

# The Encore Bulletin

## ENCORE EXPERIENCES IN HARLEYSVILLE

312 Alumni Avenue  
Harleysville, PA 19438

Phone: 215.256.6900

Fax: 215.256.9132

[www.EncoreExperiences.org](http://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/](http://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 GHN PSS; nor are the opinions of speakers necessarily the opinions of GHN PSS; nor are the representations and information presented tested or reviewed for accuracy or reliability by GHN PSS.

### 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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## Encore Experiences Is in the Spotlight



The readers of *The Reporter* voted Encore Experiences "The Best of Montgomery County - Senior Services" this year! This is truly an exciting yet humbling accolade. There are

many agencies in the county whose main focus is to assist you in the areas of nutrition, housing, socialization, health, enrichment, volunteerism, etc. We all are committed to keeping you as informed and independent as possible. To be singled out as the best, however, is totally awesome and we are grateful to all of you who see us that way and played a part in this nomination process. It is truly an honor.

Several of our active members seized the opportunity to join in the Montco Trail Challenge sponsored in part by the county's Aging and Adult Services. Participants recorded symbols unique to five county parks they had hiked and received gold medals for their efforts. Following the August 24th Trail Challenge Celebration, PA Secretary of Aging, Teresa Osborne, and Senator Bob Mensch, visited Encore and witnessed 150 seniors enjoying each other's company and a nutritious meal prepared by our chef, Beth, and

her always generous crew of volunteers. Secretary Osborne stated that Beth: "glided from preparing meals, supporting volunteers and mingling with program participants with ease, patience, and grace." Encore Experiences again received front page coverage of our members who met the trail challenge and who engaged in conversation with the Secretary and Senator. In all things, you shine!

North Penn United Way's Day of Caring volunteer program is no stranger to Encore Experiences. This year we were fortunate to have IT Landes and Canon Capital partner with North Penn United Way, donating their resources and expertise to Encore as part of the Day of Caring program. You have no doubt enjoyed the new look of fresh paint in our restrooms, program and personal services rooms. Under the surface, we discovered the root of our plumbing issues as well. That would not have happened if these agencies did not agree to help us.

"All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work." (Calvin Coolidge) We are honored to be a part of all of the wonderful people who serve senior citizens, who are determined to remain physically active, and who by their volunteering make Encore and the world around them, a better place.

## Meet the Saturday Bingo Volunteers



"Time flies when you're having fun!" It's so hard to believe that our Members' Council has been offering Saturday Bingo for seven

years. In researching old newsletters, this major once-a-month fundraiser made its first appearance on October 10, 2009, replacing our annual Flea Market and Bake Sale. Let's not focus on the "time flies" but on the "having fun!"

In surveying the faithful volunteers, the reasons for their dedication include: supporting the center, keeping active, paying it forward, and getting involved. A common thread that came through loud and clear, however, was the joy of working with one another. Friendships have been formed, socialization has increased, and after Bingo dinners have even become habit. It isn't just that the volunteers enjoy one another, but they also appreciate those who support Encore win or lose.

Seven years is a long time to be setting up and breaking down tables, serving lunches, calling numbers, recruiting volunteers, and everything else

that is involved in running a successful fundraiser, and we have been successful! Thanks to the hard work and dedication of this volunteer group and the generosity of all of our players, Members' Council has been able to make a generous donation to Encore every month, as well as purchase specific items when requested. This has made a huge difference in our operating budget.

New volunteers are always welcome to join this fun-loving group of volunteers. This particular Bingo event is played the second Saturday of every month from 1:00-4:00PM. We open our doors at noon for those who wish to have lunch or find a good seat. No special skills are required for volunteers, just a willingness to give of your time even occasionally and enjoy being with the public. If you are part of a group - school, scouts, church, or civic - and have a half-hour on a Saturday afternoon to volunteer breaking down the tables, we would be grateful for your time and muscle. You can also help spread the word about this worthy opportunity to serve the senior citizens in your community. Encore's Saturday Bingo Volunteers: You Are Awesome!



We have had an amazing couple of months here at The Greater Harleysville and North Penn Senior Services. Since our last update, Encore Experiences was honored as the "Best of Senior Services," in the 2016 Best of Montco Winners, we

were visited by the Pennsylvania Department of Aging Secretary Teresa Osborne and Senator Bob Mensch, we were the recipients of two Days of Caring Projects through the North Penn United Way, and opened our new PEAK Center site at the North Penn Commons.

