

### GHNPS STAFF

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Development & Marketing  
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#### Encore Experiences

312 Alumni Avenue  
Harleysville, PA 19438  
215-256-6900, press 1 then 1  
M-F: 8:00 AM to 4:00 PM  
[www.ghnps.org](http://www.ghnps.org)

**Mary Ellen McCabe**

Site Manager, Ext. 105

**Gina Sergio**

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**Patricia Foley**

Meal Coordinator, Ext. 102

**Marcia Stoesz**

Meal Assistant, Ext. 102

#### The PEAK Center

North Penn Commons  
606 E. Main Street, Suite 1003  
Lansdale, PA 19446  
215-362-7432, press 2 then 1  
M-F: 8:00 AM to 4:00 PM  
[www.ghnps.org](http://www.ghnps.org)

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**Carol Costlow**

Social Services Coordinator,  
Ext. 203

**Grace Chung**

Korean American Services  
Specialist, Ext. 212

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Our mission is to provide access to programs and resources that help older adults live independently and remain active.

## A MESSAGE FROM THE EXECUTIVE DIRECTOR



*Happy August!!*

It's hard to believe that the end of summer is quickly approaching. But don't break out your sweaters just yet! August brings us the "Dog Days of Summer" with hot, sultry days where hanging out in the AC at Encore or PEAK may be just what you need to cool off.

Did you know that August 21st is World Senior Citizen's Day? President Ronald Reagan officially founded this day in 1988, and the first celebration of World Senior Citizen's Day occurred in 1991. In his presidential proclamation, President Reagan said, **"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older—places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."** This is what we aim to offer at Encore and PEAK! And not just on special days, but every day. We are here to provide a scaffolding of support for you to thrive in body, mind, and spirit.

This month, in addition to our calendar of events at Encore and PEAK, we have two meal outings open to everyone. These off-site events are a fun way to gather in a different setting and to meet people you may not see everyday. Transportation is not provided and each person pays for their own meal.

- **MONDAY, AUGUST 12 @ 9:00AM: Breakfast Club at Michael's Restaurant:**  
709 Bethlehem Pike, Montgomeryville - RSVP to Sabrina or Gina by 8/8
- **TUESDAY, AUGUST 27 @ 4:30PM: Dinner Outing at Pizza Time Saloon:**  
1900 W. Point Pike, West Point - RSVP to Sabrina or Gina by 8/23

Finally, we are continuing to work with the calendar and program descriptions to improve their accessibility and readability. Your feedback is welcome and very helpful!

Fondly, *Elizabeth Beil*

## GHNPS MEMBERS OF THE MONTH

### ENCORE MEMBER OF THE MONTH

Dell is a long-time member here at Encore and is always a pleasure to see when she walks in that door! She has the sweetest smile and is friendly to everyone. Dell enjoys our exercise classes and is always asking what she can do to help us out. From staying after her Walking with Weights class to help with our newsletter mailings, to coming in early before Stretch & Tone to help fold the silverware, Dell is a reliable and industrious presence at our Center.

Thank you for all you do for us, Dell!

### Dell Camburn



### Dai Shin



### PEAK MEMBER OF THE MONTH

Dai Shin first came to PEAK because he had many friends that were coming here. He joined as a member in March 2024 and is an integral part of daily activities at PEAK. He acts as a greeter and guide to show seniors to the groups they are looking for. He always has a welcoming face to all visitors at North Penn Commons. Dai enjoys participating in English as a Second Language, Smart Phone Class, Bong Sul, Creative Music Talk, and just meeting up with friends in the lobby. Dai is a retired machinist and lives in nearby Hatfield. We are grateful for his welcoming spirit and ever-present smile at PEAK!

# GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

## Advisory Council Meetings

A meeting of members and staff to share ideas and feedback.

**Encore:** Thursday, August 8th at 12:30 pm

**PEAK:** Wednesday, August 14th at 12:30 pm

## Free Legal Consultation Appointments

**Encore:** Call 215-256-6900 to schedule

**PEAK:** Call 215-362-7432 to schedule for Tuesday, Aug 27th.

## Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a seasonal program offering eligible households a grant toward heating costs. Applications will be accepted beginning Nov 1, 2024 for the next heating season.

## PA MEDI Medicare Counseling Appointments

Free, unbiased counseling for Medicare benefits, Medigap insurance, and Medicaid, is offered by trained volunteers. If you are turning 65 this year and becoming eligible for Medicare, this is a valuable resource of reliable information.

**Encore:** Call 215-256-6900 to schedule for Thursday, August 8th.

**PEAK:** Call 610-834-1040, ext. 145 to request an appointment on Wednesdays.

## PA State Legislators Office Hours

Office staff will be on site to help you with resources offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property, and more! This is also a time to share any feedback you have for our legislators directly with their staff.

**Encore:** PA State Representative Donna Scheuren's Office:

Friday, August 9th from 11 am - 12 pm.

