



NEWS & NOTES

The PEAK Center in Lansdale
606 E. Main Street, Suite C
Lansdale, PA 19446
215-362-7432

www.peakcenter.org

PEAK CENTER HOURS

Monday – Friday

8:30 AM – 4:00 PM*

Occasional evening and weekend programming

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

Incident Weather Alert

Your safety is important to us. If North Penn Schools are closed, due to bad weather, we are too. Watch the news or go online to www.npenn.org/page/11873

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

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

TransNet Rider Information

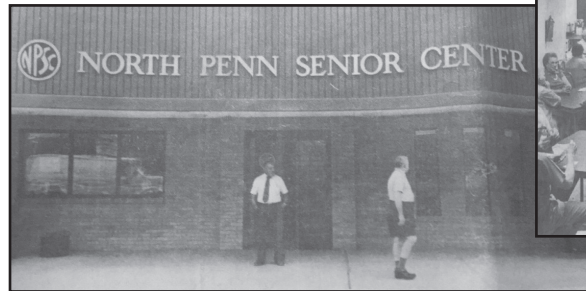
For new trip reservations to and from The PEAK Center or Encore Experiences call:

The PEAK Center at 215-362-7432
Encore Experiences at 215-256-6900

For next day reservations you must call by 11:00 AM the previous day. To cancel your reservation, you must call TransNet at 215-542-7433.

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

The PEAK Center-Then & Now



The PEAK Center has taken one more step in its 43-year history, and a big step at that. We've settled into our brand new space at the North Penn Commons. What started in 1973 with the Lansdale Rotary Club wanting to fill the needs of a growing senior population in the area has now become part of a landmark collaborative project, unique for our community, as well as on the national scene. Our humble beginnings of conducting our activities within two rooms at the North Penn YMCA and a craft center established at the Wissahickon Park building has evolved through the dedicated effort and hard work of many people to become part of a hub designed to strengthen our reach into North Penn's community of seniors, 55 years and older.

Collaboration is not new for the Center – seed money for its formation came from the Rotarians, the Lansdale Kiwanis, the North Penn United Way and the Lansdale Business and Professional Women's Club. Many of dedicated members of the Senior Adult Activity Center and then the North Penn Senior Center, our former names, were also very active in raising money for the purchase of their own building through bake sales and quilt raffles, in addition to providing much of the volunteer support needed to keep it operating five days a week. We occupied the site of the former Swartley Bros. building on West Main Street for 29 years beginning in 1983, providing the lunch program with meals prepared in our own kitchen, recreational activities, informational and exercise programs. Area industries also supported the organization's growth through donations-American Olean, Merck Sharp and Dohme, and Leeds and Northrup, to name a few. The Rotary Club and Lansdale Jaycees have continued their support over the years by donating their members' time for various maintenance projects and fundraising events.

After our merger with Encore Experiences in Harleysville in 2013, the two organizations became known as The Greater Harleysville and North Penn Senior Services. In December, 2012, the PEAK Center relocated to the Schwenckfeld Manor community when the cost of operating the West Main Street building became prohibitive. Sharing space in this new community was another collaborative effort by their residents, their administrative office staff, our staff and participants, and Generations of Indian Valley, the senior center in Souderton. Generations' kitchen staff provided the lunch meals, which were then delivered five days a week by another group of dedicated volunteers for 3 ½ years. Since plans were already underway for the North Penn Commons project, we worked hard to be reliable and helpful partners with Advanced Living Communities, the parent organization for Schwenckfeld Manor, which provides affordable housing for senior citizens. Our social services assistance and programs continued to serve the larger community, as well as our latest partners.

We've come almost full circle in our latest move, returning to space adjacent to the North Penn YMCA, one of our partners in North Penn Commons. Manna on Main Street, a second partner in NPC, is preparing our midday meals in their kitchen, while our staff and volunteers are serving them in the adjoining dining room. We look forward to expanding our services and programs as we adapt to our beautiful new setting and the surrounding residential community. We've already begun collaborating with NP YMCA staff to offer health and wellness programs, as well as intergenerational programs to bring youth and older adults together. Come in and see for yourself. We look forward to seeing and serving you.

