

The Encore Bulletin

ENCORE EXPERIENCES

IN HARLEYSVILLE

312 Alumni Avenue
Harleysville, PA 19438

Phone: 215.256.6900

Fax: 215.256.9132

www.EncoreExperiences.org

ENCORE EXPERIENCES HOURS

Monday-Friday* 8:00 AM to 4:00 PM
occasional evening and weekend programming

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

Inclement Weather Alert

Your safety is important to us. If Souderton Area Schools are closed, due to bad weather, we are too. Watch the news or go online to www.soudertonsd.org/schools/closings/

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

All speakers, products, services or advertisements which are presented as part of the Greater Harleysville and North Penn Senior Services activities at Encore Experiences in Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by 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 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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Welcome Our New Site Directors!

Patty Roxberry, Encore Experiences in Harleysville Site Director & Social Services Coordinator



My name is Patty Roxberry, and when I got the offer for the position of site director for GHPSS at Encore Experiences, I was stoked!

My husband Scott and I have been together since we were teenagers and together we have one daughter, Madelyne, three English bulldogs named Rocco, Ruby and Luna and two cats Ella and Lola. I am a resident of Harleysville and transplanted from Philadelphia in 2014. I absolutely love this community!

My love of the Harleysville area comes from a position I held as a volunteer coordinator with the American Red Cross. During that time, I had an opportunity to meet and work with wonderful

volunteers. I found this area and the people to be full of love and desperately wanted to be a part of it. I hope my "team Fabulous" reads this publication and stops by to visit and volunteer with me here at Encore or with my colleague Margo Fine-Gabbay at The PEAK Center.

I am an advocate of veterans and their families and also an animal lover and rescuer. I hope that my ambition and ideas take our organization to the next level. If you haven't been to our center please stop in and visit. I will personally give you a tour and share all of our wonderful programs we have to offer. And if you have programming ideas or something you would like to experience at our center please share, as always I am always looking for FABULOUS human beings to volunteer. Please stop by to say hello!

Margo Fine-Gabbay, The PEAK Center in Lansdale Site & Program Director



Hello! My name is Margo and I am so excited to be the new PEAK Center Site & Program Director.

In my 2 short weeks here, I have been welcomed by so many and already feel at home.

My background is in Social Services and I have worked with families and seniors for over 25 years. Most recently, I directed an Aging in Place program (a senior center without

walls) for seniors in Montgomery County. My passion is helping seniors age well through positive connections and experiences.

Our new location in the North Penn Commons will enable us to grow together and provide even more enriching program opportunities for all members of our community. I look forward to meeting each of you at the PEAK soon, so please come by and introduce yourself and help me learn what you love about this special place!

Were You In Combat?

For many veterans, the invisible wounds of war are real and ever present. For some, time in combat is everlasting. Facets of a personal war are sometimes shrouded in the labyrinth of the mind, only to occasionally emerge for others to see. For all who experienced it, combat is a constant-sometimes controlled, sometimes not-like most life events.

The person you see across the room or sitting in the subway may be in a place you cannot go and dealing with issues you cannot see. But they are very real, these invisible wounds.

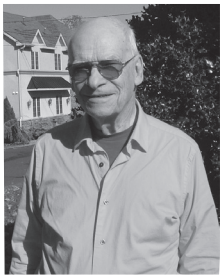
The smoke of battle may clear the field, but its residue lingers in the minds of those who first saw its shades, tremors and eruptions in a time since passed a place far away. A spark of suggestion can bring it all back from the darkest recesses to the brightest light of recognition and reaction. In this way, war is always with you. Each participant of war returns with a personal toolkit of controls and the programmable impulses of memory, each to counterbalance the other.

Legionnaire uses chess to help vets, PTSD patients exercise brains.

The brain is an organ, like the heart, liver or lungs.