**PEAK:** PA State Representative Steve Malagari's Office:

Tuesday, August 13th from 10 am - 12:30 pm

PA State Senator Maria Collett's Office:

Wednesday, August 28th from 10 am - 12 pm

## PA Property Tax/Rent Rebate

Applications for the 2023 tax year will be accepted until **December 31, 2024**. New rules apply to applicants for the 2023 tax year: **both** homeowners and renters can have income up to **\$45,000** and the rebate amounts will increase over previous years. More information about this rebate can be found at <https://www.revenue.pa.gov/IncentivesCreditsPrograms/PropertyTaxRentRebateProgram/Pages/default.aspx>.

The North Penn School District offers an additional rebate to its residents who have already qualified and have received the PA Property Tax/Rent rebate for **2023**. You can apply to the District for their rebate through **June 2025**. To learn more, get applications for both rebates, or to get help from the GHPSS Social Services Coordinator, call 215-362-7432 ext. 203.

## Farmers' Market Vouchers

Each Center has given out all of our available vouchers. If you received a set, you can use the vouchers at your favorite participating farmstand through Nov. 30th.

## Social Services Appointments with Carol Costlow

Looking for food stamps, SNAP benefits, or Medicaid applications? Do you know if you qualify for the monthly food box for seniors? Need help with all the forms or understanding the mail from these programs? Call Carol, the GHPSS Social Service Coordinator at 215-362-7432, ext. 203 to schedule.

**Encore:** Appts. are available 10 am-2 pm, on Aug. 6th & Aug. 22nd.

**PEAK:** Call to request an appointment.

## Do You Need A Ride To Encore or PEAK?

For reservations on TransNet to and from our Centers, please call Encore at 215-256-6900 or PEAK at 215-362-7432.



*Shelby Leight*

Direct: 215.892.2178

Office: 267.733.0777

[www.ShelbySellsHomesPA.com](http://www.ShelbySellsHomesPA.com)



**SRES**  
Seniors Real Estate Specialist  
& Associate Broker

## SUMMER is SELLING Season!

Summer offers longer daylight hours and better weather, which is ideal for scheduling house showings.

Why wait? I am here to help you now.  
Reach out today to schedule a **FREE** consultation!

# August 2024 Lunch Menu

Our congregate meal is served M-F from 12-1pm. Advance reservations are required.  
Please sign up at the front desk no later than Friday at 1pm the week before.  
There is a \$2 suggested donation for 60+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Crab Cake on Whole Grain Bun Lettuce & Tomato Sweet Potato Fries Cole Slaw Milk <b>1</b>	Swedish Meatballs Egg Noodles Carrots Apple Sauce Whole Grain Roll Milk <b>2</b>
Roast Turkey with Pesto Roasted Red Peppers & Spinach on Whole Grain Roll Potato Chips Fruit Cup Milk <b>5</b>	Spaghetti with Meatballs Green Salad Italian Bread & Butter Apple Sauce Milk <b>6</b>	Roast Pork Mashed Potatoes Sauerkaut Milk <b>7</b>	Chicken Salad Stuffed Tomato over Lettuce Whole Grain Crackers Cookie Milk <b>8</b>	Baked Salmon with Citrus Sauce Long Grain Rice Broccoli Roll & Butter Milk <b>9</b>
Taco Salad Corn Chips Pineapple Milk <b>12</b>	Sweet & Tangy Chicken Breast Brown Rice Broccoli Milk <b>13</b>	 <b>BIRTHDAY LUNCH</b> Tuna Salad on Rye Cheddar Cheese Lettuce & Tomato Vegetable Soup Peaches Milk <b>14</b>	Meatloaf Mushroom Gravy Mashed Potatoes Green Beans Whole Grain Roll & Butter Mandarins Milk <b>15</b>	Potatoes & Cheese Perogies with Carmelized Onions & Mushrooms Green Salad Cookie Milk <b>16</b>
Sweet & Sour Pork Sliders on Whole Grain Slider Buns Cole Slaw Fruit Cup Milk <b>19</b>	 <b>Special Lunch</b> <b>Pizza Party! (\$)</b> <b>Garden Salad</b> <b>Sweet Tea</b> <b>Summer Dessert</b> <b>20</b>	French Dip on Whole Grain Bun French Fries Green Salad Mandarins Milk <b>21</b>	Chicken Tenders Potato Salad Vegetable Salad Cookie Milk <b>22</b>	Shrimp Caesar Salad Roll & Butter Fresh Melon Salad Chocolate Pudding Milk <b>23</b>
Pineapple Chicken Brown Rice Green Salad Fruit Cup Milk <b>26</b>	Swedish Meatballs Egg Noodles Carrots Apple Sauce Whole Grain Roll Milk <b>27</b>	Crab Cake on Whole Grain Bun Lettuce & Tomato Sweet Potato Fries Cole Slaw Milk <b>28</b>	Rotelle Pasta w/Sauce Vegetables & Cheese Mandarin Oranges Whole Grain Roll Milk <b>29</b>	Mandarin Grilled Chicken on Mixed Greens with Feta, Almonds, and Cranberries Chow Mein Noodles Chocolate Pudding Milk <b>30</b>



# MON

# TUES

# WED



Lunch is served M-F from 12-1pm.