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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

THE PEAK CENTER STAFF MEMBERS

- Vacant
Site and Program Director
- Vacant
Administrative Assistant
- Sherry Rocchino
Program Assistant

- Carol Costlow
Social Services Coordinator

- Steve Zurad
Meal Assistant

ENCORE EXPERIENCES STAFF MEMBERS

- Kay Pagni
Social Services Coordinator

- Michele Ross
Site and Program Director

- Stephanie Williams
Administrative Assistant

- Beth Knize
Meal Coordinator

GHPSS BOARD OF DIRECTORS

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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 United Way of Greater Philadelphia and Southern New Jersey. Other sources of support include grants, wills & bequests, corporate donations, foundations, special events and individual contributions.

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

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Like us on Facebook!



Members’ Council Notes

Fall is always an exciting time of the year and this year is no exception especially with our move into the North Penn Commons facility. We will continue with our current

programs and will be adding a few new ones for all to enjoy. Encourage all your friends to come and share in this new space.

We are pleased to report that PEAK members donated 39 pounds of non perishable foods and personal care items to Manna during the months of August and September. We will continue to support Manna with our collection. Keep up the good work!

The smile on your face is the light in the window that tells others you are home!

Louise Shaheen, President

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 GHPSS
Mail to:
The PEAK Center
606 E. Main Street, Suite C
Lansdale, PA 19446

Name _____
Address _____
Address line 2 _____
City _____ State _____ Zip _____

Your response is greatly appreciated!

“We’re wishing you every joy and blessing during this holiday season.”

The PEAK Center Staff

In Memoriam



- Fuquan Chu*
- Daniel Grosso*
- Althea Quintrell*

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

Programs

Programs are free unless otherwise noted.

Acupuncture Information Session

Wednesday, November 2 10:30 - 11:30 AM
What is Acupuncture? Are you curious about how it works and why it can be one of the best additions to your health care and improving quality of life? Join us and have the option to sign up for a treatment the following Wednesday November 9). Acupuncture is recognized by the World Health Organization and National Institute of Health as effective in treating pain, headaches, digestive disorders, sleep disruptions and depression among many others. Come ask questions and participate in a discussion offered by Kimberly Niezgod, L.Ac, Board Certified Licensed Acupuncturist. In addition to her private practice, Kim has been offering acupuncture for over six years at both Encore and Generations Senior Centers.

Help Yourself to Healthy Living

Friday, November 4 10:30 AM
Presented by Shelly Longcoy, Community Health Outreach Nurse at Abington-Jefferson Community Health "Senior Socializing 101"
Socializing is important not only for children, but also 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.

Wednesday, December 7 10:30 AM
"Back to the Future" – The end of the year is a time to reflect on the goals we have made for ourselves over the last 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?
Join us to discuss the year in review at December's Help Yourself to Healthy Living,

General Nutrition

Monday, November 7 12:30 PM
Presented by Teri Wassel, M.S., R.D.
Public Health Nutritionist
Montgomery County Health Department
Registration is required; limited seating
How Important is Breakfast? Did you ever hear "breakfast is the most important meal of the day"? Are you too busy to eat breakfast? Attend "Quick and Easy Breakfast – Grab and Go!" and prepare your own "Overnight Oats".

Monday, December 5 12:30 PM
"Eating Healthy During the Holiday"
Presented by Teri Wassel, M.S., R.D.
Public Health Nutritionist
Montgomery County Health Department
Meals during the Holidays can be thousands of calories. Learn about how to cut holiday calories

in half and still be able to eat your favorite foods. You will receive healthy holiday eating tips plus recipes that are simple to prepare during the busiest time of the year. Come and sample a healthy holiday treat! Seating is limited and sign up is required.

Introduction to Reiki

Monday, November 7, 2016 2:00 PM
Presented by Rose Marie Grauer,
Practitioner Facilitator/Reiki master

Ever wonder what Reiki is? Why more people receiving cancer treatments are turning to Reiki for symptom relief? Come join us for this info session and learn about this Japanese healing art that was developed by Dr Usui in Japan in the early 20th century.