If it can suffer illness or injury, it follows that it can be strengthened or healed through exercise. One way to give the brain a workout is through chess. Studies show the game helps the brain by augmenting neural connections, exercising the left and right sides alike. This, in turn, improves cognitive and motor skills, communication and other brain functions. Michael Lenox of Burbank, Ill., credits chess with helping him bounce back from a major stroke about ten years ago. He has played the game since he was eight. While he was recovering in a Seattle VA hospital, a friend brought him an incomplete hospital chess set. "My brain is not only recovered, but improved," he says. Lenox, who served 20 years in the Navy, later moved to Illinois. Inspired by his own journey, he started to share a message about what he had recovered- better mental concentration, planning and memory- thanks to chess. Chess is played at Encore every day. New players at any level are welcome to join. Mark your calendars for July 10 for our annual Chess Tournament. All ages and levels are encouraged to sign up.

Source: Keith Nightingale, American Legion Magazine



Members' Council Notes

Spring Commeth

The Farmers' Almanac for 2017 assures us that this winter we will experience bone-numbing cold. I'm happy to report that so far, we have not experienced that. Today is damp and chilly with March-like winds and April-like rain. No numb bones, though.

As I write this for a printer's deadline, we are one month through winter. We are still waiting anxiously to see if the Groundhog does or doesn't see his shadow, and whether March

comes in like a lion or a lamb. However, while we wait, the atmosphere in Encore is always warm and encouraging.

Looking forward: Beware the Ides of March. The assassination of the famous Roman Politician, Julius Caesar took place in March; and this year, Shakespeare awareness week will make an appearance. Keep warm!

*May you find peace in the year ahead,
Dave Boorse, Members' Council President*

Where Does My Donation For Lunch Go?

Susan Wenrick, Contract Manager, Montgomery County Aging and Adult Services

In my 15 plus years with Aging and Adult Services (AAS), I have heard this question so often that I thought that I would take a moment and share the answer with all of you. Whether you are a congregate meal or a home delivered meal consumer all of your donations are referred to as "Project Income". Project Income began with the passing of the Older Americans Act in 1965. According to the Administration on Aging's website (www.aoa.gov), this piece of legislation was passed in response to concern by policymakers about a lack of community social services for older people. This act also established the AOA to administer the newly created grant programs.

Federal funds are passed on to the states and then on to the counties. We at AAS then contract with senior centers and home delivered meal programs to provide meals and other services. In accordance with the directives from the Pennsylvania Department of Aging, AAS will use Project Income "to expand services and to further the objectives of the program."

What this means to you is that each consumer is

offered an opportunity to contribute a voluntary, anonymous donation towards your meal. Each program can state a suggested donation amount, most are around \$2.00, which by no means covers the full cost of that meal. No consumer is to be denied a meal because he/she cannot make a contribution to the cost of the service. The only exception is PDA Waiver consumers may not be solicited for donations. All donations are collected and deposited into a bank account and then on a monthly basis the program generates a check made out to the county in the full amount of the donations collected.

In the 2015-2016 fiscal year, we served over 450,000 meals county-wide. Your donations allowed us to do that. Without your donations, we would have waiting lists for people to receive congregate and home delivered meals. Many people depend on this daily source of a nutritious meal.

This is a complicated answer to a simple question. I hope that you have a better understanding and I thank you for your donations. Many people have benefitted by your generosity.



GHPSS STAFF MEMBERS

Sarah Whetstone
Executive Director

Becky Carver
Administrative Assistant/Bookkeeper

Susan Andersen
Communications Manager

ENCORE EXPERIENCES STAFF MEMBERS

Patty Roxberry
Site Director and Social Services Coordinator

Michele Ross
Program Director

Stephanie Williams
Administrative Assistant

Beth Knize
Meal Coordinator

THE PEAK CENTER STAFF MEMBERS

Margo Fine-Gabbay
Site and Program Director

Carol Costlow
Social Services Coordinator

Joyce Helmick
Office Manager

Sherry Rocchino
Program Assistant

Steve Zurad
Meal Assistant

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 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



SAVE THE DATE! PA HERO WALK

May, 13, 2017

Trinity Lutheran Church 1000 West Main Street, Lansdale

Email: lansdalewalk@verizon.net

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!