Access to our facility, including fitness rm, library, pool table, and ample space for socializing, puzzling, & relaxing is available 8 am-4 pm, M-F.

For more information on programs with an \*, see pg. 6 of the newsletter.

Resources & services with \*\*, see pg. 2.

Call 215-256-6900, or stop at the front desk to sign up for programs and schedule appts.

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<p><b>5</b></p> <p><b>9:15am</b> Tai Chi (\$5)  <b>1:30pm</b> Art Class (\$4)  <b>1:45pm</b> Bingo for Bucks</p>	<p><b>6</b></p> <p><b>9:00-10:20am</b> Haircuts*  <b>9:15am</b> Walking w/ Weights (\$4)  <b>9:30am</b> Group Trivia  <b>10:00am</b> Stamp Club  <b>10:00-12:00pm</b> Social Service appts w/ Carol **  <b>10:30am-12:00pm</b> Cash for Gold! *  <b>10:30am</b> Scrabble  <b>12:30pm</b> Pinochle  <b>1:00pm</b> Mahjong  <b>1:30pm</b> Stretch &amp; Tone (\$4)</p>	<p><b>7</b></p> <p><b>8:00am</b> Chess  <b>9:15am</b> Tai Chi (\$5)  <b>9:30am</b> Coloring for Calmness  <b>10:30am</b> Tech Tutoring appts*  <b>1:00pm</b> Rummikub  <b>1:00pm</b> Clear Captions for your phone w/ Kathleen Cesario*</p>
<p><b>12</b></p> <p><b>9:00am</b> Breakfast Outing at Michael's Restaurant  <b>9:15am</b> Tai Chi (\$5)  <b>12:30pm</b> Les Légumes - The Healthy Eating Musical*  <b>1:30pm</b> Art Class (\$4)  <b>1:45pm</b> Bingo for Bucks</p>	<p><b>13</b></p> <p><b>9:15am</b> Walking w/ Weights (\$4)  <b>9:30am</b> Group Trivia  <b>10:30am</b> Scrabble  <b>12:30pm</b> Pinochle  <b>1:00pm</b> Mahjong  <b>1:00pm</b> Left Handers' Day*  <b>1:30pm</b> NO Exercise Today</p>	<p><b>14</b></p> <p><b>8:00am</b> Chess  <b>9:15am</b> Tai Chi (\$5)  <b>9:30am</b> Coloring for Calmness  <b>10:30am</b> Tech Tutoring appts*  <b>12:00pm</b> B-day Lunch Celebration  <b>1:00pm</b> Rummikub  <b>1:00pm</b> Movie Matinee</p>
<p><b>19</b></p> <p><b>9:15am</b> Tai Chi (\$5)  <b>1:30pm</b> Art Class (\$4)  <b>1:45pm</b> Bingo for Bucks</p>	<p><b>20</b></p> <p><b>9:00-10:20am</b> Haircuts*  <b>9:15am</b> Walking w/ Weights (\$4)  <b>9:30am</b> Group Trivia  <b>10:30am</b> Scrabble  <b>11:00am</b> St. John Neumann info*  <b>12-1pm</b> Special Pizza Lunch and Classical Musical Entertainment*  <b>12:30pm</b> Pinochle  <b>1:00pm</b> Mahjong  <b>1:30pm</b> Stretch &amp; Tone (\$4)</p>	<p><b>21</b></p> <p><b>8:00am</b> Chess  <b>9:15am</b> Tai Chi (\$5)  <b>9:30am</b> Coloring for Calmness  <b>10:30am</b> Tech Tutoring appts *  <b>1:00pm</b> Rummikub  <b>1:00pm</b> Vaccine update with Dr. Lorraine*</p>
<p><b>26</b></p> <p><b>9:15am</b> Tai Chi (\$5)  <b>1:30pm</b> Art Class (\$4)  <b>1:45pm</b> Bingo for Bucks</p>	<p><b>27</b></p> <p><b>9:15am</b> Walking w/ Weights (\$4)  <b>9:30am</b> Group Trivia  <b>10:30am</b> Scrabble  <b>12:30pm</b> Pinochle  <b>1:00pm</b> Mahjong  <b>1:30pm</b> Stretch &amp; Tone (\$4)  <b>4:30pm</b> Dinner Outing at Pizza Time Saloon</p>	<p><b>28</b></p> <p><b>8:00am</b> Chess  <b>9:15am</b> Tai Chi (\$5)  <b>9:30am</b> Coloring for Calmness  <b>10:30am</b> Tech Tutoring appts *  <b>12:30pm</b> Ice Cream Social w/ Suncrest Hospice*  <b>1:00pm</b> Rummikub</p>



