



January-February/2017

The Encore Bulletin

**ENCORE EXPERIENCES
IN HARLEYSVILLE**

**312 Alumni Avenue
Harleysville, PA 19438**

Phone: 215.256.6900

Fax: 215.256.9132

www.EncoreExperiences.org

ENCORE EXPERIENCES HOURS

Monday-Friday* 8:00 AM to 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. 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/

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 1:00PM 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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Strong Men Put Their Heart Health First

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for men and women. While Americans of all backgrounds can be at risk for heart disease, African American men, especially those who live in the southeast region of the United States, are at the highest risk for heart disease. Additionally, more than 40 percent of African Americans have high blood pressure, a leading cause of heart disease and stroke. That's why this February during American Heart Month, Million Hearts® is encouraging African American men to take charge of their health and start one new, heart-healthy behavior that can help reduce their risk of heart disease and stroke.

Small Changes Can Make a Big Difference

African American men can make a big difference in their heart health by taking these small steps during the month of February and beyond.

- Schedule a visit with your doctor to talk about heart health.
- Add exercise to your daily routine.
- Increase healthy eating.
- Take steps to quit smoking.
- Take medication as prescribed.

Strong Men Make Heart Health a Priority

After undergoing triple coronary bypass surgery in 1999, Louisiana native, Clarence Ancar made the decision to make his heart health a priority. Before he had surgery, Clarence knew he had high cholesterol but had dismissed his doctor's advice on adopting a healthy lifestyle and taking his medication. Clarence's cardiologist, Dr. Keith C. Ferdinand, taught him that heart disease was not a death sentence and that he could still live a long, healthy life if he committed to making a few changes and respected his heart condition. Working together with his health care team, Clarence developed a plan to start and stay heart healthy.

By setting small, achievable goals and tracking those goals, Clarence made a big and lasting difference in his health. He learned the importance of taking his high blood pressure and cholesterol medications. With the help of a dietitian Dr. Ferdinand referred him to, he started eating less of the fatty, salty, and greasy food and added more fruits and vegetables. He also began walking 2-3 miles each day. After his surgery, Clarence lost a significant amount of weight and kept it off.

During the month of February look for some brochures with helpful tips about heart health. Keep an eye open for unannounced heart health videos and wear red on Friday, February 3 to show your support.

Meet Help Yourself to Healthy Living



Jane Cero is no stranger to the folks at Encore Experiences. On the first Wednesday of every month many of you add your name

to a list when you sign-in, requesting that she see you privately. Jane checks your blood pressure and weight, addresses your concerns, and offers encouragement and advice. That is only one of the services that this well respected and appreciated registered nurse adds to your well-being.

In addition to this monthly health check, The Community Health Department at Abington Jefferson Health (AJH) with additional funding from the North Penn United Way, offers a free program to help people with chronic illness better manage their health and the changes brought about by illness. This is accomplished by one-on-one counseling. Another opportunity and an alternative to private counseling is attendance at a chronic disease management support group led by Jane. We call it Help Yourself to Healthy Living.

Since July, twenty seven Encore members have participated in this support group on the second Thursday of each month at 12:30PM. During the pre/post session, participants have the opportunity to suggest topics of interest. Some of these have included: Senior Socializing 101, Handling Stress, Living with a Purpose, and Managing Medications. Attendees ask questions and share their thoughts and experiences in a confidential setting. Jane ends each session with the signs and symptoms of a heart attack and stroke, the importance of calling 911, and concerns and side effects of medications.

According to Barbara, no matter your interest in a particular subject, each presentation makes you think and you learn from the group sharing. Another participant, Jane, just marvels at Jane's ability to keep track of the group's health issues and how she takes such good care of them. Ted adds that the presentations are always good, the handouts are appreciated, and the knowledge gained is very helpful. Even with the sharing, the one hour session moves quickly and remains on target.



Life is Better When We Are Connected.