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>

March Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
		Open Faced Turkey, Brie & Cran on Ciabatta White Bean and Herb Salad ¹	Sausage, Pepper & Onions over Roasted Red Potatoes Green Salad ²	Potato & Cheese Pierogie with Caramelized Onions Green Salad ³
Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth ⁶	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll ⁷	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll ⁸	Grilled Cheese with Tomato Basil Soup Fresh Fruit ⁹	Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll ¹⁰
Brown Sugar Baked Ham with Pineapple Stuffing & Green Beans Whole Grain Roll ¹³	Baked Ravioli with Beef Bolognese Tossed Salad Whole Grain Dinner Roll ¹⁴	Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread ¹⁵	Baked Reuben in Puff Pastry Tossed Salad ¹⁶	Saint Patrick Day Luncheon No Café Service ¹⁷
Chicken Marsala Over Wild Rice Fresh Broccoli ²⁰	Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad ²¹	Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit ²²	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad ²³	Encore Experiences Closed Staff In-Service & Training ²⁴
Italian Chicken Stew Green Salad Whole Wheat Roll ²⁷	Sausage, Pepper & Onions over Roasted Red Potatoes Green Salad ²⁸	Potato & Cheese Pierogie with Caramelized Onions Green Salad ²⁹	Open Faced Turkey, Brie & Cran on Ciabatta White Bean and Herb Salad ³⁰	Haddock with White Wine and Tomato Basil Sauce Garden Rice, Green Beans ³¹

April Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll ³	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll ⁴	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll ⁵	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll ⁶	Grilled Cheese with Tomato Basil Soup Fresh Fruit ⁷
Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread ¹⁰	Baked Ravioli with Beef Bolognese Tossed Salad Whole Grain Dinner Roll ¹¹	Baked Reuben in Puff Pastry Tossed Salad ¹²	Brown Sugar Baked Ham with Pineapple Stuffing & Green Beans Whole Grain Roll ¹³	Encore Experiences Closed Good Friday ¹⁴
Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit ¹⁷	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad ¹⁸	Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad ¹⁹	Pulled Pork on Cornbread Waffle with BBQ Glaze Fresh Fruit ²⁰	Encore Experiences Closed Staff In-Service & Training ²¹
Potato & Cheese Pierogie with Caramelized Onions Green Salad ²⁴	Volunteer Appreciation Luncheon No Café Service ²⁵	Open Faced Turkey, Brie & Cran on Ciabatta White Bean and Herb Salad ²⁶	Italian Chicken Stew Green Salad Whole Wheat Roll ²⁷	Greek Easter Luncheon No Café Service ²⁸
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.				

Encore Wellness



Wellness Integrative Health *Services*

Acupuncture Treatments

Thursdays, March 16 and April 20

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

Treatment Cost: \$20.00

Provided by Kim Niezgoda,

Board Certified Licensed Acupuncture

The service requires a sign up. You may do this in two ways. Call Kim directly at 215-500-3399 or email her at kim.niezgoda@gmail.com

You may choose to come and sit in on a session and ask questions with no charge. Learn how it may help relieve pain in your body, reduce the effects of stress, and lower your blood pressure.

Foot Reflexology

Friday, March 17

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)

Friday, April 28

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.

OFF SITE HEALTH AND WELLNESS OPPORTUNITIES

Indian Valley YMCA

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

Souderton High School Pool

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



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MC No. 588072

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.

Gentle Yoga-New day and time!

Wednesdays beginning April 19 9:30 AM

Cost: \$3.00

Instructed by Terri Kuenzer

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

Laughter Yoga

Tuesdays, beginning April 4

9:00-9:30 AM

Suggested donation of \$5.00

Join this great group and learn how to relax in a gentle way.

