

NEWS & NOTES

The PEAK Center in Lansdale
1292 Allentown Road, Suite A
Lansdale, PA 19446
215-362-7432

www.peakcenter.org

PEAK CENTER HOURS

Monday – Friday
8:30 AM – 4:00 PM*

Occasional evening and weekend programming

***Summer Hours: We close Fridays at
3:00 PM from Memorial Day-Labor Day**

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 GHNPS; nor are the opinions of speakers necessarily the opinions of GHNPS, nor are the representations and information presented, tested or reviewed for accuracy or reliability by GHNPS.

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 11:00 AM 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 or Valley ParaTransit (whichever applicable).

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A Peek into the Programs That Will Be Offered at North Penn Commons



In last month's newsletter you read all about the move to North Penn Commons and hopefully it answered a lot of your questions. Now let's take a look at what fun and exciting programs will be offered!

Collaborative Programming:

The partners of North Penn Commons are collectively focused on building healthier lives by offering every generation the opportunity to thrive and be healthy regardless of their age. By sharing facilities and resources, we will collaborate on programs, provide better access to services and use financial and volunteer resources to most effectively serve residents, members, clients and volunteers.

Here is a sneak peek at these Pilot Programs to be launched in November:

Technology:

How do I use my Android Phone?

Teen Leaders from the YMCA will pair up with a total of 6-8 people to do one-on-one training on your Android phone. Have your questions ready. Cost will be a suggested \$5 donation.

Intergenerational:

Story time with the YMCA camp children

Seniors will get the chance to read from a suggested story book to the children. Sign up will be required.

Veterans' Day Celebration

Join us and the local ROTC for a day to be remembered.

Wellness:

Don't let Thanksgiving put on the pounds!

Join us for our chef-led cooking class. Learn how to make a healthier Thanksgiving meal! Sign up will be limited to 12-15 people. Cost \$5 per person. Each person will receive the recipe of the item being prepared, as well as a bag of the food items needed to prepare it.

Look for more details on these collaborative programs in the November/December newsletters.

The Long and Winding GHNPS Road...

Don't be fooled into thinking negatively that our journey together has been a long and winding one. Quite the contrary! It is one of joy and new beginnings. Our journey as an organization has demonstrated the resiliency and steadfast tenacity that we share as a staff, Board, members, participants, and volunteers each and every day we are together. Whether you've been a part of our history for two years or forty years, you've realized that change is always part of the ebb and flow of both our personal lives as well as our organizational life. Change allows us the opportunity to grow.

One area of growth has been in the area of the Encore Café. This summer we celebrated the arrival of a much needed walk-in refrigerator/freezer with the approximate value of \$25,000! This was made possible through grants from the NPVNA Foundation and WW Smith Charitable Trust as well as in-house fundraising efforts and individual donations. With this new addition, we can continue to support and enhance our successful existing meal program. We are so grateful to all who recognized and responded to this need.

Katie Walker, who was our Executive Director for almost two years, took advantage of a growth

opportunity by accepting a position in the Lehigh Valley area. While we will miss her and are grateful for her many contributions to both Encore and The PEAK, we also welcome Sarah Whetstone who will navigate The PEAK Center to its new home.

In late September, our sister center, The PEAK, will be settling into the North Penn Commons (NPC) along with its partners. For the past three and one-half years The PEAK has been offering programs and lunch at the Schwenckfeld Manor and while we are grateful to have had this temporary headquarters, we cannot contain our excitement that it is time to move into a permanent home. Please join us at their open house on Saturday, October 8 from 1 -3 PM in the NPC lobby. Want to support the North Penn Commons One Four All Campaign? Visit their website at: <http://www.northpenncommons.org/> to learn more about giving opportunities.

These are just a few examples of how our organization continues to evolve, and at the same time, preserve our mission and treasure its tradition. We invite you to spread good cheer while practicing patience at both Encore and The PEAK during this season of change and growth.