The beginning of every New Year brings with it the opportunity and the blessing to make a new start. Part of the exhilaration that accompanies every January 1st is the optimism that new opportunities are possible and the belief that new beginnings can create new and successful outcomes.

I am pleased and honored to be given a new beginning as Executive Director of Greater Harleysville and North Penn Senior Services. I am equally as pleased to announce new Site Directors for Encore Experiences and The PEAK Center. Patty Roxberry will be taking the helm of Encore Experiences and Margo Fine-Gabbay, the helm of The PEAK Center in the New Year. They both come with extraordinary gifts, experience, talents, and energy. We are passionate about all the possibilities for our organization. We are especially passionate about supporting and engaging the heart of our organization—our members and participants—and providing extraordinary programs and services.

It is gratifying to be working with an extraordinary board of directors and staff that has enormous

energy and passion for our two amazing locations-- offering a place of comfort, fellowship and care to our community. I encourage you to meet and welcome Patty and Margo to our team and engage them in a conversation about your hopes and dreams for our organization in the New Year.

Every New Year has the potential to bring new energy and a renewed commitment to the vision and goals of any organization. Each year around New Year's Eve and New Year's Day, it is an important leadership responsibility to harness the New Year opportunity and inspire each other to renew our shared commitment to excellence and dedicating ourselves to reaching out to those those in the community who have yet to learn about our great organization, resources, and sense of connection.

I challenge us all to make a New Year's resolution to invite others to our Encore Experiences and The PEAK Center communities. You never know when an invitation—something so simple—can change a life. Life is better when we are connected.

Many blessings for an amazing New Year. Let us all learn from Yesterday, Live for Today, and Hope for Tomorrow!

*My Joy to Serve---
Sarah*



GHPNSS STAFF MEMBERS

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

ENCORE EXPERIENCES STAFF MEMBERS

- Patty Roxberry
Site Director and Social Services Coordinator
- Michele Ross
Program Director
- Stephanie Williams
Administrative Assistant
- Beth Knize
Meal Coordinator

THE PEAK CENTER STAFF MEMBERS

- Margo Fine-Gabbay
Site and Program Director
- Carol Costlow
Social Services Coordinator
- Vacant
Administrative Assistant
- Sherry Rocchino
Program Assistant
- Steve Zurad
Meal Assistant

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- Robert Iannozzi
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- Kate Moore

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 North Penn United Way and 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.

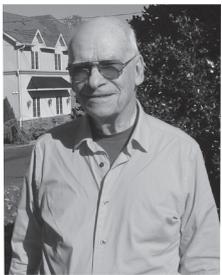
Like us on Facebook!



A Unit of the National Council on Aging



Members' Council Notes



While going through some boxes I found a clipping from an old newsletter from SAAC, the original name of Encore Experiences. It was dated December 1976 and contained a picture of my father with a brief obituary. November marked the fortieth anniversary of my fathers' death. I was surprised to learn from the newsletter that Dad had served as an officer on the Members'

Council. Now, forty years later, it's time for me to pick up the gavel.

As Charlie Gardner steps down from being president these past two years, I want to express my gratitude for the work which he and the committee have done to make Encore Experiences great.

*May you find peace in the year ahead,
Dave*

Meet Help Yourself to Healthy Living

Continued from Cover Page

Agreeing with the already listed comments, Gwen sees how the knowledge gained supports the participants in good living and good health and that the resources used in the wide variety of handouts are online and can be a starting point for further investigation. Gwen also adds that Jane herself sets the flavor for the group, calls to remind participants of the meeting, and is always welcoming.

Whether you have a chronic health condition or not, you never stop learning and you would be a welcomed addition to this once a month gathering. Thank you, Jane, for all of your hard work and for helping the seniors at Encore help themselves to a healthy living.

Please Consider Making a Donation!

ENCLOSED IS MY GIFT OF (PLEASE CIRCLE):
\$25.00 \$50.00 \$100.00 \$250.00 OTHER: \$

Matching gifts from your employer could double your contribution. Please request a matching gift form at work and enclose it with your gift.

