

# The Encore Bulletin

## ENCORE EXPERIENCES IN HARLEYSVILLE

312 Alumni Avenue  
Harleysville, PA 19438

Phone: 215.256.6900

Fax: 215.256.9132

[www.EncoreExperiences.org](http://www.EncoreExperiences.org)

### ENCORE EXPERIENCES HOURS

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

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

### Inclement Weather Alert

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

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

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



*Louisa scans into the new Copilot at The PEAK Center.*

Spring has sprung! The days are longer, brighter, and flowers are blooming. And exciting things are happening too at PEAK and Encore centers. This is a perfect time to come visit us - see

what Greater Harleysville and North Penn Senior Services has to offer YOU!

We have every type of fitness class you could ever want to try, Yoga, Zumba, Growing Stronger, Tai-chi, Wii Bowling, dancing and more. Come be our guest - bring a friend.

We serve a delicious and nutritious hot lunch every day, prepared onsite by professional chefs. Join us, try new foods and make new friends.

From Bingo to computers to crafts to speakers both sites offer a diverse mix of health, wellness, social, entertaining and meaningful programs. (See below for center highlights at PEAK & Encore.) Last but not least, you will see a new screen when you swipe your card in. Copilot has replaced MySeniorCenter. While some of the features may look different, they are pretty much the same as before. Your current swipe card will still work in Copilot. If you have any questions, please don't hesitate to ask us!

Stop by and say hi-we'd love to meet you and give you a tour of our centers. Happy Spring!

*Margo & Patty*

## Older Americans Month May 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, Age Out Loud, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge,

striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!

## UPCOMING PROGRAMS AND EVENTS!

- Hair Styling every Friday from 9:00 AM to 11:30 AM
- Ted Talks every Friday from 9:30 AM to 10:00 AM (discussion after)
- Zumba every Wednesday night from 6:00 to 6:45 PM
- Ballroom Dancing every Thursday starting at 5:30 PM
- Arthritis Talk with Dr. Steve on May 16 from 1:00 PM to 3:00 PM
- Veteran's Coffee and Connections the 1st Friday of every month

# Welcome New Encore Experiences Staff!



*Deb Hunsberger*  
*Social Services Coordinator*

I am excited to be at Encore and serve as social service coordinator! I live in West Point with my husband, Keith and son, Hans (Also, Nickel and Gunther, our beloved dog and cat.) I earned my BA in Psychology and Sociology from Susquehanna University and have since worked in a psychiatric hospital, a lock up for urban male offenders and then Planned Parenthood for 25 years. I am a bereavement counselor and hospice volunteer. Working with seniors is exactly where I want to be! Thanks to all for being so welcoming.



*Furman Boykin*  
*Meal Coordinator*

I am coming to you from Baltimore International College. My greatest success has been loving people with food. I am the father of 2. I am driven toward excellence with the hope of finding a home for my passion for food, service and love of people.



*Alanna Benales*  
*Administrative Assistant*

I started as the administrative assistant on April 3rd 2017. I am the last of six children and an aunt of soon to be eleven. During my free time I love to draw, sing and crochet. I have done a lot of volunteer work and love to help out as much as possible. I am very excited to be here and want to be able to get to know everyone.



## GHPSS STAFF MEMBERS

Sarah Whetstone  
*Executive Director*  
Becky Carver  
*Administrative Assistant/Bookkeeper*  
Vacant  
*Communications Manager*

## ENCORE EXPERIENCES STAFF MEMBERS

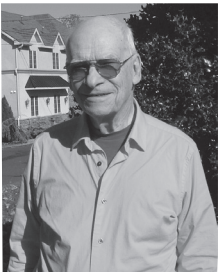
Patty Roxberry  
*Site and Program Director*  
Deb Hunsberger  
*Social Services Coordinator*  
Alanna Benales  
*Administrative Assistant*

Furman Boykin  
*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*



## Encore Members' Council Notes

Winter has changed into Spring and is far behind us. Spring soon will be changing into Summer and the frequent, predictable change of seasons makes them obvious metaphors for life changes—for example: she's no spring chicken!

Many changes are inconvenient or downright unwelcome and we find ourselves wondering: Can't things just stay the same? Not according to Heraclitus, an ancient Greek who wrote about 2500 years ago, saying that the only thing that doesn't change is the fact of change. With that realization, we can either grieve or try to adjust to change. We are all aging and with it find our bodies a little less agile, our vision less clear, and our minds a little less acute. Here at encore, we have a number of programs that help

us compensate or adjust to physical limitations. We have Tai Chi, Zumba, and other exercise programs, as well as the Merck fitness room to help slow the aging process. Trivia as well as periodic lectures on DVD help stave off mental decline, and monthly presentations by Abington Jefferson Visiting Nurses encourage us in healthy living.