Members' Council Notes

I want to extend an invitation to all PEAK members to attend the Members Council meetings held on the 3rd Tuesday of each month. It is an excellent time to ask questions about happenings at PEAK and the North Penn Commons. It is a good opportunity for us to hear any ideas you may have to improve our programs.

A very warm welcome is extended to Teresa Ascher and Annette Corrado.

We are pleased to report that PEAK members have donated 13.85 pounds of non-perishable foods and personal care items and they were delivered to Manna on Main St on July 11. Keep up the good work!

Louise Shabeen, President

WELCOME

Sarah Whetstone, GHNPS's Interim Executive Director

Stop by and say hello!



North Penn Commons is almost here!

Greetings!

You've got to see it! Take a drive down East Main Street in Lansdale and you will be amazed by what you see - North Penn Commons standing proud and almost ready to occupy.

Four organizations - **Advanced Living Communities, Manna on Main Street, North Penn YMCA and The PEAK Center** - will soon co-locate on one campus, North Penn Commons. This innovative, national model is happening right here in our community.

You can be a part of this project by joining the growing community of support for the One Four All campaign today. Your gift of \$35, \$50 or even \$100 will help to complete the construction of this incredible community center. Please consider making a gift today!

The partners have listened to you, our fellow community members, and have worked to ensure that the experience at North Penn Commons meets your needs and is enjoyable from the moment you step on the campus.

A place where everyone is welcome.

There has been a groundswell of support from people like you who live, work, volunteer and enjoy the North Penn community. We still have more to do, but with \$4.5 million secured already, we know that together we can reach our \$5 million goal.

We hope you will consider deepening your commitment to our community by supporting the campaign for North Penn Commons.

Thank you for the role you play in this community and for your support.

Susan Stratton McGinnis
Co-Chair, One Four All Campaign

John Reininger
Co-Chair, One Four All Campaign

P.S. Stay tuned for information about our Grand Opening Celebration happening in early October!

Yes, I want to help North Penn Commons. Enclosed is my gift of:

☐ \$25 ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ Other _____

\$25-49 \$50-99 \$100-249 \$250-499 \$500 & above
Friend Contributor Sustainer Benefactor Philanthropist

Donors will be recognized as designated above unless anonymity is requested. _____

Name: _____
Address: _____
State, Zip: _____
Phone: _____

Please mail it to:
Univest Foundation
14 North Main Street
P.O. Box 64559
Souderton, PA 18964

To make your contribution by mail, enclose a check made payable to "Univest Foundation" with "North Penn Commons" in the memo line. If you wish to make a pledge to the campaign or discuss other ways to make a donation, please call the One Four All campaign office at 215-716-5408.

North Penn Commons is grateful to the Univest Foundation, our financial partner for the campaign.

GHNPS STAFF MEMBERS

Sarah Whetstone
Interim Executive Director
Becky Carver
Administrative Assistant/Bookkeeper
Susan Andersen
Communications Manager

THE PEAK CENTER STAFF MEMBERS

Teresa Ascher
Site and Program Director
Annette Corrado
Administrative Assistant

Sherry Rocchino
Program Assistant

Carol Costlow
Social Services Coordinator

Steve Zurad
Meal Assistant

ENCORE EXPERIENCES STAFF MEMBERS

Kay Pagni
Social Services Coordinator

Michele Ross
Site and Program Director

Stephanie Williams
Administrative Assistant

Beth Knize
Meal Coordinator

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Greater Harleysville and North Penn Senior Services is a 501(c)3 nonprofit corporation as determined by the IRS.

Greater Harleysville and North Penn Senior Services operates two senior center facilities: Encore Experiences in Harleysville and The PEAK Center in Lansdale.

Encore Experiences in Harleysville and The PEAK Center in Lansdale are supported in part by funding received from Montgomery County Office of Aging and Adult Services. We are participating agencies of the United Way of Greater Philadelphia and Southern New Jersey. Other sources of support include grants, wills & bequests, corporate donations, foundations, special events and individual contributions.