**Make checks payable to GHPNSS
Mail to:**

Encore Experiences at Harleysville
312 Alumni Avenue
Harleysville, PA 19438

Name _____

Address _____

Address line 2 _____

City _____ **State** _____ **Zip** _____

Your Response Is Greatly Appreciated!

EncoreCafé



*Eligible persons, aged 60 and above or disabled, (or the spouse of an eligible person), are requested to make an anonymous voluntary contribution of \$2.00 for the daily special. These funds are returned to Montgomery County Aging and Adult Services for redistribution to support nutrition programs throughout Montgomery County. The Café is also open to the entire community and everyone is welcome. The community member price (persons under the age of 60) is \$6.95. Other sandwich options are available at reasonable prices. Lunch is served from 11:30 AM – 1:00 PM. Special luncheons are also offered at Encore Experiences throughout the year. These luncheons may be cultural or theme based and require early registration. During special luncheons, The Encore Café is not open to the public.

The Special of the Day is subsidized by grants from:

<i>Aging and Adult Services of Montgomery County</i>	<i>Genuardi Foundation</i>
<i>United Way of GPSNJ</i>	<i>TD Bank Foundation</i>
<i>NP United Way</i>	<i>The Patricia Kind Foundation</i>
<i>BNY Mellon Charitable Trusts</i>	<i>The Philadelphia Foundation</i>
<i>Clemens Foundation</i>	<i>Walmart Foundation</i>
<i>Fourjay Foundation</i>	<i>W.W. Smith Charitable Trust</i>
	<i>VNA Foundation of Greater North Penn</i>

January Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Encore Experiences Closed 2	Baked Haddock with White Wine Tomato Basil Sauce Garden Rice & Green Beans 3	New Year's Luncheon 4 No Café Service Registration Required	Potato & Cheese Pierogie with Caramelized Onions Green Salad 5	Sausage, Pepper & Onions over Roasted Red Potatoes Green Salad 6
Grilled Cheese with Tomato Basil Soup Fresh Fruit 9	Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth 10	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll 11	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll 12	Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll 13
Brown Sugar Baked Ham with Pineapple Stuffing & Green Beans Whole Grain Roll 16	Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread 17	Mediterranean Tuna Salad on Mini Croissant Mandarin Oranges 18	Baked Ravioli with Beef Bolognese Tossed Salad Whole Grain Dinner Roll 19	Baked Reuben in Puff Pastry Tossed Salad 20
Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad 23	Chicken Marsala over Wild Rice Fresh Broccoli 24	Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit 25	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad 26	Chinese New Year Luncheon 27 No Café Service Registration Required
Haddock with White Wine and Tomato Basil Sauce Garden Rice Green Beans 30	Potato & Cheese Pierogie with Caramelized Onions Green Salad 31	Take Out meals are available at a cost of \$4.00 per meal. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.		

February Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
		Italian Chicken Stew Green Salad Whole Wheat Roll 1	Sausage, Pepper & Onions over Roasted Red Potatoes Green Salad 2	Open Faced Turkey, Brie & Cran on Ciabatta White Bean and Herb Salad 3
Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll 6	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll 7	Reader's Theater Valentines Luncheon 8 No Café Service Registration Required	Fish and Noodle Bowl With Bok Choy & Lemongrass, Ginger Broth 9	Grilled Cheese with Tomato Basil Soup Fresh Fruit 10
Baked Reuben in Puff Pastry Tossed Salad 13	Mediterranean Tuna Salad on Mini Croissant Mandarin Oranges 14	Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread 15	Brown Sugar Baked Ham, with Pineapple Stuffing & Green Beans 16	Baked Ravioli with Beef Bolognese Tossed Salad Whole Grain Dinner Roll 17
Pulled Pork on Cornbread Waffle with BBQ Glaze Fresh Fruit 20	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad 21	Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad 22	Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit 23	Chicken Marsala over Wild Rice Fresh Broccoli 24
Potato & Cheese Pierogie with Caramelized Onions Green Salad 27	Baked Haddock with White Wine Tomato Basil Sauce, Garden Rice & Green Beans 28			