We welcomed our members to the brand new PEAK Center in Lansdale housed in the North Penn Commons, a project that is a result of the efforts of many dedicated community members that shared common vision. The Lansdale Collaboration, a partnership between Advanced Living Communities, Manna on Street, the YMCA, and the PEAK Center, seeks to leverage the core competencies of four nonprofit organizations to create a vibrant community center that enhances

the quality of life for every member of the North Penn community and encourages generations to live, grow and thrive together—socially, intellectually, physically and spiritually.

By sharing facilities and resources, the partner organizations will collaborate on programs, provide better access to services and use financial and volunteer resources to most effectively serve residents, members, clients, and volunteers. Our collaboration is informed by the views of our constituents and inspired by a deep respect for the dignity of every individual. The Collaboration promises to strengthen the capacity of each of the partners and create a national model of intergenerational service delivery.

Fall is a season of change and gratitude. We are grateful to the community for making this dream a reality and look forward to serving you alongside of our partners. If you have not already, plan a visit to take a "Peak" at the new PEAK Center.

At this time of thanksgiving, on behalf of our Board and our wonderful staff, I wish you, your family and friends a safe and happy holiday season.

Sincerely,  
Sarah Whetstone, Interim Executive Director



#### GHPSS STAFF MEMBERS

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

#### ENCORE EXPERIENCES STAFF MEMBERS

Michele Ross  
Site and Program Director  
Kay Pagni  
Social Services Coordinator  
Stephanie Williams  
Administrative Assistant  
Beth Knize  
Meal Coordinator

#### THE PEAK CENTER STAFF MEMBERS

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

#### GHPSS Board of Directors

Mary Metz, President  
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Bob Schoen, Treasurer  
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Louise Shaheen, The PEAK Members' Council Rep  
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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

Please come to our members meeting after lunch on the first Tuesday of the month. We will be nominating new officers in October and electing in November. We continue to contribute Bingo

returns to Encore (See meeting minutes posted next to the office window.) This requires a lot of labor in setting up, operating, and putting away the tables and equipment for this monthly event. Please volunteer yourself, and appreciate the work being done by your fellow members.

*As the change in seasons opens whole new categories of senior fun (skating and shoveling?) we are reminded to pay particular attention to personal safety with regard to falls. There is advantage to the Tai Chi walking technique of placing the foot before transferring the weight – a particularly useful practice on any slippery surface!*

*Take it slow and sure!*

Hoping you enjoy the Holidays,  
Charlie Gardner

### 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.

Name \_\_\_\_\_

Address \_\_\_\_\_

Address line 2 \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

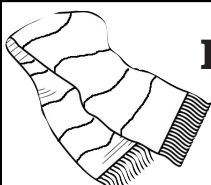
Make checks payable to GHPSS  
Mail to:

Encore Experiences at Harleysville  
312 Alumni Avenue  
Harleysville, PA 19438

Your Response Is Greatly Appreciated!

"We're wishing you every joy and blessing during this holiday season."

The Encore Experiences  
Staff



## Hat and Glove Collection

Let us keep our needy community members warm this winter.

We will collect hats, gloves, mittens and scarves November until the end of December.



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

## November Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Encore Café Hours</b> <i>Lunch 11:30 AM to 1:00 PM</i>	Roast Turkey "Special" Wrap <sup>1</sup> w/Slaw & 1,000 Island Dressing Sweet Potato Bites Fresh Fruit	Vegetarian Chili <sup>2</sup> w/Corn Bread Topping Seasonal Fresh Fruit	Crab Cake Sandwich <sup>3</sup> w/Lettuce, Tomato & Old Bay Mayo	Meatloaf with Red Wine <sup>4</sup> & Mushroom Gravy Mashed Potatoes Roasted Brussel Sprouts
Goulash (Noodles, Beef & Tomatoes) <sup>7</sup> Green Salad Whole Grain Roll	<b>Encore Experiences Closed</b>  <b>Voting Site</b> <sup>8</sup>	Salmon, Potato <sup>9</sup> and Dill Quiche Green Salad	Pineapple Chicken <sup>10</sup> Served over Brown Rice Roasted Zucchini	<b>Steel Cut Oatmeal</b> <sup>11</sup> <b>served 8:30 to 9:30 AM</b> Portobello Mushroom Burger Roasted Red Pepper Mayo
Cuban Slider w/ <sup>14</sup> Black Bean Soup Fruit	Baked Chicken Parmesan <sup>15</sup> Green Salad	Pork & Sauerkraut <sup>16</sup> Roasted Potatoes Green Beans	<b>Thanksgiving Luncheon</b> <sup>17</sup>  <b>No Café Service</b>	Roasted Vegetable & <sup>18</sup> Mozzerella Calzone w/Marinara Dipping Sauce
Buffalo Chicken <sup>21</sup> Lettuce Wraps w/Blue Cheese Drizzle	Fish & Chips <sup>22</sup> Cole Slaw	Baked Ziti <sup>23</sup> Tossed Salad Whole Wheat Dinner Roll	<b>Encore Experiences</b> <sup>24</sup> <b>Closed</b>  <b>Happy Thanksgiving</b>	<b>Encore Experiences</b> <sup>25</sup> <b>Closed</b>
Roast Turkey "Special" Wrap <sup>28</sup> w/Slaw & 1,000 Island Dressing Sweet Potato Bites Fresh Fruit	Meatloaf w/Red Wine <sup>29</sup> & Mushroom Gravy Mashed Potatoes Roasted Brussel Sprouts	Crab Cake Sandwich <sup>30</sup> w/Lettuce, Tomato & Old Bay Mayo		