Stress Free Now

Tuesdays, November 8 to December 13
1:30 PM - 2:30 PM
Register by November 1
DVD Format

Isn't it time you took control of your stress? Cleveland Clinic's clinically proven course for reducing stress and increasing positive emotions and energy, teaches you how to practice relaxation techniques and gives you real life strategies for managing your body's reaction to stress. You will be given medically backed guidance and shown simple ways to help send stress out of your life... and bring new positive energy in.

Integrative Health Services

Acupuncture Treatments

Wednesday, November 9
Group setting treatments 12:00 PM- 2:00 PM
Treatment Cost: \$20.00
Provided by Kim Niezgod, 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.niezgod@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

Monday, November 21 and December 19
By appointment starting at 10:00 AM
\$20.00/thirty minutes
Payment due at time of registration
Provided by Susan Andersen, 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)
Thursday, November 17 and
Friday, December 16
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.

A North Penn Commons Collaborative for Wellness

THE PEAK CENTER AND THE YMCA

Pool Visitation

PEAK Center Members can use the YMCA pool for A daily rate of \$5.00. Please visit the YMCA Membership Office and show your PEAK card to receive your pool pass.

Silver Sneakers

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

Financial Assistance

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

PEAK WELLNESS

Programs are free unless otherwise noted.

Ballroom Dancing

Location: North Penn Commons
beginning October 13
Cost: \$4.00

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

Bowling

Tuesdays at Facenda Whitaker, E. Norriton
Thursdays at Earl Bowl, Souderton
12:15 PM sign-up; bowl at 12:30 PM
Cost: \$3.00 per game at Facenda Whitaker;
\$5.00 at Earl Bowl

Fit for the Future I

Tuesdays and Fridays starting in October
9:00 - 10:00 AM
Cost: \$4.00

Taught by Kim Zimmerman

Fit for the Future II

Tuesdays 12:45 - 1:45 PM, Fridays 10:30 -
11:30 AM
Cost: \$4.00

Taught by Kim Zimmerman

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

Joint Freeing Series

Fridays 11:00 - 11:45 AM

Cost: \$4.00 Instructed by Terri Kuenzer

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

Line Dancing

Thursdays 1:00 - 2:00 PM

Cost: \$4.00 Instructed by John Long

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

Growing Stronger

Monday, Wednesday
November 2, 7, 9, 14, 16, 28, 30
December 5, 7, 12, 14
9:00-10:00 AM

Fee: \$40.00 per 6-week session

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

Tap Dancing

Thursdays 10:30 - 11:30 AM

Cost: \$4.00

This class is energetic and fast moving. Join John Long and our PEAK Tappers. Beginners are welcome to come the first half hour, stay to observe the "pros" or just jump in.

Wii Bowling

1st and 3rd Wednesdays of the month

November 2, 16 and December 7, 21 10:00 AM

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

Zumba Chair

Wednesdays 12:45 -1:30 PM

Cost: \$4.00

Instructor: Andrea Rogers

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

Zumba Gold

Mondays 1:15 - 2:15 PM

Cost: \$4.00

Instructor: Andrea Rogers

Enjoy this aerobic exercise class conducted to the sounds of the Caribbean with a bit of the Mediterranean thrown in. Take it at your own pace.

*Tai Chi

Tuesdays 10:15 - 11:15AM

Cost: \$4.00

Instructor: Darryl Bryant

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

*Yoga

Thursdays 9:00 - 10:00 AM

Cost: \$4.00

Instructed by Terri Kuenzer

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

WELLNESS SCREENINGS

Abington Community Health Screenings

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

No charge Offered by Abington Health Services
See the nurse to discuss health concerns and have your blood pressure checked.

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

Please Note:

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



The PEAK Tappers performing at our Ice-Cream Social for Advanced Living.

Save the Dates!

THANKSGIVING SPECIAL LUNCHEON

Monday, November 21 11:30 AM

DECK THE HALLS!

Monday, December 12 10:00 AM

CHRISTMAS SPECIAL LUNCHEON

Thursday, December 22 11:30 AM

Cost: \$10.00

See page 11 for more information

LAW OFFICES OF



DISCHELL BARTLE & DOOLEY, PC

RESULTS MATTER

John T. Dooley

Attorney At Law

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

Lansdale, Pennsylvania 19446

P: 215-362-2474 • F: 215-362-6722

info@dischellbartle.com • www.dischellbartle.com

Toll Free: 1-888-362-3293

PEAK CONSUMER EDUCATION

Consumer Education Programs

Programs are free unless otherwise noted.