Encore Wellness



Wellness Integrative Health *Services*

Massage Therapy (Table/Chair)

Fridays, January 27 and February 24

By appointment starting at 9:00 AM

Provided by A Body Balanced by Heidi Puppo,
Licensed Massage/Bodywork Therapist

Cost: Chair \$1.00 per minute;

Table \$25.00/thirty minutes; \$50.00 for one hour

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.

Acupuncture Treatments

Thursdays January 19 and February 16

Group setting treatments 12:00 PM- 2:00 PM

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.

Foot Reflexology

Taking a siesta for January and February. Will return in March.

Wellness *Fitness*

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

Chair Yoga

Thursdays 11:30 AM

Cost: \$3.00

Instructed by Lysandra Sanchez

Core Fitness

Thursdays 9:15 AM Cost: \$2.00

DVD Chair Exercises

Stay Fit While You Sit

By request when a room is available.

Options to choose from:

Happy Thoughts Tai Chi

Enhance your body-mind harmony in a chair.

Chair Stretch Meditation

This is an easy going chair stretch and mediation.

Line Dancing

Thursdays 10:15 AM Cost: \$2.00

MERCK Fitness Room

Anytime

Stretch and Tone

Mondays, Wednesdays, Fridays

9:45 AM Cost: \$2.00

*Tai Chi

Mondays and Wednesdays

10:45 AM Cost: \$3.00

Walkaerobics

Mondays, Wednesdays, Fridays

9:00 AM Cost: \$2.00

Wii

We have Wii when there is a room available

Yoga

Fridays, 9:00 AM Cost: \$3.00

Instructed by Terri Kuenzer

A mind, body and soul experience you will not want to miss! No prior experience needed.

*Zumba Gold

Tuesdays 1:30 PM and Fridays 1:15 PM

Cost: \$2.00

OFF SITE HEALTH AND WELLNESS OPPORTUNITIES

Indian Valley YMCA

Show your My Senior Center Swipe Card and pay \$5.00 for a swim session guest pass. Call 215-723-3569 to check the Y's schedule for "open pool" times.

Souderton High School Pool

Gold Card Policy: All residents of the SASD who are 62 years of age or older are eligible to receive a Gold Card. Gold Cards may be obtained (minimal fee) from SASD District office, 760 Lower Road, Souderton, PA. Gold cardholders may attend some courses offered by SACE at no cost or at a discounted rate. Provide Gold Card number at time of registration. Call the school at 215-721-1551 for pool schedules and for more information.



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PLEASE NOTE:

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

Encore Wellness



Wellness Programs

The Story of Tea

Planet Food Collection DVD

Tuesday, January 3 12:30-1:30 PM

First discovered in China in 2723 BX, tea is grown and produced in more than 40 countries worldwide and is the world's most widely consumed beverage after water.

Physical Therapy and Pain Management

Wednesday, January 25 12:30 PM

Presented by The Physical Therapy and Wellness Institute

Consider physical therapy and other pain management programs in place of addictive pain medications. Benefits will be non-addictive.

Love Your Heart

Fridays in February

February is American Heart Month

Each Friday participate, learn, taste test and view 3rd - Wear Red Day

10th - Enjoy some dark chocolate samples (while they last)

16th - Health/Nutrition brochures - in the lobby

24th - View a video about heart disease 12:30 PM

Programs are free unless otherwise noted.

Dining Out with Health in Mind

Thursday, February 23 12:30 PM-1:30 PM

Presented by Hatfield's Shop Rite

Interested in learning more about making healthy choices while dining out?

Join the ShopRite Dietitian today for a fun interactive class on how to order the healthiest options at restaurants.. Free samples will be provided.