The official registration and financial information of Greater Harleysville and North Penn Senior Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

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Like us
on Facebook!



A Unit of the National Council on Aging



Programs

Programs are free unless otherwise noted.

Let's De-Stress

Wednesdays 12:30 PM

Let's De-Stress –The use of adult coloring books is not art therapy, but has shown to help relaxation, reduce stress, and boost mental clarity in seniors.

Help Yourself to Healthy Living

An ounce of Prevention: Steps to Better Health

Wednesday, September 7 10:30 AM

Presented by Shelley Longcoy-Instructor

Abington-Jefferson Health Community Health

As autumn weather comes knocking on our doors, many people are aware that they may not be outside as much as they were in the warm weather. People may be coughing /sneezing more around you. They may be sharing their germs with you and more.

- Are you washing your hands enough?
- Are you getting enough rest?
- Are you scheduled for your flu vaccine?

Attend September Help Yourself to Healthy Living and learn the steps to keep yourself at optimal health.

Managing Medication Safely

Wednesday, October 5 10:30 AM

Many seniors take medications to make them feel better and prevent/manage chronic conditions. It is important for people to become their own best health advocate for care and know what questions to ask their primary physician and /or pharmacist about their medications.

- Do they know the side effects to watch for?
- Can these medications be taken with supplements/over the counter medication?

You are invited to attend October Help Yourself to Healthy Living workshop and learn about managing medications safely.

Prime Time Health Walk

Thursday, September 8 10:00 AM to 1:00 PM

Fischer's Park

Register by August 26

This year's walk promises to be the best one yet! Sponsored by Aging and Adult Services, you will have the opportunity to meet folks from other county senior centers, eat a delicious free lunch, enjoy nature's beauty, and walk the park trails as often as you wish. With Elvis making a special appearance, you will easily get into the groove if you dig out your poodle skirt or bobby socks and celebrate this year's Sock-Hop theme.

Total Body Rehab

Thursday, September 15 9:30 to 10:30 AM

Total Body Rehab-Christopher G. Cianci

Certified Chiropractic Sports Practitioner

Statistics show that one in three seniors will fall this year. Forty percent of these falls result in fractures. The majority of these injuries occur at home. Don't be a statistic! Dr. Christopher Cianci of Cianci Chiropractic will discuss information and provide strategies to improve your health, reduce the risk of falls, improve balance and range of motion resulting in increased vitality and enhanced well-being.

Flu Shot

Wednesday, October 19 10:00 to 11:30 AM

Provided by Abington Jefferson Hospital

Sign up at The Welcome Desk

A limited supply of the quadrivalent, preservative-free flu vaccine will be available. The cost of the flu vaccine is \$30.00, unless you have a traditional non-HMO Part B Medicare. All Medicare participants must present all insurance cards (or a copy of the cards) at the time of their appointment. Those individuals paying for their vaccine may pay with cash or check payable to "Abington Jefferson Health".

Coming to North Penn Commons (NPC)!

Reiki

Reiki is a form of palm healing, a gentle but powerful tool to balance body, mind, heart, and spirit, using an individual's own natural latent healing energy.

Acupuncture Treatments

Learn how it may help relieve pain in your body, reduce the effects of stress, and lower your blood pressure.

Foot Reflexology

Reflexology is a relaxing and revitalizing therapy. Improve your blood circulation and reduce the effects of stress upon your body.

Massage Therapy (Table/Chair)

Enjoy a relaxing and healing experience through the combination of energy and massage therapy modalities that benefit the whole person, body, mind, emotions and spirit.

Look in our November/December issue for dates and details.

YOGA

Thursdays 9:00 - 10:00 AM

Cost: \$4.00

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? This class is for you! 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.

