



Encore Experiences

in Harleysville

The PEAK CENTER

in Lansdale

NEWSLETTER

September / October 2019

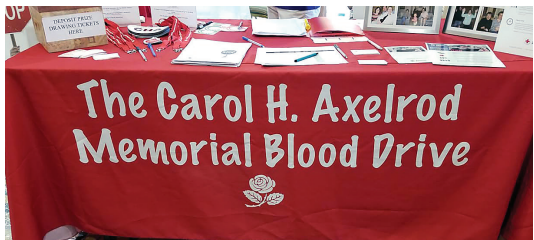
Giving Blood Helped Seniors at GHPSS

On July 17, over 126 people gave blood during the Carol H. Axelrod Memorial Blood Drive held at the Reserve at Gwynedd. Blood collected that day will offer lifesaving transfusions to 378 patients. In addition to saving lives, GHPSS was designated as one of the non-profit organizations to receive support from this event.

Members of both PEAK and Encore, along with our Executive Director, Paul Nye, supported this cause by giving blood. Thank you to everyone who participated! You made a great difference in the lives of people in our community.

Pool Brings People Together

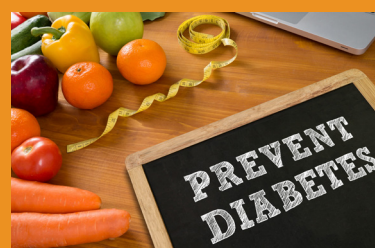
Do you like to play pool? If so, you can join this group at Encore for a friendly game or two...or three.



4 Education & Services



6 Regular Programs



10 Special Programs



Insert Menus

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.

Greater Harleysville and North Penn Senior Services Staff

The PEAK Center

Donna J. Byrne
Site Manager

Carol Costlow
Social Services Coordinator

Heather Shutters
Administrative Assistant

Sherry Rocchino
Office Assistant

Steve Zurad
Meal Assistant

Encore Experiences

Deb Hunsberger
Site Manager and
Social Services Coordinator

Karen Feher
Administrative Assistant

Cindie Wood
Meal Coordinator

Kathy Dillon
Meal Assistant

Organizational Support

Paul A. Nye
Executive Director

Jim McCarthy
Bookkeeper

Connie Maurer
Marketing Communications Coordinator
and Development Specialist

Encore Experiences in Harleysville

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900

The PEAK Center in Lansdale

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

www.ghnps.org

Encore and PEAK Hours:

M-F: 8:00 AM to 4:00 PM
(Occasional evening and weekend
programming. See schedule.)

Like us on Facebook!

 @ghnps



Message from the Executive Director

This is our September Newsletter. That often means that vacations are concluding, school and the big yellow school bus phenomenon in the morning and evening are beginning, and people are almost involuntarily returning to ROUTINES that might have been adjusted during the summer.

There is very little that is "Routine" at GHNPS this Autumn. New staff members at both Encore Experiences and The PEAK Center are bringing new energy, new ideas and their own personal touch to their professional responsibilities. Please take time to greet and welcome Karen Feher, Heather Shutters, Kathy Dillon, and Connie Maurer. These women are dedicated to serving you and the community.

There is nothing "Routine" about the programs we are offering this Autumn. A careful look at our schedules will show that a few programs are taking a break while other programs are retuning (ex. Folk Dancing, Yoga Chair, Craft Projects) and new or adjusted programs have been added (ex. new Art Teacher at PEAK, Diabetes Prevention Program, Falls Prevention Exercise Program, Tech Tutoring at Encore and more!). Check out our calendars for a listing of available programs.

Also more than "Routine" will be our delicious menus, special events like the "Carnival" at Encore, the Halloween Costume Celebration at PEAK and relevant special programs such as Jewelry Appraisal and Repair, and "Walk with Ease" for people with Arthritis. At GHNPS we are not getting back into a "Routine," we are moving ahead with popular, helpful and exciting services that will be provided by dedicated and talented staff. I hope you will join us!

Sincerely,

Paul A. Nye

Join me in welcoming our newest staff members:



Karen Feher
Encore



Heather Shutters
PEAK



Kathy Dillon
Encore



Connie Maurer
Support Staff



Encore Members Council Notes

We are nearing Labor Day and the beginning of Fall Festivals. Halloween is looming with rattling bones, ghostly heads and carving pumpkins into Jack-O-Lanterns.