## December Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
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.			Vegetarian Chili <sup>1</sup> w/Corn Bread Topping Seasonal Fresh Fruit	Sausage, Egg <sup>2</sup> & Cheese Frittata Green Salad
Pineapple Chicken <sup>5</sup> Served over Brown Rice Roasted Zucchini	Portobello <sup>6</sup> Mushroom Burger Roasted Red Pepper Mayo	Ham Blintzes Served <sup>7</sup> w/Yogurt Cream Green Salad	Salmon, Potato <sup>8</sup> and Dill Quiche Green Salad	Goulash (Noodles, Beef <sup>9</sup> & Tomatoes) Green Salad Whole Grain Roll
Pork & Sauerkraut <sup>12</sup> Roasted Potatoes Green Beans	Baked French Toast <sup>13</sup> Fresh Fruit	<b>Christmas Luncheon</b> <sup>14</sup>  <b>No Café Service</b>	Baked Chicken Parmesan <sup>15</sup> Green Salad	Cuban Slider w/ <sup>16</sup> Black Bean Soup Fruit
Baked Ziti <sup>19</sup> Tossed Salad Whole Wheat Dinner Roll	Buffalo Chicken <sup>20</sup> Lettuce Wraps w/Blue Cheese Drizzle	Fish & Chips <sup>21</sup> Cole Slaw	Pulled Pork Stuffed <sup>22</sup> Sweet Potato Green Salad	<b>Annual Gingerbread</b> <sup>23</sup> <b>Cookie Decorating Day</b>  <b>Call Encore for Menu December 23-30</b>
<b>Encore Experiences</b> <sup>26</sup> <b>Closed</b>		<b>Call Encore for Menu</b> <sup>28</sup> <b>December 23-30</b> <b>215-256-6900</b>		

# Encore Wellness



## Wellness Integrative Health *Services*

### Reiki

Fridays, November 4 and December 2  
By appointment starting at 9:00 AM  
Provided by Rose Marie Grauer,  
Practitioner Facilitator  
Cost: \$7.00 for thirty minutes

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

Thursdays, November 17 and December 15  
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](mailto: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

Fridays, November 18 and December 16  
By appointment starting at 9:00 AM  
Cost: \$7.00/fifteen minutes; \$15.00/thirty minutes  
**Payment due at time of registration**

Provided by Sue Taylor, Certified Reflexologist  
Reflexology is a relaxing and revitalizing therapy. Improve your blood circulation and reduce the effects of stress upon your body. We always have a waiting list so sign up early.

### Massage Therapy (Table/Chair)

Fridays, November 11 and December 9  
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.

## 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

### 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

#### PLEASE NOTE:

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



## MOVING PEOPLE IN SO MANY WAYS

Crouse Moving & Delivery is family owned and operated. It is our commitment to serve our community and to provide quality, friendly, and professional service.

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**Or visit [www.crousemoving.com](http://www.crousemoving.com)**

To schedule a move or a free estimate.

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USDOT No. 1584619  
MC No. 588072



# Encore Wellness



## Wellness Programs

### Matter of Balance

Wednesdays, November 2 to December 21  
10:00 AM - 12:00 PM

Register early; maximum sign up is fifteen  
Presented by Montgomery Health Department  
This eight session course will leave you with the knowledge needed to help prevent falls. Must attend all sessions to get the benefit.

### The Addictive Brain

Mondays, November 7 and November 14  
12:30 PM - 1:30 PM

*November 7-* Stimulants: From Cocaine to Ritalin and The Science of Poppies  
*November 14-* The Gamblers Brain and Junk Food, Porn, Video Games: Addictions?  
Addiction touches us all. By some estimates, roughly one in four Americans might be considered addicts. So what is the difference between drug use, abuse, and clinical addiction? What causes addictions? What happens when your brain is on drugs, and why do addicts behave the way they do? Lectures are in DVD format and part of the The Great Courses.

