffleboard

Anytime. Equipment available at Encore.

Group Trivia

Every Tuesday 10:00 AM
This group is for anyone who loves answering or learning about trivia. If you don't know an answer, your teammates can help you.

Hair Cuts

Every Tuesday with Mary from 9:00 - 11:00 AM

Hair Styling by Appointments

With Diana, offered every Friday from 9:00 - 11:30 AM. Come on out and let Diana make you feel beautiful, hair styling \$10 and nail painting \$5.

Library

A vast array of biographies, romance novels, fiction, and non-fiction works available. We accept clean, gently used hardback books, copyright from 2000 and on; pocket books copyright from 2005 and on.

Do you have a reading disability, or a vision challenge? The Free Library of Philadelphia's Library for the Blind and Physically Handicapped offers free services by mail. Visit them on their Facebook page at facebook.com/lbphflp

Mah Jongg

Mondays 12:30 PM

Night at The Races (New)

Second Tuesday of every month beginning at 1:15 PM

Ping Pong

Anytime



Scrabble

Looking to form a scrabble group to play regularly once a week, if interested or if you would like to lead it please contact Encore Center at 215-256-6900.

Shuffleboard

Anytime, equipment available at Encore.

Shuffleboard League (New)

Every Wednesday at 6:45 PM.

Stitch and Chat

Every Thursday 9:30 AM. Join others who enjoy quilting, knitting, crocheting, or other needle work, and meet for friendship and fun.

Stamp Club

First Tuesday of the month 10:00 AM. Embrace the opportunity to gather and talk stamps, trade stamps and in general, share a common interest. Individual consultations are available.

The Making of Laymen Playmen's Musical "Peter Pan"

Presented by: John Stangl the Lighting Designer for Laymen Playmen & Playcrafters

Come and discover how one theater group (Laymen Playmen) creates this years musical "Peter Pan". The presentation will explain the different tasks of putting on the production and reveal some of the special effects that are planned for the show including flying Peter Pan in a non-flying space.

Woodcarving Class

Thursdays 9:30 AM
Instruction is available.
Donations accepted for materials as needed.



Merck Sharp & Dohme Federal Credit Union

All employees and volunteers from Greater Harleysville North Penn Senior Services, can join the Merck Sharp & Dohme Federal Credit Union. To discover the benefits of Credit Union Membership. It may be a great addition to your current bank.



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Retired Pennsylvanians receiving Social Security or other pension funds whose incomes are under \$19,200 annually may register one passenger car or non-commercial light truck at a reduced rate. Instead of the regular \$36 fee for a passenger vehicle or truck, you pay just a \$10.00 processing fee. The discount does not apply to title fees, transfer fees or sales tax, just a vehicle registration fee.

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Your Response is Greatly Appreciated!

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PEAK *Enrichment*

Bingo

Fridays 12:30 PM, \$1.00 per card
Bridge - Card Game
Thursdays 1:00 PM

Computer Center Time

Mondays 1:00 PM - 4:00 PM
Tuesdays 9:00 AM - 11:30 AM
Wednesdays 9:00 AM - 2:30 PM
Thursdays 12:30 PM - 3:00 PM
Fridays 9:00 AM - 11:00 AM

PEAK Center's Computer Center is equipped with laptops and iPads for your personal use. Come and surf the web, read the news or connect with relatives/friends on Facebook or email. Volunteer tutors will be available to answer questions and provide one on one tutorials too!

De-Stress Coloring

Wednesdays 12:30 PM

Lansdale Area Book Club

At the PEAK Center-Join other avid readers for lively discussion and conversation of selected books. Group will meet 1/month in the PEAK Center on the last Monday of each month 12:00 - 1:00 PM.

January 29 - *Homegoing* by Yaa Gyasi

February 26, - *The Things They Carried* by Tim O'Brien

March 26, - *Orphan Keeper* by Cameron Wright

Lets Get Crafty with Mags

Join us for 2 crafty classes. Space is limited so much sign up at PEAK Office. Classes are \$3 for supplies.

January 17, 10:00 - 11:00 AM

February 14, 10:00 - 11:00 AM

Mahjong

Thursdays at 1:00 PM

PEAK-A-Boo's Ladies'

Luncheon Gatherings

All gatherings will be at 11:30 AM

** January 2...PEAK Center with special lunch and "regifting" fun. Call the office at 215-362-7432 or Louise at 215-368-2618 for reservations. Let us know if you need transportation.

February 6, Yantze, 2333 Welsh Road, (Ralph's Corner) Lansdale, PA.

March 6, Francona Cafe & Market
513 Allentown Road, Souderton, PA.

Rummikub

Everyday 10:00 AM

Special Valentine's Day Luncheon Dance Party!

February 9, 11:30 AM - 1:30 PM. Join us for a "SWEET" party at the PEAK Center! Special lunch, music, entertainment, raffles, and more...Only \$8. Must RSVP by February 1 to the PEAK Center office.

Studio Art Class - Painting

Tuesdays 9:30 AM Cost: \$5.00
Instructed by Louisa Wismer

Tea & Poetry

January 18, 10:00 - 11:00 AM - Experience the soothing effects of teatime while exploring the pleasures of poetry! Listening to poetry can revive memories, inspire creativity, and foster sharing.

Sara Wenger, a local published writer and teacher will lead a unique workshop for all. Participants will also be able to create original poems if desired.

(Tea and snacks will be served). Free-Please sign up at PEAK Center Office.

Woodcarving

Mondays 9:00 - 11:30 AM,
Come and work on your projects. Newcomers are welcome too.



Photos above are of the Luncheon with Elvis at the PEAK Center. Elvis performed and met with the group.

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