AARP

Safe Driving

Thursday, November 10 and Friday, November 11
9:00 AM - 1:00 PM (4 hours each day)

\$15.00 AARP Members \$ 20.00 Non Member

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

4 Hour Refresher Course

Friday, December 2

9:00 AM-1:00 PM

\$15.00 AARP Members \$ 20.00 Non Member

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

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

Are You Getting All the Benefits You Deserve?

Thursday, November 17 12:30 PM

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

FARMERS' MARKET CHECKS

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

THANK YOU!

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

PEAK Consumer Services

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

APPRISE Medicare Counseling

Tuesdays 9:30 AM-11:30 AM

By Appointment; No charge

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

Benefits Screenings

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

Farmers' Market Vouchers

This is a seasonal program.

Legal Counseling

November 22 and December 27 12:00 PM

By Appointment

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

Low-Income Heating Assistance Program

(LIHEAP)

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 at The PEAK Center.

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2015 tax year are available at The PEAK Center. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2015, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted. The application deadline has been extended to December 31, 2016.

TransNet

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

NOW IS OPEN ENROLLMENT FOR MEDICARE ADVANTAGE AND PART D

Open enrollment for Medicare Advantage and Part D plans is underway until December 7th. Plan information for 2017 is available on the internet and insurance providers have mailed it to their current customers. It is smart to review the 2017 coverage offered by your current plan and investigate other plans available in our area before deciding on the best one for you. For assistance in this review process, Bob Sykes and Carol Costlow are available by appointment.

Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following (Updated 4/2016):

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

To register for this program, please see Carol and bring with you:

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

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

Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint alleging discrimination, write USDA, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Looking for Community Resources?

Call or Search 211

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

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

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

PEAK ENRICHMENT

Programs are free unless otherwise noted.

Movie

All movies begin at 10:00 AM

Hail Caesar Wednesday, November 9

147 Minutes; PG Rating

Eddie Mannix's job as a studio fixer begins before dawn. Each film on the studio's slate comes complete with its own headache, and Mannix is tasked with finding a solution to every one of them. Over the course of 24 hours, he must procure sign-off from religious leaders on a Biblical epic, deal with a director unhappy with the casting of cowboy star Hobie Doyle in his sophisticated drama, find a way for swimming sensation DeeAnna Moran to avoid scandal and figure out why song-and-dance superstar Burt Gurney has been acting so strangely. Now, Mannix has been confronted with the crisis of his career: one of the studio's biggest moneymakers, Baird Whitlock, has been kidnapped, and a mysterious group called "The Future" has claimed responsibility. Mannix must keep the problems under wraps, all the while horse-trading information to keep his actors' names out of the gossip columns. For this fixer, it's all in a day's work.

The Homecoming Wednesday, November 23

1 hr 45 minutes

When Adam Thornton learns that he only has a

little time left, he decides that he wants to make peace with his family. Only problem is that most of his family are not exactly fond of him because he walked out on his wife and of his stubborn nature and he hasn't spoken to his youngest son after having an argument with him which he was in the wrong but only realize after his son left and has not been heard from since. But he goes to her to help him find him. But when his doctor says that it won't be good for him to travel, she suggests that they invite them all for Christmas.

Elf December 7

1 h 37 minutes

After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the U.S. in search of his true identity.

Polar Express December 14

1 h 40 minutes; G Rating

A young boy embarks on a magical adventure to the North Pole on the Polar Express. During his adventure he learns about friendship, bravery, and the spirit of Christmas.

It's A Wonderful Life December 21

2 h 10 minutes; PG Rating

An angel helps a compassionate but despairingly frustrated businessman by showing what life would have been like if he never existed.

The Apartment December 28

2 h 5 minutes;

A man tries to rise in his company by letting it's Executives use his apartment for trysts, but complications and a romance of his own ensue.

Thanksgiving Special Luncheon

Monday, November 21 11:30 AM

Cost: \$10.00

Register by Friday, November 11

Join your PEAK friends and Family for A Thanksgiving Lunch adorned with your favorites of the holiday.