Weather changes bring Autumn leaves of vivid colors. What a nice time for a scenic drive. I try to forestall thoughts reminding me these beautiful leaves will be next months yard work—raking and bagging for collection.

We reminisce when our children and grandchildren brought different ideas to seasonal changes. Leaves were raked for the purpose of jumping in—tossing and scattering about so it could be done again and again.

Remember the past but enjoy the present. Call a friend—take lunch—walk trails in local parks.

Rosetta Troutman, *President Members Council*



In Remembrance

We remember with respect:

**R. Louisa Wismer, Ron Bardman,
Marjorie Swymelar, &
Kichan Theresa Lee**

PEAK Members Council Notes

Welcome to Heather Shutters, our new Administrative Assistant.

Thank you to all members for supporting the gift basket raffle. I'm pleased to announce that we made over \$190 to go for support of activities and programs at PEAK.

During June and July, we collected 75 lbs. of non-perishable goods for Manna.

The PEAK-a-Boo luncheon will be held at 11:30 AM on Tuesday, Sept. 3, 2019 at PEAK. This is an important luncheon, as it will be our planning and organizational meeting for the coming year. On October 1st, we will be going off site for lunch to Pumpernicks Deli and Restaurant.

Please join us for our monthly meetings and bring any suggestions you may have about new activities you would like to see. Our next meetings will be at 12:30 on Tuesday, Sept. 17 and Oct. 15, 2019.

Finally, a Happy and Blessed Birthday to all who are celebrating birthdays in September and October!

Louise Shaheen



It's the perfect time of year to...

Rejuvenate your lifestyle
Fun and exciting events and creative activities await you!

Cultivate new friends
Enjoy a life filled with the joy of your friends living right next door!

Invigorate your mind & body
Attend an educational seminar, learn a new hobby, or focus on your physical wellness through programs tailored for you!

Schedule a tour – Call 215-315-7762.

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 **Abington Jefferson Health**

JeffersonHealth.org/Abington
HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

GHNPS Education and Services for Seniors

AARP Smart Driver Course

PEAK: September 5 and 6 from 8:30 AM to 12:30 PM;
Refresher Class – October 2 from 8:30 AM to 12:30 PM.
Call 215-362-7432 to register.

APPRISE Medicare Counseling

Free unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers.
PEAK: Kathleen on Tuesdays from 9:30 AM to 11:30 PM. Call 215-362-1076 to request an appointment.
Encore: Ed on the 1st Wednesday of each month from 1:00 to 3:00 PM. Call 215-256-6900 to make an appointment.

Farmers' Market Vouchers

Eligibility requirements for 2019: 1) you must be 60 years or older, and 2) a Montgomery County resident, and 3) you must have income below \$23,107/yr. or \$1,926/mo. for a single person and \$31,284/yr. or \$2,607/mo. for a couple. If you qualify, each person will receive \$20 in vouchers which can be used at farmers' markets to purchase fresh produce grown in PA. The vouchers can be used now through November 30, 2019. Bring your driver's license or photo ID to receive your vouchers.

PEAK: While supplies last, vouchers are available on Wednesdays from 8:00 AM to 4:00 PM.

Encore: Please call 215-256-6900 to ensure Deb is available to distribute voucher on the day you would like to come.

Legal Counseling

PEAK: Free legal consultations will be available on 9/24 and 10/22 at noon. Call 215-362-7432 to request an appointment.

Encore: Free legal consultations are available on the 3rd Friday of the month. Call 215-256-6900 to make an appointment.

Property Tax/Rent Rebate

Applications for the 2018 tax year are available and must be submitted by December 31. If you qualify, you can receive a rebate up to \$650. The North Penn School District is offering an additional rebate to its residents, but they must first qualify for the PA Property Tax/Rent Rebate for 2018. If you qualified for the state's rebate for 2018, you can apply to the school district for their additional rebate from 7/1/19 through 6/30/2020. Learn more, get an application, and get help from the Social Services Coordinator at the Center.

Do You Need Help?

Looking for food stamps or SNAP benefits or Medicaid applications? Do you wonder if you might be eligible? Do you know if you qualify for the monthly food box for seniors? Need help with all the forms or understanding the mail from these programs? Call the Social Service Coordinator at PEAK or Encore for more information.



Do You Need A Ride?

For trip reservations to and from our centers call:

Encore Experiences: 215-256-6900

PEAK Center: 215-362-7432

Special Thanks to our Top Corporate Sponsors

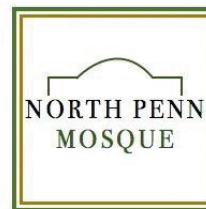
We want to thank the following sponsors for their support.