# THURS

# FRI

# AUGUST 2024

**1**  
**9:00am** Wood Carving  
**9:30am** Stitch & Chat  
**9:30-10:45am** Free Blood Pressure Screenings  
**11:00am-12:00pm** Help Yourself to Healthy Living \*  
**12:30pm** Bridge  
**12:30pm** Skip-Bo  
**1:00pm** Indoor Cornhole\*

**2**  
**10:00am** Wii Sports or Jeopardy  
**11:00am** Prayer Care Group\*  
**11:00am-1:00pm** Shiatsu Massage Appts.\*  
**1:00pm** The Happy Ya Ya Crew\*  
**1:30pm** Stretch & Tone (\$4)

**8**  
**9:00am** Wood Carving  
**9:00am-12:00pm** Medicare Counseling \*\*  
**9:30am** Stitch & Chat  
**12:30pm** Advisory Council \*\*  
**12:30pm** Bridge  
**12:30pm** Skip-Bo  
**1:00pm** Indoor Cornhole\*

**9**  
**10:00am** Wii Sports or Jeopardy  
**10:00am** Prevent T2 Program (pre-registered participants only)  
**11:00am** State Rep Scheuren Office Hours\*\*  
**1:00pm** The Happy Ya Ya Crew\*  
**1:30pm** Stretch and Tone  
**CANCELED**

**15**  
**9:00am** Wood Carving  
**9:30am** Stitch & Chat  
**12:30pm** Bridge  
**12:30pm** Skip-Bo  
**1:00pm** Indoor Cornhole\*

**16**  
**10:00am** Wii Sports or Jeopardy  
**11:00am** Prayer Care Group\*  
**1:00pm** The Happy Ya Ya Crew/YMCA Campers' Play\*  
**1:30pm** Stretch & Tone (\$4)

**22**  
**9:00am** Wood Carving  
**9:30am** Stitch & Chat  
**10:00am-2:00pm** Social Service appts w/ Carol\*\*  
**12:30pm** Bridge  
**12:30pm** Skip-Bo  
**1:00pm** Indoor Cornhole\*

**23**  
**10:00am** Wii Sports or Jeopardy  
**1:00pm** The Happy Ya Ya Crew\*  
**1:30pm** Stretch & Tone (\$4)

**29**  
**9:00am** Wood Carving  
**9:30am** Stitch & Chat  
**12:30pm** Bridge  
**12:30pm** Skip-Bo  
**1:00pm** Indoor Cornhole\*

**30**  
**Jimmy Buffet Day\***  
**9:30am** Veteran's Coffee Catch-up  
**10:00am** Wii Sports or Jeopardy  
**1:00pm** The Happy Ya Ya Crew\*  
**1:30pm** Stretch & Tone (\$4)

**Orange with an \***  
 Indicates special programming with additional information available on **pg. 6**

These programs are listed on **pg. 6**  
**ALPHABETICALLY**

**\*\* Indicates**  
 Resources & Services with additional info available on **pg. 2**

**All GHPSS members**  
 are welcome at all meal outings, see details on **pg. 1**

Detailed descriptions for all of our regular and recurring programming can be found on our website:  
**[www.ghnpss.org](http://www.ghnpss.org)**



Encore Experiences  
 312 Alumni Avenue  
 Harleysville, PA 19438  
 215-356-6900