TRANSNET SERVICES FOR SENIORS SIGN UP PROGRAM

Presented by Roseann Strang,
Suburban Transit

Friday, September 16
11:00 AM

Join us to learn about the discounted and free ride programs through Suburban Transit. Come get registered for this service. Applications will be available. **Must bring ID to show proof of age.**

LAW OFFICES OF



DISCHELL BARTLE & DOOLEY, PC

RESULTS MATTER

John T. Dooley
Attorney At Law

P.O. Box 107 • 1800 Pennbook Parkway • Suite 200

Lansdale, Pennsylvania 19446

P: 215-362-2474 • F: 215-362-6722

info@dischellbartle.com • www.dischellbartle.com

Toll Free: 1-888-362-3293



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Moyer-Williams Funeral Home of Souderton

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PEAK WELLNESS

Programs are free unless otherwise noted.

Ballroom Dancing

Location: Encore Experiences at Harleysville

Cost: \$4.00

Experienced: Thursday Evenings 5:30 - 6:30PM

Beginner: Thursday Evenings 6:45 - 7:45PM

Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Bowling

Tuesdays at Facenda Whitaker, E. Norriton

Thursdays at Earl Bowl, Souderton

12:15 PM sign-up; bowl at 12:30 PM

Cost: \$3.00 per game at Facenda Whitaker;
\$5.00 at Earl Bowl

Fit for the Future I

Tuesdays and Fridays starting in October

9:00 - 10:00 AM

Cost: \$4.00

Taught by Kim Zimmerman

Fit for the Future II

Tuesdays 12:45 - 1:45 PM, Fridays 10:30 - 11:30 AM

Cost: \$4.00

Taught by Kim Zimmerman

Formerly named Healthy Steps in Motion, this program has a new name, but is the same great class! Routines include, stretching, walking, flexibility & strength training. Join us to exercise with this friendly group.

Fitness Center

Tuesdays and Thursdays 9:30 - 11:30 AM

*No Fitness Center use in October

PEAK participants can use the fitness center room! If you are interested, you must be trained to use it by Kim Zimmerman. A PEAK Center employee will be on hand if you need anything. See Annette at the Welcome Desk to set up time to be trained.

Joint Freeing Series

Fridays 11:00 - 11:45 AM

No class on September 2

Cost: \$4.00 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.

Line Dancing

Thursdays 1:00 - 2:00 PM

Cost: \$4.00 Instructed by John Long

John Long teaches all, from beginner to advanced, even those with multiple left feet!

Semi-Personal Trainer

For more info call or visit The Welcome Desk

Cost: \$15.00 per individual participant

Kim Zimmerman offers one hour long semi-personal training sessions for up to three participants at a time based on instructor's discretion. Sign up today for the individual attention you deserve.

Stretch the Pain Away

Monday, Wednesday and Friday

3:00 PM to 4:00 PM

*No classes in October

Stiff joints and achy muscles make getting through the day difficult – especially if that discomfort is compounded with neck and back pain. Keeping your neck and back flexible may help alleviate some of the pain that has been plaguing your life. The best way to limber up your muscles, tendons and ligaments is to stretch, but only if the stretches are performed correctly and consistently. Join this peer-led group to stretch that pain away!

Growing Stronger

Current dates: September 12, 14, 19, 21, 26, 28

October-3, 5, 10, 12, 17, 19,

New session dates: October 31, Nov 2, 7, 9, 14, 16

9:00 AM to 10:00 AM

Fee: \$40.00 per 6-week session

Weight bearing exercise and low-impact strength training.

Tap Dancing

Thursdays 10:30 - 11:30 AM

Cost: \$4.00

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.

Total Body Toning

Wednesdays in September 10:15 - 11:15 AM

Peer-led program designed to increase flexibility and strength while reducing the fear of losing balance. Through the use of bands and leg weights, the exercises are modified to match your individual needs and abilities.

Wii Bowling

1st and 3rd Wednesdays of the month

September 7, 21 and October 5, 19 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: \$4.00

Instructor: Andrea Rogers

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

Zumba Gold

Mondays 1:15 - 2:15 PM

Cost: \$4.00

Instructor: Andrea Rogers

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.