Although our bodies do deteriorate over time, it is believed that our spirits actually continue to grow and become stronger as we age. At the moment, we don't have any programs to explore Meditation, Intentionality, or other spiritual concepts, but good DVD courses are available if there is an interest.

In the meantime, look for a change that you find pleasing.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

Make checks payable to GHPSS

Mail to:

Encore Experiences at Harleysville  
312 Alumni Avenue  
Harleysville, PA 19438

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

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

*Your Response Is Greatly Appreciated!*

## GHPSS Board of Directors

Mary Metz, President  
Bob Schoen, Treasurer  
Deb Santoro, Secretary  
Sheri Strouse, NP Liaison  
Dave Boorse, Encore Members' Council Rep  
Louise Shaheen, The PEAK Members' Council Rep  
Dan McKee  
Anna Crouse  
Katie Farrell  
Mark Hoffman  
Robert Iannozzi  
Kate Moore  
Joe Roberto  
Andrew Santana

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



# 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>

## May Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese with Tomato Basil Soup Fresh Fruit <sup>1</sup>	Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth <sup>2</sup>	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll <sup>3</sup>	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll <sup>4</sup>	Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll <sup>5</sup>
Brown Sugar Baked Ham with Pineapple Stuffing & Green Beans Whole Grain Roll <sup>8</sup>	Baked Ravioli with Beef Bolognaise Tossed Salad Whole Grain Dinner Roll <sup>9</sup>	Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread <sup>10</sup>	Baked Reuben in Puff Pastry Tossed Salad <sup>11</sup>	Mediterranean Tuna Salad on Mini Croissant Mandarin Oranges <sup>12</sup>
Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad <sup>15</sup>	Chicken Marsala over Wild Rice Fresh Broccoli <sup>16</sup>	Pulled Pork on Cornbread Waffle with BBQ Glaze Fresh Fruit <sup>17</sup>	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad <sup>18</sup>	Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit <sup>19</sup>
Sausage, Pepper & Onions over Roasted Red Potatoes Green Salad <sup>22</sup>	Haddock with White Wine and Tomato Basil Sauce Garden Rice, Green Beans <sup>23</sup>	Potato & Cheese Pierogie with Caramelized Onions Green Salad <sup>24</sup>	Italian Chicken Stew Green Salad Whole Wheat Roll <sup>25</sup>	Open Faced Turkey, Brie & Cran on Ciabatta White Bean and Herb Salad <sup>26</sup>
<b>Memorial Day</b> <b>The PEAK Center Closed</b> <sup>29</sup>	Grilled Cheese with Tomato Basil Soup Fresh Fruit <sup>30</sup>	Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth <sup>31</sup>		

## June Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Take Out meals are available at a cost of \$4.00 per meal. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.			Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll <sup>1</sup>	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll <sup>2</sup>
Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread <sup>5</sup>	Baked Ravioli with Beef Bolognaise Tossed Salad Whole Grain Dinner Roll <sup>6</sup>	Baked Reuben in Puff Pastry Tossed Salad <sup>7</sup>	<b>Genealogy Luncheon</b> <b>No Café Service</b> <sup>8</sup>	Brown Sugar Baked Ham with Pineapple Stuffing & Green Beans Whole Grain Roll <sup>9</sup>
Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit <sup>12</sup>	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad <sup>13</sup>	Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad <sup>14</sup>	Pulled Pork on Cornbread Waffle with BBQ Glaze Fresh Fruit <sup>15</sup>	Chicken Marsala over Wild Rice Fresh Broccoli <sup>16</sup>
Potato & Cheese Pierogie with Caramelized Onions Green Salad <sup>19</sup>	Haddock with White Wine and Tomato Basil Sauce Garden Rice, Green Beans <sup>20</sup>	Italian Chicken Stew Green Salad Whole Wheat Roll <sup>21</sup>	Potato & Cheese Pierogie with Caramelized Onions Green Salad <sup>22</sup>	Sausage, Pepper & Onions Over Roasted Red Potatoes Green Salad <sup>23</sup>
Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth <sup>26</sup>	Grilled Cheese with Tomato Basil Soup Fresh Fruit <sup>27</sup>	Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll <sup>28</sup>	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll <sup>29</sup>	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll <sup>30</sup>

# Encore Wellness



## Wellness & Integrative Health *Services*

### Acupuncture Treatments

Thursdays, May 18 and June 15

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

Treatment Cost: \$20.00

Provided by Kim Niezgoda,  
Board Certified Licensed Acupuncture

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

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.

### Massage Therapy (Table/Chair)

Friday, May 25 and June 23

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.