Attendees visit Valley Forge Park to honor vets on Veterans' Day.

Wellness Miscellaneous

Diabetic Shoe Fitting

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.

*Glucose Testing

Quarterly 10:00 AM

Provided by Bayada Nurses

A nurse will be here to test your blood glucose level. Fasting is not required, but if you have breakfast, it is best to limit your sugar intake.

Health Checks

First Wednesday of each month 9:30 AM

Provided by Abington Health

Blood pressure and weight checks. Jane is here to answer any questions you may have.

Help Yourself to Healthy Living

Second Thursday of each month 12:30 PM

Provided by Abington-Jefferson Health

January 12: Montgomery and Bucks County Resources for Seniors

Whether you reside in Montgomery County or in Bucks County, are you aware of the services that are available to the seniors living in the area? This month's program will provide you with the resources that are accessible to everyone.

February 9: Where Should I Seek Care?

(ER vs. Urgent Care vs. Primary Care)

Do you ever have trouble deciding where you should go to seek care for a health-related issue? It sometimes presents a problem for selecting the proper option based upon what kind of treatment you may need. This month's program will help to clarify those confusing choices for addressing urgent vs. non-urgent health needs.

Be Calm Coloring

By request

We will find you a table to color, relax and explore the artist inside you.

"Unforgettable" Winter Concert

Thursday, January 19 • 2:30 pm

Dance away the winter chill with a performance by Philadelphia's favorite Motown duo, *Unforgettable!*

Enjoy seasonal refreshments and meet some fun new friends!

RSVP by Jan. 13 to 215-315-7762.



Valentine's Duet

Monday, February 13 • 2:00 pm

You'll fall in love with Arbour Square! Join us for an afternoon of decadent treats and take your sweetheart for a spin on our dance floor to the music of *Night & Day!*

RSVP by Feb. 8 to 215-315-7762.

SAVE OVER \$20,000!

Hurry - Limited Apartments Available!

MOVE-IN BY 2/28/17. INDEPENDENT LIVING ONLY.

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In Memoriam

Robert MacIver

Jane Appoldt

Mary Kubn

William Atwell

Harold Heilemann

Alice Zitzer

Charles Miller

Jane Allen

Loretta "Lorrie" Elmes

Carl Obarowski

William Rapine

Carl Gurete

Carl Jewell

Dorothy "Dot" Kuschel



These participants enriched our fellowship by their presence at Encore Experiences. We are glad that the Center was part of their lives and we will miss them.

Encore Consumer Education

Consumer Services

For information or to schedule an appointment for any of these services, call 215-256-6900

Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come for a quick screening to determine if you may be eligible.

Credit Counseling

Call 610-275-4357 directly to schedule your Encore appointment with Nikki Holcroft, Genesis Housing Corporation.

Evening Social Service Assistance

The Social Services Coordinator will be available evenings by appointment to help you with eligibility for benefits, family caregiver issues, provide information and referrals, and assist with other matters.

Farmers' Market Vouchers

This is a seasonal program. Vouchers will be available June 2017.

Financial Advice

Michael Toth offers services as needed to help with financial advice and planning.

Legal Advice

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

Low-Income Heating Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) will open for applications as of November 1, 2016, for the coming heating season. Eligible low income households will receive a grant applied directly to their account with their energy supplier. The proposed income guidelines for 2016-17 for homeowners and renters are as follows:

Household Size	Maximum Annual Income
1	\$17,820
2	\$24,030

Apply online at www.compass.state.pa.us or pick up an application in the office.

Medicare Advice

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

Notary Service

Claire Schumaker, Notary, volunteers her services for Encore Experiences' members.

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.

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2016 tax year will be available in February. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2016, 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 is June 30, 2017.

TransNet

Free shared ride service to Encore Experiences is available if you are age 65 or older. Rides must be booked at least one day in advance by calling Encore Experiences by 1:00 PM. Inquire in the office for TransNet registration information. To cancel a TransNet ride, please call TransNet directly at 215-542-7433.