*Tai Chi

Tuesdays 10:15 - 11:15AM

Cost: \$4.00

Instructor: Darryl Bryant

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

*Yoga

Thursdays 9:00 - 10:00 AM

Cost: \$4.00

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? This class is for you! 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.

WELLNESS SCREENINGS

Abington Community

Health Screenings

2nd Tuesday of the month 10:00 - 11:30 AM

No charge Offered by Abington Health Services

See the nurse to discuss health concerns and have your blood pressure checked.

Thank you for respecting our center's daily 'quiet hour' in the main room every day from 9:00 AM to 10:00 AM.

Please Note:

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

THE PEAK CENTER WISH LIST:

We will be moving into our brand new building at North Penn Commons in October.

We are very excited, but we are also in need of several items:

1. Desk top color printer-wireless
2. Shredders - 2 preferably
3. A piano
4. Small refrigerator for office staff
5. Laptops or tablets for Senior technology classes

Donations can be dropped off at The PEAK Center - Monday thru Thursday 8:30 am to 4:00 pm,
Friday 8:30 am-3:00 pm or call us at 215-362-7432.

Thank you in advance for your generosity and kindness!

PEAK CONSUMER EDUCATION

Consumer Education Programs

Programs are free unless otherwise noted.

AARP-Safe Driving Course

Standard Class

Thursday, September 15 and Friday, September 16
9:00 AM - 1:00 PM

Refresher Class

Friday, October 7 9:00 AM - 1:00 PM

Please bring your AARP membership card

Instructor Judy Frankel

Register by phone or at The Welcome Desk

Created by AARP, this course provides

information to help you drive violation

and crash free.

TransNet Services for Seniors

Thursday, October 20 12:30 PM

Presented by Danielle Wiley,

Suburban Transit

Join us to learn about the discounted and free ride programs through Suburban Transit. Come get registered for this service. Applications will be available.

Are You Getting All the Benefits You Deserve?

Thursday, November 17 12:30 PM

Carol Costlow, Social Services Coordinator, will review government benefits and services available to seniors who live in Montgomery County. Bob Sykes, an APPRISE counselor, will review the changes expected for Medicare Advantage plans in 2017.

PEAK Consumer Services

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

APPRISE Medicare Counseling

Tuesdays 9:30 AM-11:30 AM

By Appointment; No charge

Bob Sykes, a Medicare insurance counselor, answers your questions about Medicare benefits, medigap insurance and Medicaid. Please call 215-362-1076 to request an appointment.

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.

Farmers' Market Vouchers

Distribution will be on Thursdays 9 - 4 PM while supplies last. Income eligibility and Montgomery County residency required.

Legal Counseling

September 20 and October 25 12:00 PM

By Appointment

Attorney Jack Dooley provides free legal consultations. Schedule an appointment at the Welcome Desk.

Low-Income Heating Assistance Program (LIHEAP)

Updated eligibility information and paper applications for Low Income Home Energy Assistance Program should be available by late October. The program will begin accepting applications November 1. Applications can also be submitted online at www.compass.state.pa.us.

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2015 tax year are available at The PEAK Center. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2015, 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. In computing income, only 50% of Social Security and Railroad retirement benefits are counted. The application deadline has been extended to December 31, 2016.

TransNet

Free shared ride service to The PEAK Center is available if you are age 65 or older. Rides must be booked at least one day in advance by calling The PEAK Center by 11:00 AM. Inquire at The Welcome Desk 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.

FARMERS' MARKET CHECKS

Don't forget to use your checks before November 30. There is still plenty of fresh produce available at farmers' markets.

THANK YOU!

We are grateful to the Meadowood Retirement Community gardeners who have been providing The PEAK Center with freshly-harvested beans, zucchini, beets, carrots, etc., since early in the summer.