### Hair Styling

Fridays 9:00 AM to 11:30 AM

By Appointment

Cost: \$10.00

Offered by Diane, Licensed Cosmetologist

### 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.

## Wellness *Fitness*

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

### Ballroom Dancing

Every Thursday

Intermediate 5:30 PM - 6:30 PM

Beginners 6:45 PM - 7:45 PM

### 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

Wednesdays 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 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

### Zumba with Lysandra

Wednesdays 6:00 - 6:45 PM

Cost: Check with office



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

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USDOT No. 1584619  
MC No. 588072

# Calendar

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Calendar

# Encore Wellness



## Wellness Programs

*Programs are free unless otherwise noted.*

### Exercise for Arthritis

Tuesdays, May 2 and June 6 10:00 AM-11:00 AM  
Presented by Lindsey Totapler  
Do you have pain and stiffness in your joints? Exercise and moving around can help you feel better. Come learn what exercises are safe and most effective to keep you healthy!

### Arthritis

Tuesday, May 16 1:00 - 1:30 PM  
Presented by Dr. Steve Fleisher

### Common Aches and Pains

Wednesday, May 17 12:30 PM  
Presented by Souderton Rehabilitation  
Learn how to build a structured routine program to help with your aches and pains.

### Salad in a Jar

Wednesday, May 24 12:30 PM  
Presented by Teri Wassel,  
Montgomery County Health Department  
Register by May 19; limited to 20  
Have you had your salad today? Eating salad almost every day may be one of the healthiest eating habits you can adopt.

## Montgomery County Senior Games May 8-12

As in past years, the MCSG will be held at Montgomery County Community College in Blue Bell, as well as several specialized area facilities. Friends and family of competitors are encouraged to come any day as spectators, or to attend the Senior Expo held on Friday morning or preregister to enjoy the Friday Awards Luncheon. Go to <http://www.montcoseniorgames.com/> to register.

## PARRY PHYSICAL THERAPY GROUP

**FREE SCREENINGS** for  
Encore Experiences Members  
and Peak Center Members

Lansdale - Lansdale YMCA, 608 E. Main Street  
Harleysville - Indian Valley Family YMCA, 890 Maple Ave.

215.538.1999  
[www.PARRYPTGROUP.COM](http://www.PARRYPTGROUP.COM)

## 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. Check in the office for next date.

### 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

Offered by Abington-Jefferson Health  
**Losing Height? Know your bone health.**  
Thursday, May 11 12:30 PM - 1:30 PM  
Have you noticed that you are losing height? In this month's "Help Yourself to Healthy Living", we will be reviewing what osteoporosis is and what factors increase the likelihood that you will develop it-including age, body frame, and lifestyle choices. What can we do to decrease our risk in developing osteoporosis and how are doctors treating it? Please come to learn the latest research!

### What's All of the Hype with Zika and Lyme's disease?

Thursday, June 8 12:30 PM - 1:30 PM  
As the weather gets warmer, you may want to spend more time outside with family and friends hiking, camping, biking and/or swimming. Before going outdoors, though, you may need to brush up on the latest information on Zika and Lyme disease. Please attend June's "Help Yourself to Healthy Living" and find out how to protect yourself against Zika and Lyme disease!

### Be Calm Coloring

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

### PLEASE NOTE:

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

## Kentucky Derby Celebration

Saturday, May 6 • 1:00-3:00 pm

Gear up for the 143rd Run for the Roses with our annual celebration at Arbour Square! Enjoy live music, mint juleps, games, dessert bar, and door prizes! Ladies, wear your finest Derby hat!  
RSVP by May 4 to 215-315-7762.



## Senior Wellness Expo

Thursday, June 15 • 1:00-3:00 pm

Meet the area's premier health and wellness providers in one location!  
Massages • Cooking Demonstrations  
Senior Recreation and Travel • Fitness Memberships  
Complimentary Screenings • And More!

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OF HARLEYSVILLE  
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# EncoreConsumer Education

## Consumer Education *Programs*

*Programs are free unless otherwise noted.*

### Scams and ID Theft

Wednesday, May 3 12:30 PM

Presented by Diane Menio, Montgomery County Elder Justice

Do not miss this opportunity to learn about the warning signs of financial exploitation.

### Treasure Hunt

Friday, May 5 12:30 PM

Presented by Joyce Ruth, Alderfer Auction

Bring your treasure for evaluation and learn the current trends of the collecting market. If your piece is too large to carry, feel free to bring a photo. Sign up in the office by May 4. (one item per person)

### Alert to Financial Fraud

Tuesday, May 9 12:30 PM

Presented by Joseph Hayes, Edward Jones

Knowing about today's more common frauds can help you identify and prevent them from happening to you. Today learn more about these frauds and how to protect yourself.