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Membership Has Its Benefits!

Although membership is not required to participate at either The PEAK Center or Encore Experiences, there are benefits to being a member. The benefits of a full year membership include:

- A Six Week Class Series (\$18 Value)
- One Free "Special Meal" (\$8 Value)
- Priority for Tax Preparation appointments before the general public

We offer two types of Memberships: Basic and Lifetime

Basic Membership

\$36 for an individual
\$60 for a couple

Lifetime Membership

\$250 for an individual
\$450 for a couple

Lifetime Membership includes all the benefits of a basic membership PLUS the associated number of tickets to our Pillar of the Community event (\$110/per person value) AND your membership automatically renews each year at no additional cost.

For questions or to renew or become a new member, visit the greeter's desk at either center or you can call 215-256-6900 (Encore) or 215-362-7432 (PEAK).

Memberships are a crucial part of keeping "GHN PSS," The PEAK Center and Encore Experiences vibrant and accessible to Seniors like you.

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Lansdale Branch Manager
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September 2019 | Regular Programs at Encore

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
LABOR DAY CLOSED	<p>9:00 Haircuts 10:00 Group Trivia 10:00 Stamp Club 10:30 Pet Therapy 12:45 Members Council Meeting 1:00 Poker 1:30 Zumba GOLD*</p>	<p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 9:30 Coloring for Calmness 10:00 Creative Writing 10:45 Tai Chi* 1:00 Apprise Medicare Counseling 6:15pm Zumba GOLD*</p>	<p>9:15 Zumba GOLD* 9:30-11:30 Blood Pressure Checks 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 12:45 HYTHL: Memory Fitness 2:00 Chair Yoga*</p>	<p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinée</p>
9	10	11	12	13
<p>9:00 Walk With Ease 9AM-3PM Concierge Jeweler Event 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:00 Poker 1:30 Zumba GOLD*</p>	<p>9:00 Walk With Ease 9:30 Coloring for Calmness 10:00 Creative Writing 10:45 Tai Chi* 6:15pm Zumba GOLD*</p>	<p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 10:30-11:30 Steps to Selling Your Home Presentation 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 2:00 Coin Club</p>	<p>9:00 Walk With Ease 10:00 Rummikub 10:00 Tech Tutoring 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy 12:00 Special Lunch: Carnival*</p>
16	17	18	19	20
<p>9:00 Walk With Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 11:30AM - 1PM Drug Take Back 1:00 Poker 1:30 Zumba GOLD*</p>	<p>9:00 Walk With Ease 9:30 Coloring for Calmness 10:00 Creative Writing 10:45 Tai Chi* 1:00 Ice Cream Social by Arbour Square 6:15pm Zumba GOLD*</p>	<p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga*</p>	<p>8:30 Free Legal Consultations (Ashby Law Offices, LLC) 9:00 Walk With Ease 10:00 Rummikub 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinée 2:00 Little Studies</p>
23	24	25	26	27
<p>9:00 Walk With Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:00 Poker 1:30 Zumba GOLD*</p>	<p>9:00 Walk With Ease 9:30 Coloring for Calmness 10:00 Creative Writing 10:45 Tai Chi* 6:15pm Zumba GOLD*</p>	<p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 7PM-9PM Book Club</p>	<p>9:00 Walk With Ease 10:00 Rummikub 10:00 Tech Tutoring 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinée</p>
30				
<p>9:00 Walk With Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p style="text-align: center;">Join Us At Earl Bowl</p>			

October 2019 | Regular Programs at Encore

* Fee required for these classes.