OPEN ENROLLMENT FOR MEDICARE ADVANTAGE AND PART D

Open enrollment for Medicare Advantage and Part D plans will occur from mid-October to early December. Plan information for 2017 will be available on the internet after October 1st, and insurance providers will mail it to their current customers. It is smart to review the 2017 coverage offered by your current plan and investigate other plans available in our area before deciding on the best one for you. For assistance in this review process, Bob Sykes and Carol Costlow are available by appointment.

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 4/2016):

Family Size	Annual	Monthly	Weekly Income
1	\$15,444	\$1,287	\$297
2	\$20,826	\$1,736	\$401
3	\$26,208	\$2,184	\$504

To register for this program, please see Carol 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.

Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint alleging discrimination, write USDA, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Looking for Community Resources?

Call or Search 211

You can ask for help from Carol, but what if she wasn't available? There is a new, easy to use directory of health and human service programs that lists resources like food pantries, emergency shelters, transportation, health clinics, rent or utility assistance, legal help, and more.

<http://www.211sepa.org/>

If you need additional assistance or don't have internet access you can also dial 2-1-1 to speak directly with an Information & Referral Specialist.

PEAK ENRICHMENT

Programs are free unless otherwise noted.

Peak A Boo Lunch

Tuesday, September 6 11:30 AM
The Park Place Diner, Sumneytown Pike,
North Wales

Tuesday, October 4 11:30 AM
Pumpernicks, Route 309 and Knapp Road,
North Wales

Movies

Start time: 10:00 AM

Miracle from Heaven

Wednesday, September 14 PG - 149 min
When Christy discovers her 10-year-old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired. Based on a true story.
Jennifer Garner, Kyle Rogers

Wednesday, Sept. 28-NO MOVIE
PEAK Center closed all week for move

Hail Caesar

Wednesday, October 12 PG13 - 147 min
Eddie Mannix's job as a studio fixer begins before dawn. Each film on the studio's slate comes complete with its own headache, and Mannix is tasked with finding a solution to every one of them. Over

the course of 24 hours, he must procure sign-off from religious leaders on a Biblical epic, deal with a director unhappy with the casting of cowboy star Hobie Doyle in his sophisticated drama, find a way for swimming sensation DeeAnna Moran to avoid scandal and figure out why song-and-dance superstar Burt Gurney has been acting so strangely. Now, Mannix has been confronted with the crisis of his career: one of the studio's biggest money-makers, Baird Whitlock, has been kidnapped, and a mysterious group called "The Future" has claimed responsibility. Mannix must keep the problems under wraps, all the while horse-trading information to keep his actors' names out of the gossip columns. For this fixer, it's all in a day's work. Josh Brolin, George Clooney.

My Big Fat Greek Wedding 2

Wednesday, October 26 PG13 - 134 min.
Sixteen years after Toula Portokalos and Ian Miller get married in a wild Greek wedding, Toula, still working in her parents' Greek restaurant, and Ian strive to raise their rebellious teenage daughter, Paris, who is graduating from high school. Toula and Ian are also dealing with marital issues of their own. The whole Portokalos clan is brought together again when the elder Portokalos discover that the Priest never signed their wedding certificate from decades ago and so they must plan an even bigger and "Greeker" wedding. Nia Vardalos, John Corbett

Halloween Party Special Luncheon

Food, Fun and Entertainment for all ages

Monday, October 31 11:30 AM

Look for flyers around the center for more details as the event gets closer.



MULTI-DAY AND DAY TRIPS

Trips Policy: Trips are filled on a first come-first served basis. Trips are non-refundable, non-transferable. If you must cancel, please contact The Welcome Desk as soon as possible. If you are single and looking for double occupancy, contact the office and we will try to accommodate. Payment is due at time of registration.

Take a Van to the Pearl S. Buck Estate Ghost Tour, Perkasio

Sunday, October 30

Depart 3:00 PM

Cost: \$35.00

Price includes transportation and estate fee.