Line Dancing

Thursdays 10:15 AM Cost: \$2.00

MERCK Fitness Room

Anytime

Stretch and Tone

Mondays, Wednesdays, Fridays

9:45 AM Cost: \$2.00

*Tai Chi

Mondays and Wednesdays

10:45 AM Cost: \$3.00

Walkaerobics

Mondays, Wednesdays, Fridays

9:00 AM Cost: \$2.00

Wii

We have Wii when there is a room available

*Zumba Gold

Tuesdays 1:30 PM and Fridays 1:15 PM

Cost: \$2.00

laughter Yoga

TUESDAY, APRIL 4 9:00-9:30 AM

Cost: Suggested \$5.00 donation

Instructor: Colleen O'Brien

(More information on Page 9)

Encore Wellness



Wellness Programs

Bring Home the Soup

Friday, March 10 12:30 PM

Presented by Teri Wassel,

Montgomery County Health Department

Register in the office; limited to 20

On a windy and cold winter's evening, there is nothing that warms you up like a nice bowl of hot soup. Learn about making healthy soup. Bring home a mason jar with a soup mix to make at your leisure.

National American Diabetes Association Alert Day

Tuesday, March 28 All Day

Today pick up a diabetes risk test in the lobby. Diabetes resource literature will also be available.

Laughter Yoga

Tuesday, April 4, 11, 18, 25

9:00 AM-9:30 AM

Cost: Suggested \$5.00 donation

Instructed by Colleen O'Brien

Come laugh with us for health, happiness and fun! We combine laughter exercises with deep yogic breathing to reap the benefits of laughing without having to rely on humor. No yoga mats required.



Programs are free unless otherwise noted.

No yoga poses. Laughter Yoga improves your mood, reduces your stress levels, boosts your immunity and makes you more resilient.

Man Up Check EM

Monday, April 5 All Day

April is Testicular Cancer Awareness Month

Pick up your Man Up resource material in the lobby.

Learn to Make Essential Oil Rubs and Room Refresher Jars

Monday, April 10 10:00 PM

Cost: \$7.00 Includes roller and oils

Register by April 5; Space limited to 8

Montgomery County Senior Games May 8-12

Open to adults 50 and older

Large variety of sports and games! An Expo will be held May 12 at the Health and Science Center at MCCC.

PLEASE NOTE:

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

Wellness Miscellaneous

Diabetic Shoe Fitting

First Wednesday of each month; By appointment
Diabetics on Medicare may receive one pair of shoes and inserts per year. Your first visit includes an evaluation and foot measurement. When scheduling appointment, please verify insurance coverage. Bring your Medicare and supplemental insurance cards to appointment as well as the name and phone number of your primary care physician.

*Glucose Testing

Quarterly 10:00 AM

Provided by Bayada Nurses

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

Health Checks

First Wednesday of each month 9:30 AM

Provided by Abington Health

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

Help Yourself to Healthy Living

Second Thursday of each month 12:30 PM

Provided by Abington-Jefferson Health

March: Nutrition Labels: Read It Before You Eat It!

Be Informed! Learning how to read food labels can help you make wise choices when selecting what to buy at the store. Use the information learned at this month's program to make better choices as part of a healthier life style.

April: Asthma and Allergies: Are The Two Connected?

Suffering from any kind of allergy is nothing to sneeze at. Allergies can be seasonal or chronic. Asthma is a chronic disease that often includes dealing with an allergy. This month's program will offer information about allergies and asthma and how they may be related.

Be Calm Coloring

By request

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

In Memoriam



Abraham Landis

Mary Fellman

Richard Scargill

Kenneth Ritter

James Arace

Lois Elum

Ruth Bishop

Jane Tyler

Mary Vojcik

Gerald Hall

Richard Groff

Dianne Engarde

Robert Weisenborn

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.

St. Patrick's Day Celebration

Wednesday, March 15 • 2:30 pm

Join us for a tour and a fun afternoon of Irish refreshments and Celtic music by Jimmy Edwards.

RSVP by March 10 to 215-315-7762.

Parkinson's Support Group

Held 4th Wednesday of every Month • 1:00 pm

Our monthly support group focuses on varying topics including the causes and symptoms, as well as medications, clinical trials, and community resources that are available to help manage the disease's progression.