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	<p>1</p> <p>9:00 Haircuts 10:00 Group Trivia 10:00 Stamp Club 10:30 Pet Therapy 12:45 Members' Council Meeting 1:00 Poker 1:30 Zumba GOLD*</p>	<p>2</p> <p>9:00 Walk With Ease 9:30 Coloring for Calmness 10:00 Creative Writing 10:45 Tai Chi* 1:00 Apprise Medicare Counseling 6:15pm Zumba GOLD*</p>	<p>3</p> <p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 9:30-11:30 Blood Pressure Checks 12:30 Pinochle 12:30 Bridge 12:45 HYTHL: 2019 Health Screening Recommendations 2:00 Chair Yoga*</p>	<p>4</p> <p>9:00 Walk With Ease 10:00 Rummikub 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinée</p>
<p>7</p> <p>9:00 Walk With Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>8</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:00 Poker 1:30 Zumba GOLD*</p>	<p>9</p> <p>9:00 Walk With Ease 9:30 Coloring for Calmness 10:00 Creative Writing 10:45 Tai Chi* 6:15pm Zumba GOLD*</p>	<p>10</p> <p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 2:00 Coin Club</p>	<p>11</p> <p>9:00 Walk With Ease 10:00 Rummikub 10:00 Tech Tutoring 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinée</p>
<p>14</p> <p>9:00 Walk With Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>15</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 1:00 Poker 1:30 Zumba GOLD*</p>	<p>16</p> <p>9:00 Walk With Ease 9:30 Coloring for Calmness 10:00 Creative Writing 10:45 Tai Chi* 6:15pm Zumba GOLD*</p> <p style="text-align: center;">Center Closing at 2:30 PM</p>	<p>17</p> <p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga*</p>	<p>18</p> <p>8:30 Free Legal Consultations (Ashby Law Offices, LLC) 9:00 Walk With Ease 10:00 Rummikub 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinée 2:00 Little Studies</p>
<p>21</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>22</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:00 Poker 1:30 Zumba GOLD*</p>	<p>23</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 9:30 Coloring for Calmness 10:00 Creative Writing 10:45 Tai Chi* 12:00 Special Lunch: Singer Patrice Hawthorne* 6:15pm Zumba GOLD*</p>	<p>24</p> <p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 7PM-9PM Book Club</p>	<p>25</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:00 Tech Tutoring 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinée</p>
<p>28</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 9AM - 3PM Concierge Jeweler Event 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>29</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 1:00 Poker 1:30 Zumba GOLD*</p>	<p>30</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 9:30 Coloring for Calmness 10:00 Creative Writing 10:45 Tai Chi* 6:15pm Zumba GOLD*</p>	<p>Halloween 31</p> <p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga*</p>	

September 2019 | Regular Programs at PEAK

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
LABOR DAY CLOSED	9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:30 PEAK-A-Boo Lunch* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class II*(Beginners)	9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association	8:30 AARP Smart Driver Course* 9:00 Computer Lab 9:00 Yoga* 10:00 Emotions and Relationships 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Assoc. Computer Lab/Bong Sul Class	8:30 AARP Smart Driver Course* 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association
9	10	11	12	13
9:00 Woodworking 9:00 Computer Lab 10:00 Rummikub 10:00 A Matter of Balance 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association	9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class* 10:00 Rummikub 10:00 Story Time 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class II*(Beginners)	9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association	9:00 Computer Lab 9:00 Yoga* 10:00 Emotions and Relationships 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Assoc. Computer Lab/Bong Sul Class	9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association
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9:00 Woodworking 9:00 Computer Lab 10:00 Rummikub 10:00 A Matter of Balance 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association 2:00 Guided Mindful Meditation	9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:30 Members' Council Mtg. 12:45 Fit for the Future 2* 1:00 Art Class II*(Beginners) 2:00 Grief Support	9:00 Computer Lab 10:00 Diabetes Prevention Class 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association	9:00 Computer Lab 9:00 Yoga* 10:00 Emotions and Relationships 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 12:00 Arts & Crafts 12:45 Arthritis Solutions/Staying Mobile 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Assoc. Computer Lab/Bong Sul Class	9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association
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30	NOTE: Computer room is open at 9am daily. Check with center on tutor times.		Classes held on WEDNESDAYS Sept. 18 to Oct. 30	
9:00 Woodworking 9:00 Computer Lab 10:00 Rummikub 10:30 Folkdancing* 12:00 Book Club 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association				