**\* Zumba (Tues at 1:30 pm), and Tone and Balance (Thurs at 1:30 pm), are canceled this month \***

- **Cash for Gold | TUESDAY, AUGUST 6, from 10:30 am to 12 pm:** Bring your old or broken gold, silver, or platinum jewelry, class rings, coins, flatware, or even dental gold, and turn it into CASH in your pocket!
- **Clear Captions for Your Phone | WEDNESDAY, AUGUST 7 @ 1 pm:** Why struggle to use the phone? Thanks to a federally mandated program, you can SEE what your caller is saying! If you have hearing loss that necessitates use of captioned phone calls, come learn about this home/mobile phone friendly equipment that has free installation and lifetime support. **Please sign up with Gina by Friday, August 2nd.**
- **Haircuts with Robin | TUESDAY, AUGUST 6 & 20, FROM 9 to 10:20 am:** \$10 dry haircuts by appt.
- **Happy? Ya! Ya! Crew | EVERY FRIDAY @ 1 pm:** Fun weekly themed games and activities.  
**AUG 2 -** National Coloring Book and Ice Cream Day. Come watch a movie, color, & eat ice cream sandwiches!  
**AUG 9 -** Book Lovers Day. Bring your favorite book for show and tell, and swap books with a friend.  
**AUG 16 -** Intergenerational fun with YMCA campers' play presentation followed by National Tell a Joke Day. Will this be the beginning of Encore's Own Comedy Club??  
**AUG 23 -** National Sponge Cake Day. The great Encore Sponge Cake Judgement Day! Make a sponge cake to be sampled & judged.  
**AUG 30 -** National Beach Day! Dress in your beach finery, relax, play games, and look at the ocean.
- **Help Yourself to Healthy Living: "Addressing Incontinence." | THURSDAY, AUGUST 1, from 11 am to 12:00 pm:** Discover new treatments, recommendations, and activities to minimize incontinence. *Free Blood Pressure Checks available before from 9:30 to 10:45 am.*
- **Ice Cream Social with Suncrest Hospice | WEDNESDAY, AUGUST 28 @ 12:30 pm:** Sign up for lunch & stay for sweet treats after. Jan Capehart, RN, BSN, will be available to answer any questions related to hospice care. This is a valuable service that is not always understood, so don't be afraid to ask about it!
- **Indoor Cornhole | EVERY THURSDAY @ 1 pm:** In place of Tone and Balance this month, let's enjoy some active fun with this bean bag toss game. Come show off your "airmail" throws, your "jumpers," and your "swishes." We'll do a competition if there's interest.
- **Jimmy Buffet Theme Day | FRIDAY, AUGUST 30, ALL DAY:** Dress the part and come listen to his tunes.
- **Les Végetables- The Healthy Eating Musical | MONDAY, AUGUST 12 @ 12:30 pm:** Enjoy some Montgomery County informational nutrition advice from your Encore-renowned cast of fruits and vegetables, to the tune of your favorite Les Misérables songs! **RSVP for lunch by Aug 9th.**
- **Left Handers' Day | TUESDAY, AUGUST 13 @ 1 pm:** Fun and games marking our appreciation for lefties!
- **Prayer Care Group | FRIDAY, AUGUST 2 & 16 @ 11 am:** All are welcome to join this peaceful fellowship. If you can't attend, ask the greeter for a prayer request card, & they will include your prayer.
- **Shiatsu Massage Appts | FRIDAY, AUGUST 9, from 11 am to 1 pm:** 15-min, fully clothed, chair massages by Kerry Palanjian, experienced Shiatsu practitioner. For pricing information and to schedule an appointment, call Gina at the Encore front desk, or call Kerry directly at 215-622-4359.
- **Special "Pizza Party and Sweet Tea" Lunch with Classical Music Entertainment | TUESDAY, AUGUST 20 @ 12 pm:** Classical Viola performance by Alayna Drolet. Sign up with Gina the week before. Pay by the slice.
- **St. John Neumann Cemetary Info Table | TUESDAY, AUGUST 20 @ 11 am:** Let us help get your ducks in a row. Come with questions, leave with answers. No reservations are necessary.
- **Tech Tutoring with Ed | EVERY WEDNESDAY @ 10:30 am:** Come get help with your computer, smartphone or tablet. By appt only. Call Gina to schedule.
- **Vaccine Update | WEDNESDAY, AUGUST 21 @ 1 pm:** Join Dr. Richard Lorraine, MD, FACP, Medical Director, Montgomery County Office of Public Health, for this informational session on current adult vaccines, highlighting the importance of vaccination in older adults and review the recommended vaccines at this time.
- **Veterans' Coffee Catch-up | FRIDAY, AUGUST 30 @ 9:30 am:** Join our veterans for some coffee & home-baked goodies while sharing stories and getting to know one another.

# August 2024 Lunch Menu

Our congregate meal is served M-F from 11:30am-12:30pm. Advance reservations are required. Please sign up at the front desk no later than Friday at 1pm the week before.  
There is a \$2 suggested donation for 60+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Turkey with Gravy Glazed Sweet Potatoes Green Beans Milk <b>1</b>	Sweet Italian Sausage Peppers & Onions Marinara Sauce Roasted Potatoes Steamed Peas Milk <b>2</b>
Roasted Chicken Thighs with Sweet Potatoes Green Beans Blueberry Buckle Milk <b>5</b>	Turkey Sandwich Mint & Pea Salad Orange Slices Milk <b>6</b>	Swedish Meatballs over Egg Noodles Peas Applesauce Milk <b>7</b>	Pork & Sauerkraut with Apples Cauliflower with Cheddar Sauce Peach Crumble Milk <b>8</b>	Roasted Tilapia with Lemon over Rice Capri Vegetable Blend Stewed Tomatoes Milk <b>9</b>
Garden Salad with Boiled Egg Cottage Cheese Macaroni Salad Milk <b>12</b>	 <b>Birthday Celebration</b> Gingered Mustard Pork Brussels Sprouts Sweet Potatoes Milk <b>13</b>	Caribbean Flounder with Dirty Rice Steamed Carrots Brussels Sprouts Milk <b>14</b>	Fusilli Salad with White Beans Grilled Marinated Chicken Breast Canned Pears Milk <b>15</b>	Chicken Curry with Apples and Raisins Orzo with Peas Roasted Zucchini Yellow Squash Milk <b>16</b>
Chicken Burger with Roasted Peppers and Provolone Wild & Brown Rice Steamed Broccoli Milk <b>19</b>	Pasta with Meatballs Peas Poached Pear Milk <b>20</b>	 <b>SPECIAL "SPORTS FAN" LUNCH (\$10)</b> Cheesesteak Crab Fries Coleslaw Milk <b>21</b>	Roasted Chicken with Beans & Sun Dried Tomatoes Quinoa Pilaf with Riced Vegetables Broccoli with Cheese Sauce Milk <b>22</b>	Frittata Breakfast Potatoes Spinach Milk <b>23</b>
Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Milk <b>26</b>	Three Bean Chili w/ Bulgur Wheat Confetti & Pea Vegetable Apple Crumble Milk <b>27</b>	Chicken Salad on Lettuce with Grape Tomatoes Three Bean Salad Tapioca Pudding Milk <b>28</b>	Turkey with Gravy Glazed Sweet Potatoes Green Beans Milk <b>29</b>	Sweet Italian Sausage Peppers & Onions Marinara Sauce Roasted Potatoes Steamed Peas Milk <b>30</b>



