

**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. [www.GHN PSS.org](http://www.GHN PSS.org)**

## 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

## The PEAK Center in Lansdale

North Penn Commons

606 E. Main Street, Suite 1003

Lansdale, PA 19446

215-362-7432 [www.peakcenter.org](http://www.peakcenter.org)

### PEAK Center Hours

Monday – Friday 8:00 AM – 4:00 PM\*

Occasional evening and weekend programming

Summer Hours: We close Fridays at 3:00 PM

from Memorial Day-Labor Day

### Inclement Weather Alert

*Your safety is important to us. If Souderton Area Schools are closed, due to bad weather, we are too.*

*Watch the news or go online to*

*[www.soudertonsd.org/schools/closings/](http://www.soudertonsd.org/schools/closings/)*

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

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

## Site Directors, Comments

The heat is on and summer is here! But cool things are happening at GHN PSS - PEAK Center and Encore Experiences have programs and activities galore to help you stay safe, healthy, stimulated and connected all summer long.

Come and visit us - we have so much to offer you - now it's even easier to take advantage of programs at both sites with this new, combined newsletter format. Come to a class and stay for lunch at PEAK center one day, then try something different at Encore. More choices, more options.

But there is more...More BIG news-it's Membership Re-enrollment time! Look for your membership letter in the mail and join the GHN PSS family. Members are our key to maintaining a vibrant agency that provides high quality programs and services for all.

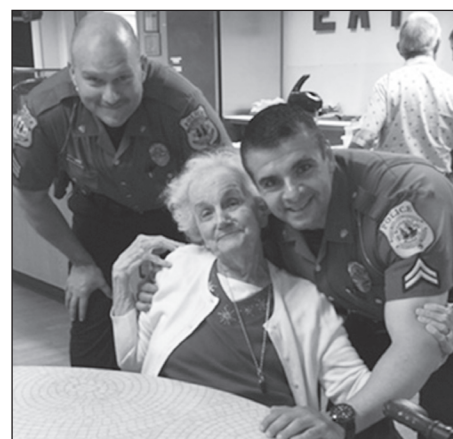
Membership really does have its benefits at GHN PSS- now there are 3 membership levels to show your support and receive great new benefits!

So, stop in-we'd love to meet you and give you a tour of Encore Experiences and the PEAK Center!

*Patty and Margo*



*Branch Creek LCBC volunteers updating our gym.*



*Pearl with the Lower Salford Police during Encore's Active Shooter training.*

## 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).

## UPCOMING PROGRAMS AND HIGHLIGHTS!

- Bar B Q's and special summer lunches!
- Ice cream and water ice socials
- Therapy Dog presentation
- Expanded Computer Lab hours-volunteer coaches on site to answer questions
- Fun Food Demonstrations
- Dance for your heart and get balanced-2 fun food & fitness interactive presentations

## Encore New Members

Glenda Johnson  
MaryAnn Badame

Marian Mellor  
Henry Wasson

Martha Wasson  
Mary Ann Kurnik

## Encore Member Council Notes

### Sumer is icumen in

The 13th century poem tells it all:

*Summer is here,  
Loudly sings the cu cu,  
Seeds are sprouted,  
Meadows are in bloom.\**

**Summer is a season when all nature awakens and rejoices.**

Whatever you are doing this summer—vacationing, grand parenting, gardening, or visiting the air-conditioned comfort of Encore—do so with

joy and safety. [You'll read elsewhere about avoiding insects that bite and plants that itch.]

*\*This is my own paraphrase. To read the original Middle English or other humorous paraphrases, check out: [https://en.wikipedia.org/wiki/Sumer\\_Is\\_Icumen\\_In](https://en.wikipedia.org/wiki/Sumer_Is_Icumen_In)*

*Joy & Peace,  
Dave Boorse, Pres. Members' Council*



*Welcome Barb Moore, our new kitchen assistant.*



*Penny bringing a friend and potential new member to Encore!*



*Thank goodness for our Nationwide volunteers, we wish they could be here everyday!*

### GHPSS STAFF MEMBERS

Sarah Whetstone  
*Executive Director*

Becky Carver  
*Administrative Assistant/Bookkeeper*

### ENCORE EXPERIENCES STAFF MEMBERS

Patty Roxberry  
*Site and Program Director*

Deb Hunsberger  
*Social Services Coordinator*

Alanna Benales  
*Administrative Assistant*

### 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

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

Andrew Santana

## PEAK Member Council Notes

Susan Gould Executive Director of Manna on Main St. was our guest speaker in May. She shared with us the role Manna plays at the North Penn Commons.