AREAS OF INTEREST

Bingo

Fridays 12:45 PM

Bridge-Card Game

Thursdays 1:00 PM

Progressive Pinochle

Wednesdays 12:45 PM

Rummikub

Everyday 10:00 AM

Trivia

Mondays 12:30 to 1:30 PM

Show off your knowledge in a friendly trivia competition that will include refreshments and plenty of fun.

Studio Art Class-Painting

Tuesdays 9:30 AM Cost: \$4.00

Instructed by Louisa Wismer

Woodcarving

Mondays 9:00 AM - 11:30 AM

All are welcome to come & work on their projects. Newcomers are welcome too.

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PEAK MISCELLANEOUS

Take A PEAK –

Anthony, Dottie, Cathie, Dora, Monica, Jeanette—these are the dedicated core of volunteers who have been keeping our Bingo game going week to week. Anthony has been setting up for the event and calling the numbers for PEAK's Bingo game for at least 3 ½ years. He is also the regular Bingo caller at Encore Experiences. Dottie's help with Bingo is just the latest hat she has worn on behalf of PEAK; she loves to cook and used to prepare

our lunch meals regularly when PEAK was located on West Main St. You will recognize Cathie as a regular lunch server who has expanded her volunteering by calling for Bingo when Anthony has been absent. Dora's been helping with Bingo for many years and now, as a resident of Schwenckfeld Manor, you may have seen her around the PEAK Center playing Rummikub, teaching her friends how to speak some Italian, or modeling in a

fashion show. She loves to make people laugh. Monica, another active resident, is a lunch server who has been helping since the summer of 2015. She has willingly filled in with Bingo whenever we've needed her. Jeanette, a Schwenckfeld Manor resident who volunteers regularly, has stepped up recently to help by handling the cash for our Bingo game. What a great team! We are grateful for the help and friendship of these people.



Anthony

Jeanette

Dora

Cathie

Friday Bingo Volunteers



Dottie



Monica



MOVING PEOPLE IN SO MANY WAYS

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Unselfish and noble actions are the most radiant pages in the biography of souls.
~David Thomas



UPCOMING PEAK CENTER VOLUNTEER OPPORTUNITIES AT NORTH PENN COMMONS

I want to get involved!

NAME _____

ADDRESS _____

PHONE _____

VOLUNTEER INTERESTS (check all that apply)

- ☐ Volunteer Greeter – help welcome participants to The PEAK and answer phone calls
- ☐ Lunch Volunteer – help with service of lunch
- ☐ Newsletter Volunteer – Help with folding and labeling the PEAK newsletter
- ☐ Special Program Volunteer – Throughout the year special programs are planned that may require help from volunteers
- ☐ Other – please let us know if you have a special talent that you think you could offer volunteer help with at The PEAK Center

*Please call 215-362-7432 for more information or email Tascher@ghnpss.org
www.ghnpss.org*



**Interested in belonging to both
The PEAK Center and
Encore Experiences**

Now you can!

For an additional \$10.00 to membership,
you'll receive the benefits of both sites
and both newsletters!

JOIN PEAK'S MEMBERS' COUNCIL!

Meetings on the third Tuesday of
every month at 12:30 PM

SEPTEMBER 20 & OCTOBER 18
Members' Council is looking for a few
good men and women to:

- Share concerns that arise.
- Meet with PEAK staff as part of the committee.
- Communicate accurate information to other Center participants.

All members are welcome to
participate in this open meeting.

Saturday Bingo

Encore Experiences in Harleysville
312 Alumni Avenue, Harleysville
215-256-6900

Second Saturday of each month

\$20.00 per person admission

\$5.00 specials packet

September 10 & October 8

1:00 - 4:00 PM

Payout:

\$50.00 payout regular games

4 specials pay \$75.00

Coverall pays \$200.00

lunch available for purchase

Greater Harleysville and North Penn Senior Services (GHNPSS) operates both Encore Experiences in Harleysville and The PEAK Center in Lansdale. 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. Both centers offer a place of comfort, fellowship and care to the seniors in our community.

People Experiencing Activity, Arts & Knowledge

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