# MON

# TUES

# WED



Lunch is served M-F, from 11:30am-12:30pm.

Self organized Creative Coloring, Rummikub, Chess, and Card Games are available daily starting at 8am.

For more information on programs with an \*, see pg. 10 of the newsletter.

Resources & services with \*\*, see pg. 2.

Call 215-362-7432, or stop at the front desk to sign up for programs and schedule appts.

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<p><b>5</b></p> <p><b>10:00am</b> Fit for the Future (\$4)  <b>10:00am</b> Whist &amp; Other Games  <b>11:00am</b> Stitch &amp; Chat  <b>12:00pm</b> Movie Matinee  <b>2:00pm</b> Korean Bong Sul  <b>3:30pm</b> Korean Choir Class</p>	<p><b>6</b></p> <p><b>10:00am</b> Crafts w/ Friends* (\$3)  <b>10:00am</b> Tai Chi (\$4)  <b>1:00pm</b> Game Club  <b>1:00pm</b> Korean Computer Class  <b>1:00pm</b> Korean Dance &amp; Drums  <b>3:30pm</b> Korean Smart Phone Class</p>	<p><b>7</b></p> <p><b>8:30am-12:30pm</b> AARP Refresher*  <b>10:00am-1:00pm</b> Shiatsu Appts*  <b>10:00am</b> Fit for the Future (\$4)  <b>10:00am</b> Medicare Counseling appts**  <b>10:00am</b> Wii Bowling  <b>12:30pm</b> Food for Thought*  <b>12:45pm</b> Progressive Pinochle  <b>2:00pm</b> Korean Bong Sul  <b>2:30pm</b> Korean Drawing Class  <i>(2:30 Beginner / 3:30 Experienced)</i>  <b>3:30pm</b> Korean Saxophone Class  <i>(3:30 Beginner / 4:30 Experienced)</i></p>
<p><b>12</b></p> <p><b>9:00am</b> Breakfast outing at Michael's Restaurant  <b>10:00am</b> Fit for the Future (\$4)  <b>10:00am</b> Whist &amp; Other Games  <b>11:00am</b> Stitch &amp; Chat  <b>12:30pm</b> Cornhole games*  <b>2:00pm</b> Korean Bong Sul  <b>3:30pm</b> Korean Choir Class</p>	<p><b>13</b></p> <p><b>10:00am</b> Tai Chi (\$4)  <b>10:00am</b> Story Time w/ Josephine*  <b>10:00am-12:00 pm</b> Rep. Malagari Office Hours**  <b>11:30am</b> Bday Lunch w/ Viola*  <b>1:00pm</b> Game Club  <b>1:00pm</b> Korean Computer Class  <b>1:00pm</b> Korean Dance &amp; Drums  <b>3:30pm</b> Korean Smart Phone Class</p>	<p><b>14</b></p> <p><b>9:30 am</b> Sports Chat- Olympics*  <b>10:00am</b> Fit for the Future (\$4)  <b>10:00am</b> Medicare Counseling appts**  <b>10:00am</b> Wii Bowling  <b>12:30pm</b> Advisory Council**  <b>12:45pm</b> Progressive Pinochle  <b>2:00pm</b> Korean Bong Sul  <b>2:30pm</b> Korean Drawing Class  <i>(2:30 Beginner / 3:30 Experienced)</i>  <b>3:30pm</b> Korean Saxophone Class  <i>(3:30 Beginner / 4:30 Experienced)</i></p>
<p><b>19</b></p> <p><b>10:00am</b> Fit for the Future (\$4)  <b>10:00am</b> Whist &amp; Other Games  <b>11:00am</b> Stitch &amp; Chat  <b>2:00pm</b> Korean Bong Sul  <b>3:30pm</b> Korean Choir Class</p>	<p><b>20</b></p> <p><b>10:00am</b> Tai Chi (\$4)  <b>12:30pm</b> Elder Abuse/Domestic Violence Presentation*  <b>1:00pm</b> Game Club  <b>1:00pm</b> Korean Computer Class  <b>1:00pm</b> Korean Dance &amp; Drums  <b>3:30pm</b> Korean Smart Phone Class</p>	<p><b>21</b></p> <p><b>10:00am</b> Fit for the Future (\$4)  <b>10:00am</b> Medicare Counseling appts**  <b>10:00am</b> Wii Bowling  <b>11:30am</b> Special Sports Fan Lunch w/ Entertainment*  <b>12:45pm</b> Progressive Pinochle  <b>2:00pm</b> Korean Bong Sul  <b>2:30pm</b> Korean Drawing Class  <i>(2:30 Beginner / 3:30 Experienced)</i>  <b>3:30pm</b> Korean Saxophone Class  <i>(3:30 Beginner / 4:30 Experienced)</i></p>
<p><b>26</b></p> <p><b>10:00am</b> Fit for the Future (\$4)  <b>10:00am</b> Whist &amp; Other Games  <b>11:00am</b> Stitch &amp; Chat  <b>12:00pm</b> Book Club*  <b>12:30pm</b> Oh the Places You'll Go: Guatemala w/ Liz Beil*  <b>2:00pm</b> Korean Bong Sul  <b>3:30pm</b> Korean Choir Class</p>	<p><b>27</b></p> <p><b>10:00am</b> Tai Chi (\$4)  <b>10:00am</b> Summertime Bingo*  <b>12:00pm</b> Legal Consultation appts**  <b>1:00pm</b> Game Club  <b>1:00pm</b> Korean Computer Class  <b>1:00pm</b> Korean Dance &amp; Drums  <b>3:30pm</b> Korean Smart Phone Class  <b>4:30pm</b> Dinner Outing at Pizza Time Saloon</p>	<p><b>28</b></p> <p><b>10:00am</b> Fit for the Future (\$4)  <b>10:00am</b> Medicare Counseling appts**  <b>10:00am</b> Wii Bowling  <b>10:00-12:00pm</b> Sen. Collett Office Hrs.**  <b>12:30pm</b> Benefits of PT for Arthritis*  <b>12:45pm</b> Progressive Pinochle  <b>2:00pm</b> Korean Bong Sul  <b>2:30pm</b> Korean Drawing Class  <i>(2:30 Beginner / 3:30 Experienced)</i>  <b>3:30pm</b> Korean Saxophone Class  <i>(3:30 Beginner / 4:30 Experienced)</i></p>