### Healthier Holidays

Monday, November 7 12:30 PM  
Presented by Cierra Robbins, Shop Rite  
'Tis the season of holiday feasts. Learn what are naughty and what are nice choices to make when eating during the holidays.

### Caring for Ourselves and Our Loved Ones

Friday, November 11 12:30 PM  
Presented by Patricia White, PhD, RN  
When your needs are taken care of, then the person you are caring for will benefit too. Learn how to take care of yourself.

### Memory and the Human Lifespan

Tuesdays, November 15-29 12:30 PM

*Programs are free unless otherwise noted.*

Lectures in DVD format

*November 15* - Rote Memorization and a Science of Forgetting and Sensory Memory-Brief Traces of the Past

*November 22* - The Conveyor Belt of Working Memory and Encoding-Our Gateway into Long Term Memory

*November 29* - Episodic and Semantic Long-Term Memory and The Secret Passage-Implicit Memory  
This is half of the lecture course. We will continue the Memory lectures in January.

### Cane/Assistive Device Education

Wednesday, November 16 12:30 PM  
Presented by Natalie Derstine,  
Phoenix Rehabilitation

Most people with assistive devices have never been instructed on their proper use and often have devices that are inappropriate, damaged, or are of the incorrect height. You will learn about the correct use of assistant devices.

### Diabetes Awareness and Action

Monday, November 28 12:30 PM  
DVD lecture. Brochure resources available about glucose, diabetes, financial assistance if you are 65 and older, and taking care of Type 2 diabetes.

### The Skin You're In

Wednesday, November 30 12:30 PM  
Lecture in DVD Format  
Examining skin health from normal aging to the damaging effects of sun, plus exploring, preventing and treating skin cancer.

### Nutrition

Friday, December 16 12:30 PM  
Presented by Teri Wassel,  
Montgomery County Health Department  
It is very important to eat healthy in the winter months. Learn how to make good food choices to keep you healthy during the cold and flu season.

## Wellness Screenings & Other

### 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 Health

#### November 10: "Senior Socializing 101"

Socializing is important not only children, but for senior citizens as well. Human nature leads us to crave relationships with other people. As we get older, life circumstances may lead to loneliness and isolation unless we take steps to cultivate new relationships with others.

#### December 8: "Back to the Future"

The end of the year is a time for us to reflect on the goals we have made for ourselves over the past eleven months. During this month's workshop, we will take the opportunity to explore those goals, what goals were met and what goals we continue to work on and those that are new. Did you find your expectations to be realistic? What barriers did you face in meeting those goals and how did you overcome them?

### Be Calm Coloring

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

#### MEMBERS' COUNCIL MEETINGS

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

#### Upcoming Meeting Dates:

November 1  
December 6



### WILLIAMS-BERGEY-KOFFEL FUNERAL HOME, INC.

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

*Now you can!*

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

# EncoreConsumer Education

## Consumer Services

For information or to schedule an appointment for any of these services, contact Kay Pagni at 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

### 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](http://www.compass.state.pa.us) or pick up an application with Kay.

### 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 2015 tax year are available at Encore Experiences. 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 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.

## REMINDER!

### Medicare Open Enrollment

Medicare Open Enrollment Period runs from October 15 through December 7.

General Information Session with Apprise Counselor, Ed Savitsky, will be held on Wednesday, November 2 at 1:00 PM.

*For your safety and the safety of the wait staff, please use the coat racks in the hallway and the back of the Wambold Room. Placing your coats on the back of the chairs makes the dining room even more crowded. Thank you for your cooperation.*

## Did you know?

### MONTGOMERY COUNTY COMMUNITY COLLEGE

Tuition Free for 65 and older

If you live in Montgomery County and are 65 years or older, you can enroll in college credit courses (benefit does not apply to non-credit courses) tuition-free, paying only the fees, books and supply costs associated with the courses. For more information about this opportunity, ask Michele.

### MERCK SHARP & DOHME FEDERAL CREDIT UNION

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

# Harleysville

Harleysville Branch  
271 Main St.  
Harleysville, PA

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# Encore Recreation



## Recreation Programs

*Programs are free unless otherwise noted.*

### Movies

Starting time 12:30 PM

*Standing Bear's Footsteps* Wednesday, November 9  
The story of Ponca Nation's exile from Nebraska to the malaria-infested plains of Indian Territory in present day Oklahoma.

*An Old Fashioned Thanksgiving* Monday, November 21  
Based on a short story by Louisa May Alcott who was born in Germantown PA.