Deck the Halls!

Monday, December 12 10:00 AM

Registration required

Join us for hot chocolate and help decorate The PEAK Center Christmas Tree and have story time with the YMCA camp children.

Christmas Special Luncheon

Thursday, December 22 11:30 AM

Cost: \$10.00

Register by Friday, December 16

Join your PEAK friends and Family for a holiday lunch with entertainment!



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EQUAL HOUSING LENDER



Find the art in you every Tuesday at 9:30 AM.



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

667 Harleysville Pike • Franconia, PA • Phone: 215-703-9800
J. Lowell Bergey, F.D., Supervisor

Formerly Bergey Funeral Home of Harleysville &
Moyer-Williams Funeral Home of Souderton

Crematory on premises

PEAK MISCELLANEOUS

Take A PEAK – Moving Week



Endless thank you's to our volunteers who helped pack for our move!



AREAS OF INTEREST

Bingo

Fridays 12:45 PM

Bridge-Card Game

Thursdays 1:00 PM

Group Trivia

Mondays, November 7 and December 5
12:30 PM

Location: Advanced Living
1292 Allentown Rd
Lansdale, PA 19446

Tuesdays, November 8 and December 13
12:30 PM

Location: The PEAK Center
North Penn Commons
606 E. Main Street
Lansdale, PA 19446

Progressive Pinochle

Wednesdays 12:45 PM

Rummikub

Everyday 10:00 AM

Studio Art Class-Painting

Tuesdays 9:30 AM Cost: \$4.00
Instructed by Louisa Wismer

Woodcarving

Mondays 9:00 AM - 11:30 AM
All are welcome to come & work on their projects.
Newcomers are welcome too.

PLEASE STOP BY THE MAIN DESK AND UPDATE YOUR ADDRESS AND PHONE NUMBER FOR OUR NEWSLETTER MAILINGS.



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.

Our many years of experience allow us to maintain an excellent level of precision and diligence regarding your belongings and busy schedule. We constantly strive to go above and beyond your expectations, and pride ourselves on making your moving experience as smooth as possible.

We treat your belongings as if they were our own.



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USDOT No. 1584619
MC No. 588072

Call (215) 256-1153
Or visit www.crousemoving.com
To schedule a move or a free estimate.

PEAK-A-BOO'S LADIES
Scheduled gathering for 2016-2017
All will be at 11:30 AM

Call The PEAK Center Welcome Desk at 215-362-7432 or Louise at 215-368-2618 for all reservations. Let us know if you need transportation.

- November 1-The PEAK Center
- December 6-Red Lobster
- January 3-The PEAK Center
- February 7-Yantze Chinese Restaurant
- March 7-Sumney Tavern
- April 4-Metropolitan
- May 2-Taormina's
- June 6-O'Grady's (Souderton)
- July- No gathering
- August 1-Bertucci's
- September 5-Valentinos Bistro
- October 3-Zoto's Diner

DONATIONS FOR MANNA ON MAIN STREET APPRECIATED! THANK YOU!!!!



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

Now you can!

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

**JOIN PEAK'S
 MEMBERS' COUNCIL!**

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

NOVEMBER 15 & DECEMBER 20
 Members' Council is looking for a few good men and women to:

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

All members are welcome to participate in this open meeting.

Saturday Bingo

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

Second Saturday of each month

\$20.00 per person admission

\$5.00 specials packet

November 12 & December 10

1:00 - 4:00 PM

Payout:

\$50.00 payout regular games

4 specials pay \$75.00

Coverall pays \$200.00

lunch available for purchase



Lots of memories shared at our ice-cream thanking Advanced Living for their partnership.



Greater Harleysville and North Penn Senior Services (GHNPSS) operates both Encore Experiences in Harleysville and The PEAK Center in Lansdale. The mission of Greater Harleysville and North Penn Senior Services is to provide access to programs and resources that help older adults live independently and remain active. Both centers offer a place of comfort, fellowship and care to the seniors in our community.

People Experiencing Activity, Arts & Knowledge

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 LANSDALE, PA 19446

****TIME DATED MATERIAL****

The PEAK Center
 606 E. Main Street, Suite C
 Lansdale, PA 19446
 Return Service Requested