# THURS

# FRI

# AUGUST 2024

1

**9:00am** Yoga (\$4)  
**10:00am** Chair Yoga (\$4)  
**1:00pm** Korean Women's Bong Sul  
**2:00pm** Korean Line Dancing  
**3:00pm** ESL for Koreans  
**4:00pm** Korean Creative Music Talk

2

**9:30am** PEAK Pinochle  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2:00pm** Korean Bong Sul  
**3:00pm** Korean Book Club

8

**9:00am** Yoga (\$4)  
**10:00am** Chair Yoga (\$4)  
**11:00am** Healthy Blood Pressure Presentation and Screening\*  
**12:30pm** Art Class\* (\$4)  
**1:00pm** Korean Women's Bong Sul  
**1:30pm** Trivia Challenge\*  
**2:00pm** Korean Line Dancing  
**3:00pm** ESL for Koreans  
**4:00pm** Korean Creative Music Talk

9

**9:30am** PEAK Pinochle  
**11:00am** Grief Support\*  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2:00pm** Korean Bong Sul  
**3:00pm** Korean Book Club

15

**9:00 am** Yoga (\$4)  
**10:00 am** Chair Yoga (\$4)  
**12:30pm** Montco Assoc for the Blind\*  
**1:00pm** Korean Women's Bong Sul  
**2:00pm** Korean Line Dancing  
**3:00pm** ESL for Koreans  
**4:00pm** Korean Creative Music Talk

16

**9:30am** PEAK Pinochle  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2:00pm** Korean Bong Sul  
**3:00pm** Korean Book Club

22

**9:00am** Yoga (\$4)  
**10:00am** Chair Yoga (\$4)  
**1:00 pm** Korean Women's Bong Sul  
**2:00pm** Korean Line Dancing  
**3:00pm** ESL for Koreans  
**4:00pm** Korean Creative Music Talk

23

**9:30am** PEAK Pinochle  
**11:00am** Grief Support\*  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2:00pm** Korean Bong Sul  
**3:00pm** Korean Book Club

29

**9:00am** Yoga (\$4)  
**10:00am** Chair Yoga (\$4)  
**1:00pm** Korean Women's Bong Sul  
**2:00pm** Korean Line Dancing  
**3:00pm** ESL for Koreans  
**4:00pm** Korean Creative Music Talk

30

**9:00am-2:00 pm** Blood Drive\*  
**9:30am** PEAK Pinochle  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2:00pm** Korean Bong Sul  
**3:00pm** Korean Book Club

Orange with an \* indicates special programming with additional information available on **pg. 10**

These programs are listed on pg. 10 **ALPHABETICALLY**

\*\* Indicates Resources & Services with additional info available on pg. 2

All GHPSS members are welcome at all meal outings, see further details on pg. 1

Detailed descriptions for all of our regular and recurring programming can be found on our website:

**[www.ghnpss.org](http://www.ghnpss.org)**

All Korean Programming is taught in Korean



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# SPECIAL PROGRAMS

Please sign up for all programs in the binder on the Greeter's Desk at PEAK.  
You may also sign up for programs and schedule appointments by calling 215-362-7432.