Veterans Service

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



We Care Every Day, In Every Way.®

Bathing Assistance • Dressing Assistance

Grooming • Assistance with Walking

Medication Reminders

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www.VisitingAngels.com/lansdale

215.362.1100

Consumer Programs

The Retirement Gamble

Friday, January 20 12:30 PM-1:30 PM

Revealing how fees, self-dealing, and kickbacks bring great profits to Wall Street while imperiling the prospects of a secure future for individuals.

AARP 8 Hour Driving Course

Thursdays, April 6 and 13 12:00 PM-4:00 PM

Cost: \$15.00 for AARP Members

\$20.00 for non-members

Join over 16 million Smart Drivers and refresh your driving skills. You may save money on your car insurance too.



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www.WilliamsBergeyKoffel.com

Crematory on Premises

Encore Recreation

Recreation Programs

Hot Tea Month

Every Tuesday during the month of January, there will be a different flavor of tea offered at lunch time. January 3rd-peppermint, 10th-lemon, 17th-orange, 24th-green, 31st-ginger

Chinese New Year Luncheon

Friday, January 27 11:30 AM

Cost: \$10.00 Register by January 17

Xinnian hao (Happy New Year), Year of the Rooster

The Making of Laymen Playmen's Musical "The Wizard of Oz"

Wednesday, February 1 12:30 PM (Encore)

Monday, February 6 10:00 AM (PEAK)

Presented by John Stangl

Lighting Designer for Laymen Playmen & Playcrafters Come and discover how one theater group (Laymen Playmen) creates this year's musical "The Wizard of Oz". 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 a "Black and White" opening scene.

Charlie Zahm Concert

Friday, February 3 7:00 PM

Cost: \$15.00; 12 and under free

Get your tickets early. It was a sold-out crowd last year. Charlie weaves magical moments of Scottish

Programs are free unless otherwise noted.

and Irish history for the listener and viewer. Celtic music, Maritime and Traditional American Music will be enjoyed by all.

Reader's Theatre

Valentine's Luncheon

Wednesday, February 8 11:30 AM

Cost: \$10.00 Register by January 31

Join us today for a delicious lunch and a chance to see Encore members perform in a spectacular Reader's Theatre, "Farewell Florence."

Ice Cream Social

Monday, February 13 2:30 PM

Provided by Arbor Square

A Valentine treat served during the Bingo break.

Saint Patrick's Day Luncheon Bash

Friday, March 17 11:30 AM

Cost: \$10.00 Register by Tuesday, March 7

Today you will feel lucky to get delicious Irish themed food and drink. There will be some Malarkey. So, wear your green today. Everyone is Irish on Saint Patrick's Day.

MEMBERS' COUNCIL MEETINGS

Have your voice heard the first Tuesday of every month at 12:30 PM

Upcoming Meeting Dates:

January 3 and February 7

Recreation Activities

Art Class

Mondays 1:00 PM Cost: \$2.00

Instruction from Pat Wilson-Schmid. Bring your materials; easels are available.

Billiards

Anytime

Bingo For Bucks

Mondays 1:45 - 3:30 PM; Cost: \$1.00/card (2 games/card).

Low vision Bingo cards available

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 on Thursdays 12:30 PM

Chess

Anytime

Croquet and Shuffleboard

Anytime. Equipment available at Encore

Mah Jongg

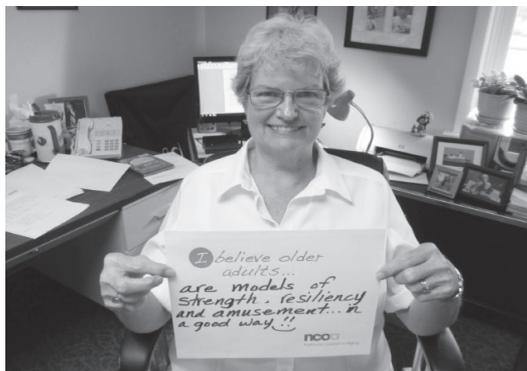
Mondays 12:30 PM

Woodcarving Class

Thursdays 9:30 AM

Instruction is available. Donations accepted for materials as needed.