Please join us to discuss what is going on at the Center. We welcome any suggestions for improvement. Our next meetings are July 18th and August 15th at 12:30.

We continue to support Manna on Main St. Donations can be made by dropping of any one non-perishable food item at the Greeter's desk. In April, we donated 19 lbs. to Manna. Thank you for your support!

Have a wonderful and safe summer!

*Louise Shabeen*

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.

## In Memoriam

### Encore Members

Frank Brown	Ronald Hunsberger	Kathryn Sell
Gladys Cavella	Curtis H Landes	Bette Shettsline
Violet Chinnici	Barbara Minter	Gladys Wolf
Ruth Corrado	Hannah Moyer	
Naomi Haldeman	Henry Roux	

### PEAK Members

Miriam Burns  
Violet Chinnici  
Elaine Kupinewicz  
Helen McDowell  
Gary Robinson  
Robert Sykes



### Robert Sykes September 1931 - May 2017

The PEAK Center family was greatly saddened to learn that our long-time APPRISE counselor, Bob Sykes, was in a fatal car accident on May 23. He had been a dedicated volunteer Medicare and health insurance adviser for about 20 years. He and his wife, Mary, started attending the senior center in the early 1990's and became wonderful supporters of its mission. He helped many people over the years to understand the Medicare benefits program, as well advocating on their behalf with anyone who would listen. We will miss his positive outlook and his passion to serve others.



Like us on Facebook!





# Encore Wellness

*For a full description of classes,  
all 215-256-6900*

## Acupuncture Treatments

Thursday, July 20 and August 17  
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.

## Ballroom Dancing

Location: Encore Experiences in Harleysville  
Cost: \$5.00

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

## Chair Yoga

Thursdays 1:30 PM  
Cost: \$5.00  
Instructed by Lysandra Sanchez

## Core Fitness

Thursdays 9:15 AM Cost: \$5.00

## 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 meditation.

## Line Dancing

Thursdays 10:15 AM Cost: \$5.00

## Massage Therapy (Table/Chair)

Wednesday, July 19 and August 16

By appointment, 1 - 3 PM

Offered by Richard of Kimmel Chiropractic in Harleysville.

Cost: Chair \$1.00 per minute;

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.

## MERCK Fitness Room

Anytime

## Stretch and Tone

Mondays, Wednesdays, Fridays  
9:45 AM Cost: \$5.00

## \*Tai Chi

Mondays and Wednesdays  
10:45 AM Cost: \$5.00

## Walkaerobics

Mondays, Wednesdays, Fridays  
9:00 AM Cost: \$5.00

## Wii

We have Wii when there is a room available

## Yoga

Fridays 9:00 AM  
Cost: \$5.00  
Instructor, Terri Kuenzer  
A mind, body and soul experience you will not want to miss! No prior experience needed.

## \*Zumba Gold

Tuesdays 1:30 PM and Fridays 1:15 PM  
Cost: \$5.00

## Wellness Screenings & Other

### Diabetic Shoe Fitting

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

### \*Glucose Testing

Quarterly 10:00 AM  
Provided by Bayada Nurses

A nurse will be here to test your blood glucose level. Fasting is not required, but if you have breakfast, it is best to limit your sugar intake. 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.  
Second Thursday of each month 12:30 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!

### Be Calm Coloring

Wednesdays of each month 10:45 AM

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.



## We Care Every Day, In Every Way.®

Bathing Assistance ▪ Dressing Assistance

Grooming ▪ Assistance with Walking

Medication Reminders

Errands ▪ Shopping

Light Housekeeping ▪ Meal Preparation

Friendly Companionship ▪ Flexible Hourly Care

Respite Care for Families ▪ Live-In Care

[www.VisitingAngels.com/lansdale](http://www.VisitingAngels.com/lansdale)

# 215.362.1100

## Ballroom Dancing

Location: Encore Experiences in Harleysville

Cost: \$5.00

Experienced: Thursday Evenings 5:30 - 6:30PM

Beginner: Thursday Evenings 6:45 - 7:45PM

Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

## Bowling

Thursdays at Earl Bowl, Souderton

12:15 PM sign-up; bowl at 12:30 PM

Cost: \$5.00

## Chair Yoga

Thursdays 10:30 - 11:30 AM

Cost: \$5.00 Instructed by Terri Kuenzer

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

## "Dance for your heart social"

July 25 at 12:30pm - Chelsea Jack from The Physical Therapy & Wellness Institute will lead a lively mini-dance class plus share some "cool" snacks as well! Join the fun and take care of your heart at the same time.