• **AARP Refresher Course** | **WEDNESDAY, AUGUST 7, FROM 8:30 am to 12:30 pm**: Open to participants 55+ who have successfully completed the 8hr course within the previous 36 months. \$20 for AARP members, \$25 for non-members, checks payable to AARP. Please register in advance with Sabrina. Upon successful completion, participants may be eligible for an auto insurance discount.



• **Art Class** | **THURSDAY, AUGUST 8 @ 12:30 pm**: Join Diane Catherwood for a drawing class using various materials to create art. This is a skill building class, all levels welcome. There is a \$4 charge for this class.



• **Benefits of PT for Arthritis** | **WEDNESDAY, AUGUST 28 @ 12:30 pm**: PT Total Solutions will share information about how therapy can benefit those with arthritis. Movement tips and guidance will be given.



• **Birthday Lunch with Viola** | **TUESDAY, AUGUST 13 @ 11:30 am**: During our birthday lunch celebration, enjoy musical entertainment with classical selections from Alayna Drolet on viola.



• **Blood Drive** | **FRIDAY, AUGUST 30, from 9 am to 2 pm**: Register: 1-800-RED-CROSS or [www.redcross.org](http://www.redcross.org)



• **Book Club** | **MONDAY, AUGUST 26 @ 12 pm**: Book this month is "The Island of Sea Women," by Lisa See

• **Cornhole Games** | **MONDAY, AUGUST 12 @ 12:30 pm**: Come try out the bean bag cornhole game with friends. All skill levels welcome!



• **Crafts with Friends** | **TUESDAY, AUGUST 6 @ 10 am**: Suzanne will lead a craft group creating Mason Jars with flowers and decorations. Bring your creativity. \$4 fee to cover supplies.



• **Elder Abuse/Domestic Violence/Senior Bullying Presentation** | **TUESDAY, AUGUST 20 @ 12:30 pm**: Hear from the Women's Center of MontCo for some tips to keep you and your loved ones safe from harm.

• **Food for Thought** | **WEDNESDAY, AUGUST 7 @ 12:30 pm**: Join your fellow members and share information about yourselves using games and prompts. This will be a fun casual way to get to know each other, find unexpected commonalities, and celebrate our unique experiences.



• **Grief Support** | **FRIDAY, AUGUST 9 & 23 @ 11 am**: This month's Support Group will be member led. These meetings are welcoming, supportive, & confidential. You'll learn coping skills and connect with others.

• **Healthy Blood Pressure Presentation and Screening** | **THURSDAY, AUGUST 8 @ 11 am**: Come learn about what the numbers mean for your health. Blood pressure testing will be available from Oak St. Health.



• **MontCo Assoc for the Blind Life Skills Class** | **THURSDAY, AUGUST 15, from 12:30 to 2:30 pm**: This class will help you to learn to adapt and cope with vision loss and find out about related services that are available in our community. Classes are led by Mary Brucker, BSW. For more info call MCAB at 215-661-9800.



• **Oh the Places You'll Go Travel Club: Guatemala w/ Liz Beil** | **MONDAY, AUGUST 26 @ 12:30 pm**: - Join our Executive Director, Liz, to explore the "Land of Eternal Spring" Learn about the rich Mayan culture along with the projects Liz worked on during her 10 years in Guatemala.



• **Shiatsu Massage Appts** | **WEDNESDAY, AUGUST 7 from 11 am to 1 pm**: 15-min, fully clothed, chair massages by Kerry Palanjan, experienced Shiatsu practitioner. For pricing information and to schedule an appointment, call Sabrina at the PEAK front desk, or call Kerry directly at 215-622-4359.



• **Special Sports Fan Lunch with Entertainment** | **WEDNESDAY, AUGUST 21 @ 11:30 am**: Come wearing your sports gear and show your competitive spirit. Entertainment by John Conklin. Cost is \$10, RSVP by 8/14.

• **Sports Chat- The Olympics** | **WEDNESDAY, AUGUST 14 @ 9:30 am**: Come chat with fellow members about the Summer Olympics in Paris and about past and present Olympians.



• **Story Time with Josephine** | **TUESDAY, AUGUST 13 @ 10 am** - Josephine will be reading "A Scandal in Bohemia," a Sherlock Holmes mystery By Sir Arthur Conan Doyle. RSVP at the desk for Zoom Link if needed.



• **Summertime BINGO with PA Health & Wellness** | **TUESDAY, AUGUST 27 @ 10 AM** - Join Estelle for a free, fun, and educational BINGO event with summertime prizes!

• **Trivia Challenge** | **THURSDAY, AUGUST 8 @ 1:30 pm**: Looking for something challenging and fun? Join us to test your skills and laugh with friends with a general trivia challenge.

**\*Scheduling note: There will be no Tech Tutoring Appointments this month\***