In the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed. ~Khalil Gibran



It is difficult to sum up, in a few words, the impact you have made on so many during your journey at GHNPS. Through your wisdom, quiet insight, compassion, talent, and mad editing skills, you have inspired others to do and be better in life.

Although we cannot speak for every person who has ever walked through the doors at 312 Alumni Avenue, it is safe to say you have made an unforgettable impression that will always be reflected on.

We wish you all the best as you enter into the next chapter of your life. XOXO

*Thanks for the memories, Kay Pagni.
You will be missed!*

Harleysville

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Encore Enrichment



Enrichment Programs

Programs are free unless otherwise noted.

Learn Your iPhone or iPad

Friday, January 6 3:00 PM-4:00 PM

Instructor: Joanne Hyndman, Silver Smartphone Coach

Cost: \$5.00 Limited space

Learn how to use the most common and basic functions on your iPhone and/ or iPad.

This class will teach the following functions: calling (phone call settings), text messaging, and touch screen navigation, display settings, Siri (voice activated/hands-free personal assistant).

Discovering Your Roots DVD

An introduction to Genealogy

Tuesdays, January 10-January 31

A journey of self-discovery that can teach you as much about yourself as about those who came before you. For topic titles ask Michele

Learn Your Android Smartphone or Tablet

Friday, January 13 3:00 PM-4:00 PM

Instructor: Joanne Hyndman, Silver Smartphone Coach

Cost: \$5.00, Limited space

Learn how to use the most common and basic functions on your Android Smartphone and/ or Android Tablet. Android Smartphones and Tablets are Samsung, LG, Sony, Haier, Nexus, Pantech and other brands, but NOT iPhone/ iPad. Calling (phone call settings), text messaging, and touch screen navigation, display setting, GoogleNow will be taught. Stylus pens will be available for \$5.00.

Freedom Riders PBS Video

Monday, January 16 12:30 PM

This inspirational documentary tells the story of a band of courageous civil rights activists calling themselves the Freedom Riders.

The Face-Jesus in Art PBS Video

Monday, January 30 12:30 PM

An unprecedented travelogue of art and monuments from the early 3rd century to the present, the Face: Jesus in Art takes viewers from ancient Rome to 20th-century America, from Europe to the Middle East, to illuminate the most beautiful and spectacular representations of Jesus and his stories.

The Ultimate Guide to the Presidents History Video

Tuesdays, February 7, 14 and 21 12:30 PM

The untold stories of the 43 most powerful men in the world.

Enrichment Groups

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.

Little Studies

Third Friday of the month 2:00 PM

This discussion group with Mark Hoffman uses a series of pamphlets that he wrote called "Little Studies." No particular point of view is advocated.

January Topic: Bob Dylan

February Topic: Henry VIII

Digital Photography

Second Friday of each month 10:00 AM

Instructor: Walt Fitzgerald

One-on-one sessions are available. Indicate your interest when making appointment.

German Group

Fourth Friday of the month 2:00 PM

Facilitated by Mark Hoffman

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.

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. Instruction available from Naomi and Rosetta.

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. Call the office for more information.

Enrichment Services

Computer Use

Use our computers to create letters, documents or spreadsheets or spend time e-mailing the grandkids on the Internet.

Library

A vast array of biographies, romance novels, fiction, and non-fiction works available. We accept hardback books, copyright from 2000 and on; pocket books copyright from 2005 and on. New, gently used and CLEAN books are welcome! Thank you!

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: Books are donated on a regular basis so you never know what you'll find! Visit them on their Facebook page at facebook.com/lbphflp

See Michele for more information.

Greater Harleysville and North Penn Senior Services (GHNPS) operates both Encore Enrichment Programs 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.

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