October 2019 | Regular Programs at PEAK

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7 9:00 Woodworking 9:00 Computer Lab 10:00 Rummikub 10:30 Healthy Steps in Motion 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association 2:00 Guided Mindful Meditation	8 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class* 10:00 Rummikub 10:00 Story Time 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class II*(Beginners)	9 9:00 Computer Lab 10:00 Diabetes Prevention Class 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association	10 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 "Healthy Snacks" Nutrition Workshop 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Assoc. Computer Lab/Bong Sul Class	11 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association
14 9:00 Woodworking 9:00 Computer Lab 10:00 Rummikub 10:30 Healthy Steps in Motion 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association	15 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:30 Members' Council Mtg. 12:45 Fit for the Future 2* 1:00 Art Class II*(Beginners) 2:00 Grief Support Group	16 9:00 Computer Lab 10:00 Diabetes Prevention Class 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association Center Closing at 2:30 PM	17 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 12:00 Arts & Crafts 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Assoc. Computer Lab/Bong Sul Class	18 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association
21 9:00 Woodworking 9:00 Computer Lab 10:00 Rummikub 10:30 Healthy Steps in Motion 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association 2:00 Guided Mindful Meditation	22 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:00 Legal Counseling 12:45 Fit for the Future 2* 1:00 Art Class II*(Beginners)	23 9:00 Computer Lab 10:00 Diabetes Prevention Class 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association	24 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Assoc. Computer Lab/Bong Sul Class	25 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association
28 9:00 Woodworking 9:00 Computer Lab 10:00 Rummikub 10:30 Healthy Steps in Motion 10:30 Folkdancing* 12:00 Book Club 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association	29 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class II*(Beginners)	30 9:00 Computer Lab 10:00 Diabetes Prevention Class 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association	Halloween 31 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Halloween Special Lunch 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Assoc. Computer Lab/Bong Sul Class	

Encore Special Programs | September/October 2019

These are "special" events not found on the regular calendars. RSVP to events by calling 215-256-6900.

SEPTEMBER 3 – Tuesday

10:00 PM Stamp Club
12:45 PM Members' Council Meeting

SEPTEMBER 4 – Wednesday

1:00 PM Apprise Medicare Counseling

SEPTEMBER 5 – Thursday

9:30 AM Blood Pressure Checks
12:30–1:30 PM Help Yourself to Healthy Living (HYTHL): Memory Fitness!
Learn how to maximize your memory and stay sharp and focused.

SEPTEMBER 9 – Monday

9:00 AM–3:00 PM Precious Gems & Metals Day & Concierge Jeweler Event. Sell, appraise, or repair your gold and silver jewelry. Find your unwanted jewelry and bring it in to receive money. Sell or appraise your gold, silver, and copper jewelry, flatware, and serving pieces. Sign up at the greeter's desk or call 215-256-6900.

SEPTEMBER 12 – Thursday

10:30–11:30 AM "Steps to Selling Your House" presented by Janine Paillard. Thinking of selling your house but don't know where to start? You'll discover techniques for selecting a Realtor, pricing competitively, preparing your house for the market and tips to maximize your profit.
2:00 PM Coin Club

SEPTEMBER 13 – Friday

12:00 PM Special Lunch: Carnival Theme

SEPTEMBER 17 – Tuesday

11:30 AM–1:00 PM Drug Take Back

SEPTEMBER 18 – Wednesday

1:00 PM Ice Cream Social by Arbour Square

SEPTEMBER 20 – Friday

8:30–9:30 AM Free legal consultations with Ashby Law Offices, LLC
2:00 PM Little Studies: Civil Rights - Malcolm X

SEPTEMBER 26 – Thursday

7:00–9:00 PM Book Club

Walk With Ease

SEPTEMBER 9 TO OCTOBER 18 (6 WEEKS)

Monday, Wednesday, & Friday at 9:00AM
FREE Program - Limited Space Available

Arthritis Foundation Program to help people with arthritis or other related conditions. Reduce pain, increase balance, strength, walking pace, and improve overall health.

Please use sign up sheet in the lobby at Encore.

Drug Take Back / Sept. 17



OCTOBER 1 – Tuesday

10:00 PM Stamp Club
12:45 PM Members' Council Meeting

OCTOBER 2 – Wednesday

1:00 PM Apprise Medicare Counseling

OCTOBER 3 – Thursday

12:30–1:30 PM Help Yourself to Healthy Living (HYTHL): Health Screening Recommendations. Come and learn about the latest health screening recommendations.

OCTOBER 10 – Thursday

2:00 PM Coin Club

OCTOBER 18 – Friday

8:30–9:30 AM Free legal consultations with Ashby Law Offices, LLC
2:00 PM Little Studies: Military Initiative: Obsolete? George Armstrong Custer

OCTOBER 23 – Wednesday

12:00 PM Special Lunch: Entertainment by singer Patrice Hawthorne

OCTOBER 24 – Thursday

7:00–9:00 PM Book Club

Special Lunch with Patrice Hawthorne / Oct. 23



Stay tuned for new, special classes, luncheons, and programs coming up! Call Encore or check our website for more information.

PEAK Special Programs | September/October 2019

These are "special" events not found on the regular calendars. RSVP to events by calling 215-362-7432.