### Veterans Benefits

Wednesday, May 10 12:30 PM

Presented by Ryan Fox, Montgomery County Veterans Affairs

The Veterans Affairs Department provides information to Montgomery County veterans. Their dependents, and survivors regarding their rights and the various county, state, and federal benefits they may be entitled to receive and assists them to apply for these benefits.

### The Difficulties of Downsizing

Tuesday, May 16 12:30 PM

Presented by Mary Hunsberger, Alderfer Auction

Today at lunch a funny quiz will be given out. Bring your quiz to the presentation.

### Active Shooter Preparedness

Wednesday, May 31 12:30 PM

Presented by Lower Salford Police Department  
Active shooter incidents are often unpredictable. Our local police department aims to enhance preparedness through a "whole community" approach by providing tools, and resources to help you prepare for and respond to an active shooter incident.

### PECO Saving Money and Energy

Wednesday, June 21 12:30 PM

Presented by Melissa Boccuti, PECO

Learn 10 easy tips you can do in your home to help save and be more comfortable. In-Home Assessments will be discussed, along with the new CFL/LED bulbs. Bring your questions.

### Farmers' Market Vouchers



The annual Farmers' Market checks, or vouchers, can be used at local farmers' markets to purchase fresh produce grown in PA from June through November, 2017.

#### Eligibility requirements:

- 1) You must be 60 years or older, and
- 2) A Montgomery County resident, and
- 3) You must be living on a limited income. This year's income limits will be \$22,311 or \$1859/month for individuals and \$30,044, or \$2504/month for a couple. If you are qualified, each person will receive \$20.00 worth of vouchers. Please bring proof of your age and residency in Montgomery County, such as a current driver's license or photo ID.

Please check in the office for distribution times.

## 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

Income eligibility and Montgomery County residency is required. Please see the box on this page for more details.

### 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)

This is a seasonal program available November through March.

### 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.

# EncoreEnrichment

## EnrichmentPrograms

*Programs are free unless otherwise noted.*

### Sharing Breakfast with Your Neighbors

Breakfast is the most important meal of the day. Encore is collecting boxes of cereal for your local food cupboard. There will be a basket in the lobby for the months of May and June. The boxes of cereal will be donated to the Keystone Opportunity Center.

### Witting Tree

Thursday, May 11 10:00 AM

Location: Front entrance of Encore

Join us today for the moving, striking, and sobering Witting Tree assembly. 22 pair of dog tags will be hung on a tree. Eighteen to twenty-two veterans a day take their lives by suicide. Witting trees help raise awareness to this loss.

### North Penn High School AFJROTC

Friday, May 12 10:00 AM

The AFJROTC program is a leadership, charter building, self-discipline, and citizenship program. Their moving ceremony is not to be missed. Following their ceremony, they will enjoy lunch with you in the Wambold Room.

### Reader's Theatre Luncheon

*A Few Smiles for Spring*

Thursday, May 25 11:30 AM

Cost: \$10.00; Register by May 16

A delicious lunch followed by a play that will certainly bring smiles.

### Genealogy Luncheon

Thursday, June 8 11:30 AM

Cost: \$10.00

Register by May 25

June is Immigrant Heritage Month, a celebration of our shared heritage as a nation of immigrants. Join us for a delicious Italian themed lunch. Susanne Shaughnessy will treat everyone to a presentation about family lineage and history.

"Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tossed to me; I lift my lamp beside the golden door."

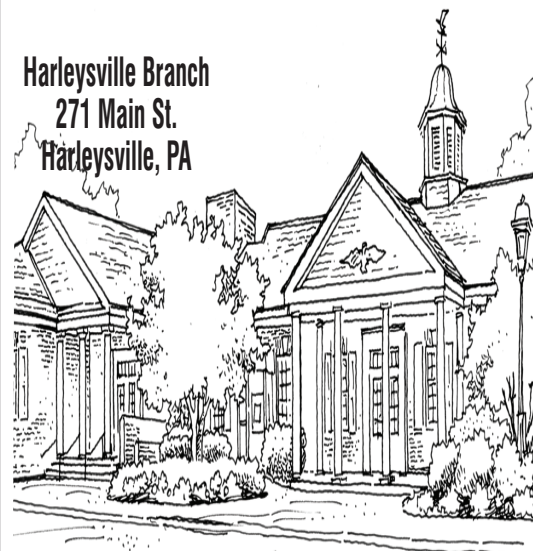
*For your safety and the safety of the wait staff, please use the coat racks in the hallway and the back of the Wambold Room. Placing your coats on the back of the chairs makes the dining room even more crowded. Thank you for your cooperation.*

# Harleysville

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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](https://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.  
**Due to scheduled Staff Administrative Days in May and June, please contact office for specific dates and topics.**

### 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:

May 2 and June 6



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Senior Rates

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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