RSVP to 215-315-7762.

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EncoreConsumer Education

Consumer Services

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

Benefits Screenings

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

Credit Counseling

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

Farmers' Market Vouchers

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

Financial Advice

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

Legal Advice

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

Low-Income Heating Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) will open for applications until March 31 or until all the funds are distributed.

Eligible low income households will receive a grant applied directly to their account with their energy supplier. The proposed income guidelines for 2016-17 for homeowners and renters are as follows:

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

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

Medicare Advice

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

Notary Service

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

Outreach

Are you or someone you know homebound and can benefit from services provided at our Center? We will reach out to those who may need assistance.

Property Tax/Rent Rebate

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

maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted. The application deadline is June 30, 2017.

TransNet

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

Veterans Service

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

Consumer Programs

Senior Advising

Tuesday, March 21 12:30 PM

Presented by Dr. Steven Fleisher,
Certified Senior Advisor

Thinking about moving to a smaller place? Learn about this no fee option of having someone find a place for you.

Property Tax/Rent Rebate Assistance from Senator Mensch's Office

Tuesday, March 28 9:00 AM-4:00 PM

Thursday, April 20 9:00 AM-4:00 PM

Representatives from Senator Bob Mensch's office will be at Encore Experiences to assist you with completing the forms. Visit the office for more information.

AARP 8-Hour Driver Safety Course

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

\$15.00 AARP Members; \$20.00 Non Member

Checks are to be made out to AARP and brought with you on the first day. Register in the office or call 215-256-6900.

Pennsylvania Lottery Anniversary Day

Tuesday, March 7

The Pennsylvania Lottery is operated by the Commonwealth of Pennsylvania and was created by the Pennsylvania General Assembly on August 26, 1971. The Pennsylvania Lottery sold its first tickets on March 7, 1972 and drew its first numbers on March 15, 1972. Join us for the movie, "Waking Ned Devine", a humorous movie about the excitement of being a lottery winner. All who join the movie will have the opportunity to win lottery tickets!



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www.VisitingAngels.com/lansdale

215.362.1100

Encore Enrichment

Recreation Programs

Swipe in Challenge

March and April

Swipe in for lunch and other programs and you will be eligible to win two free "Special Lunch" certificates. Two names will be chosen from all those eligible on Friday, April 28. Winners will be announced on Monday, May 1. The more you swipe the better your chance is to win.

Sister Center Scavenger Hunt

March 1 to April 28

How much do you know about Encore's sister site, The Peak Center in Lansdale? Participate in a scavenger hunt and learn a little more.

There are eight questions. Everyone who answers the eight questions correctly will be eligible for a raffle to win a one-year Encore membership. The questions will be available on March 1 at the Greeter's desk. Answers can be found by visiting, calling, or even checking their website.

Movie/DVD Days

Get Ready for Saint Patrick's Day!

Brooklyn Friday, March 3 12:30 PM

Waking Ned Devine Tuesday, March 7 1:30 PM

Get Ready for the First Week of The Masters!

Greatest Game Ever Played Tuesday, April 4 1:30 PM

Caddy Shack Friday, April 7 12:30 PM

Get Ready for Earth Day!

The Works Garbage Tuesday, April 18 12:30 PM

Encore 55

Wednesday, March 8 12:30 PM

Single, divorced, never married, or widowed join us to discuss starting a singles group.

Silver Smartphone Coaching

Teaching Seniors "One App at a Time"

Instructor: Joanne Hyndman

Each class 3:00-4:00 PM

Cost: \$10.00; Registration is required. Limit 10

iPhone Intermediate

Two dates: Tuesdays, March 14 and April 11

Android Intermediate

Friday, March 17

Saint Patrick's Day Luncheon

Friday, March 17 11:30 AM

Cost: \$10.00; No Café Service

Register by March 7

Enjoy an Irish themed lunch. There may be gold at the end of the rainbow. Wear your green.