SEPTEMBER 3 – Tuesday

11:30 AM PEAK-A-Boo Luncheon at the PEAK Center

SEPTEMBER 3, 10, 17, & 24 – Tuesdays

9:30 AM Water Color Art Class

1:00 PM Beginners Art Class

Classes will be taught by Cecilia Nuyianes, who was trained at the Pa. Academy of Fine Art in painting, drawing, sculpture and art history. Ceil recently retired from her career as a medical illustrator. She is a down to earth teacher, who is passionate about art and who will make classes fun as you discover hidden talents you never thought you had!

SEPTEMBER 5, 12, 19, & 26 – Thursdays

10:00 AM Emotions and Relationships: A four class workshop on learning about and increasing your emotional IQ, leading to better interactions with others. It is within all of us to increase the skills needed for good judgment and decision making, through self awareness, empathy and better social skills.

SEPTEMBER 16 & 23 – Mondays

2:00 PM Guided Mindful Meditation

SEPTEMBER 17 – Tuesday

2:00 PM Grief Support Group

SEPTEMBER 18 & 25 – Wednesdays

10:00 AM The Centers for Disease Control and Prevention led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent Type 2 Diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach. Sessions are 1 hour each and cover topics such as weight loss, physical activity, healthy choices when eating out and portion size. This class is free of charge and begins on Sept. 18, 2019. For more information, please contact Dawn Batman at 610-278-5926.

SEPTEMBER 19 – Thursday

12:45 PM Arthritis Solutions / Staying Mobile: Research has demonstrated the importance of exercise in managing pain and mobility when dealing with arthritis and reducing joint inflammation. Learn how to increase your likelihood of becoming the best you during the "golden" years.

OCTOBER 1 – Tuesday

11:30 AM PEAK-A-Boo Luncheon at the Metropolitan Diner in North Wales

9:30 AM Water Color Art Class

1:00 PM Beginners Art Class

Classes will be taught by Cecilia Nuyianes, who was trained at the Pa. Academy of Fine Art in painting, drawing, sculpture and art history. Ceil recently retired from her career as a medical illustrator. She is a down to earth teacher, who is passionate about art and who will make classes fun as you discover hidden talents you never thought you had!

OCTOBER 1, 8, 15, 22, & 29 – Tuesdays

9:30 AM Water Color Art Class

OCTOBER 2, 9, 16, 23, & 30 – Wednesdays

10:00 AM The Centers for Disease Control and Prevention led National Diabetes Prevention Program helps you learn how to change your lifestyle to prevent Type 2 Diabetes. This free class is a continuation of the September classes. For more information, please contact Dawn Batman at 610-278-5926.

OCTOBER 7 & 21 – Mondays

2:00 PM Guided Mindful Meditation

OCTOBER 7, 14, 21, 28 – Mondays

10:30 AM Healthy Steps in Motion. This 8 session falls prevention exercise class is designed for people of all fitness levels. There are three levels of exercises, which enables participants to continue the program for as long as they like, including: Building Body Strength, Increasing Flexibility and Improving Balance. Cost: Free

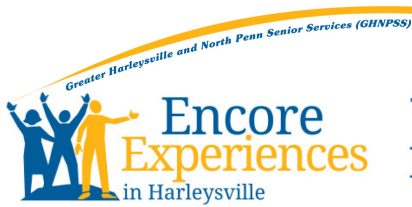
OCTOBER 10 – Thursday

10:30 AM "Healthy Snacks" FREE seminar. Teri Wassel, MS, RD, will provide information on what snacks are considered to be healthy and tasteful, while providing energy to your body. Class size is limited.

OCTOBER 15 – Tuesday

2:00 PM Grief Support Group

Stay tuned for new, special classes, luncheons, and programs coming up! Call PEAK or check our website for more information.



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Exercise & Friendships



Exercising is great for your health, and so are the friendships made during class.

Rummikub Fun



This game involves strategic moves, but that doesn't stop these friends from helping each other out.

Coloring for Calmness



Members of Encore are enjoying a "calm" morning in our Coloring for Calmness class.

**See what's exciting and new at both
The PEAK Center and Encore Experiences.**

 www.facebook.com/ghnpss

Ways You Can Support The PEAK Center and Encore Experiences

There are many ways you can support the work we do for Seniors:

- Become a member
- Follow us on Facebook
- Tell others about us
- Make a gift online through our website
- Designate a gift to GHNPS (#7285) when giving your pledge at United Way
- Attend our annual events