*Love Actually* Monday, December 12  
Nine intertwined stories examine the complexities of the one emotion that connects us all: Love

*A Taste of Chanukah* Monday, December 19  
A joyous celebration of Chanukah to enjoy.

### A Steel Cut Oatmeal Morning

Friday, November 11 8:30AM -9:30AM  
Good source of iron. Good source of fiber.

### Thanksgiving Luncheon

Thursday, November 17 11:30 AM  
Cost: \$10.00; Register by Wednesday, November 9  
No Café service  
A traditional Turkey dinner with sides that will bring back great memories.

### Annual Trivia Night

Friday, December 2 7:00 PM - 9:00 PM  
Cost: \$15.00 per person  
Location: The PEAK Center,  
606 E. Main Street, Suite C, Lansdale  
Join us for this great annual fundraiser event  
Teams of four to eight. BYOB. Light snacks will be provided and prizes for the winners

### Christmas Luncheon

Wednesday, December 14 11:30 AM  
Cost: \$10.00; Register by Wednesday, December 7  
No Café service  
Enjoy this lunch with your fellow Encore friends.

### Annual Gingerbread Cookie Decorating Day

Friday, December 23 9:00 AM  
Invite the grandchildren and make memories.

### New Year Luncheon/Dance

Wednesday, January 4 11:30 AM  
Cost: \$10.00; Register by December 27  
No Café service  
Just like last year a delicious meal and an awesome DJ. Get your ticket early. Invite your friends.

The following events are sponsored by Montgomery County Division of Parks, Trails, and Historic Sites. Events are free with a suggested donation of \$2.00 per event

### Holiday Tours

*Pennypacker Mills*  
November 22 - January 8  
Tours are a reflection of Victorian Era Christmases

#### *Candlelight Tours*

Peter Wentz Farmstead  
Saturday, December 3 3:00 PM - 9:00 PM  
The soft glow of candles will guide you throughout the Farmstead.

#### *Victorian Christmas Open House*

Pennypacker Mills  
Saturday, December 10 2:00 PM - 8:00 PM  
Get in the Christmas spirit!

#### INTERESTED IN...

- learning how to play Bridge?
- playing pool?
- joining a golf league?
- Philately? (The study of stamps and postal history. You do not have to own stamps)

CALL ENCORE AND ASK FOR MICHELE TO DISCUSS YOUR INTERESTS!

## 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.



## Holiday Bazaar

Saturday, November 12 • 10:00 am - 2:00 pm  
CRAFT VENDORS • HUGE BAKE SALE • WHITE ELEPHANT SALE  
*Proceeds benefit the Alzheimer's Association.*



## Holiday Celebration and Open House

Friday, December 30 • 2:00-4:00 pm  
Dance to your favorite holiday tunes and enjoy some tasty treats prepared by our chef!  
RSVP by Dec. 26 to 215-315-7762.



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# Encore Enrichment



## Enrichment Programs

### Veterans Day Commemoration

Friday, November 11 11:00 AM - 12:00 PM  
**Location: Valley Forge National Historical Park, National Memorial Arch**  
The Park will commemorate the Continental Army's legacy, and honor all of America's military, past and present. See Michele for more information.

### Girls Love Mail

Monday, November 28 10:00 AM

*Programs are free unless otherwise noted.*

Would you like to give the gift of hand-written letters to breast cancer patients?  
Join us to learn more about this opportunity.

### Discovering Your Roots

Tuesdays, December 13-January 31

No session on January 3

An introduction to Genealogy

Sessions in DVD format

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

## 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. Books are donated on a regular basis so you never know what you'll find! 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:

Braille books and magazines, audio books and magazines, large print books and more. Visit them on their Facebook page – [facebook.com/lbphflp](https://facebook.com/lbphflp)  
See Michele for more information.

## 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.

**November Topic: Bob Dylan**

**December Topic: No Little Studies**

### 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

**Note: No class in November and December**

In these sessions you will read a book in German. The goal is to unlock the language by improving vocabulary and grammar. This is opposed to memorizing rules and words. The books will be short. The first meeting you will be reading *Die Lisa*. Copies will be provided. This is not a beginning course, but anyone who is interested in invited, because reading can only help understand the language.

### 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.

## In Memoriam

*Fuquan Chu*

*Owen "Skip" Davis*

*Pearl Espenship*

*Violet Flynn*

*Helen Gerstein*

*Patricia Hauber*

*Erma Kaufman*

*Louise Koffel*

*Anthony Leone*

*Marion Moyer*

*Esther Rogers*

*Joyce Schneck*

*Lorraine Ziegler*



*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.*

*Greater Harleysville and North Penn Senior Services (GHNPS) 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.*

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