Shakespeare Week

Week of March 20-24

Each day at 11:00AM in the Café, hear a quote from one of Shakespeare's works. Members from Encore will be quoting this famous author. Will you be able to guess what the quote is from?

Baseball Talk

Monday, March 20 10:30 AM

Facilitated by Michael Todorow

Spring Training and the first day of Spring what better way to start our annual baseball group? Philadelphia Phillies is talked about of course but

Programs are free unless otherwise noted.

we talk about all teams. Join the group and go back in time, enjoy each other's stories, and talk about one of America's favorite sports.

Intergenerational Egg Hunt

Wednesday, March 29 12:30 PM

Egg fillers and hiders: Encore Experiences Members

Location for fillers: Encore

Location for hiders: Park

Easter Egg Fillers and Hiders Wanted! Sign up to be an egg filler or a hider in the office before March 27. Remember how much fun an egg hunt was back in the day? Join us to fill eggs for the Harleysville YMCA Preschoolers.

Tails of Valor

Wednesday, April 19 12:30 PM

Presented by Heather Lloyd, Tails of Valor

Tails of Valor is dedicated to providing rehabilitation through non-medicinal therapies with service canines to veterans suffering from Post-Traumatic Stress, Traumatic brain injury and physical disabilities. All their dogs, which are named in honor of a fallen soldier, are rescued and trained with volunteers. Their program is designed to help two lives (rescued dog- veteran).

Indian Valley Trading Company

Thursday, April 20 12:30 PM

Presented by Dan Ireland

Spring time is spring cleaning time. House clean outs, downsizing or relocating IVTC does it all. Learn how the entire process works and hear about their proceeds benefiting local ambulance companies.

Volunteer Appreciation Luncheon

Tuesday, April 25 11:30AM

No Café Service Register by April 18

Cost: Non-volunteers \$10.00

Encore Experiences' volunteers are invited as our guests. We realize that every volunteer makes a contribution. They are appreciated and we recognize the important role volunteers play in the successful delivery of our programs and services. We could not be as effective as we are without the support of our dedicated, volunteers. If you do not volunteer (yet) please join us and show your appreciation for your friends that do.

Telekin Computers

Wednesday, April 26 12:30 PM

Designed to be the world's easiest computers for seniors and baby boomers, whether you just want an easy to use, stress-free personal computer or you need the best senior computer ever made, Telikins are designed specifically with you in mind.

Greek Easter Luncheon

Friday, April 28 11:30 AM

Cost: \$10.00; Register by April 11

Anna Crouse, Center Board Member, is again honoring the memory of her father Athos Dems, by preparing a special Greek Easter luncheon for us. Reserve a table with your friends of four or more.

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Encore Enrichment



Areas of Interest

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 Thursdays at 12:30 PM

Chess

Anytime

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.

Computer Use

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

Croquet and Shuffleboard

Anytime. Equipment available at Encore

Digital Photography

Second Friday of each month 10:00 AM
Instructor: Walt Fitzgerald
One-on-one sessions are available. Indicate your interest when making appointment.

German Group

Fourth Friday of the month 2:00 PM
Facilitated by Mark Hoffman

Group Trivia

Every Tuesday 10:00 AM
This group is for anyone who loves answering or learning about trivia. If you don't know an answer, your teammates can help you.

Library

A vast array of biographies, romance novels, fiction, and non-fiction works available. We accept clean, gently used hardback books, copyright from 2000 and on; pocket books copyright from 2005 and on.

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. Visit them on their Facebook page at facebook.com/lbphflp

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.

March Topic: Gustav Mahler

April Topic: No Little Studies

Mah Jongg

Mondays 12:30 PM

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.

Woodcarving Class

Thursdays 9:30 AM
Instruction is available. Donations accepted for materials as needed.

MEMBERS' COUNCIL MEETINGS

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

Upcoming Meeting Dates:

March 7 and April 4



WILLIAMS-BERGEY-KOFFEL FUNERAL HOME, INC.

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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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