## Fit for the Future I

Tuesdays and Fridays 9:00 - 10:00 AM

Cost: \$5.00

Taught by Kim Zimmerman

## Fit for the Future II

Tuesdays 12:45 - 1:45 PM

Fridays 10:30 - 11:30 AM

Cost: \$5.00

Taught by Kim Zimmerman

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

## Get balanced... with a hoagie

Wed, August 9 at 11:00am - Chelsea Jack from The Physical Therapy & Wellness Institute will conduct free balance screenings. Afterwards, enjoy a coupon for a Hoagie lunch redeemable in the PEAK Café! (A truly balanced lunch).

## Growing Stronger

Monday, Wednesday

Please see July/August calendar for specific dates in the series

Fee: \$40.00 per 6-week session

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

## Healthy Cooking Demos

July 12, 9:30 - 10:30AM

August 2, 9:30 - 10:30AM

Health Promotion Council will be doing healthy cooking demos at PEAK Center!

Each month will be a different delicious demo and treat- don't miss this.

## Line Dancing

Thursdays 1:00 - 2:00 PM

Cost: \$5.00 Instructed by John Long

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

## "Pudding in a Jar"

Thurs, August 3 at 10:30am

Teri Wassel, Montgomery County Nutritionist will bring a "surprise" ingredient to make your own "healthy" pudding snack to take home to enjoy!

## Tap Dancing

Thursdays 10:30 - 11:30 AM

Cost: \$5.00

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

## \*Tai Chi

Tuesdays 10:15 - 11:15AM

Cost: \$5.00

Instructor: Darryl Bryant

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

## Wii Bowling

1st and 3rd Wednesdays of the month

10:00 AM

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

## \*Yoga

Thursdays 9:00 - 10:00 AM

Cost: \$5.00

Instructed by Terri Kuenzer

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

## Zumba Chair

Wednesdays 12:45 - 1:30 PM

Cost: \$5.00

Instructor: Andrea Rogers

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

## Zumba Gold

Mondays 1:15 - 2:15 PM

Cost: \$5.00

Instructor: Andrea Rogers

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

## Abington Community Health Screenings

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

No charge. Offered by Abington Health Services

See the nurse to discuss health concerns and have your blood pressure checked.

## North Penn Commons Wellness Collaborative

### The PEAK Center and the YMCA

### Pool Visitation

PEAK Center Members can use the YMCA pool for a daily rate of \$6.00. Please visit the YMCA Membership Office and show your PEAK card to receive your pool pass.

### Silver Sneakers

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

### Financial Assistance

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

### Program Membership Benefit for PEAK Members

Joining the PEAK Center allows you a free PROGRAM membership. If you choose to take a program/class you still pay for that program/class BUT at the PROGRAM MEMBER PRICE.

**\*\* Being a PEAK Center member DOES NOT allow a free full membership to use the facility, pool or gym.**

**\*\* If you bring your insurance card to the Y Membership Desk, they will be happy to see if your insurance will help pay for the membership or reimburse you. They honor many insurances including Silver Sneakers and Silver and Fit. Please check with Y Membership for other participating insurance companies.**

### 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.

# Encore Calender July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
<b>3</b> 9:00am Walk Aerobics 9:45am Stretch and Tone 10:00am Clip and Save 10:45am Tai Chi 12:30pm Mah Johngg 1:00pm Art Class 1:45pm Bingo for Bucks	<b>4</b> Closed for the 4th of July Holiday.	<b>5</b> 9:00am Walk Aerobics 9:45am Stretch and Tone 10:45am Tai Chi 10:45am Coloring for Calmness 6:00pm Zumba	<b>6</b> 9:15am Core Fitness 9:30am Stitch and Chat 9:30am Woodcarving 10-1130am Shuffle Board outside 10:15am Line Dancing 12:30pm Cards 12:30pm Scrabble 1:30pm Chair Yoga Ballroom Dancing 5:30-6:30PM Experienced 6:45-7:45PM Beginner	<b>7</b> 9:00am Walk Aerobics 9:00am Yoga 9-11am Hair Styling and Nail painting by Dianna 9:45am Stretch and Tone 10:00am Bowling @Earl Bowl 1:15pm Zumba Gold Closed July 4th	<b>8</b> 1:00pm Bingo
<b>10</b> 9:00am Walk Aerobics 9:45am Stretch and Tone 10:00am Clip and Save 10:45am Tai Chi 12:30pm Mah Johngg 1:00pm Art Class 1:45pm Bingo for Bucks	<b>11</b> 9:00am Haircuts 10:00am Group Trivia 10:00-11:30AM Abington Community Health Screenings 1:00pm Dr Steve presentation topic Hydration 1:30pm Zumba Gold	<b>12</b> 9:00am Walk Aerobics 9:45am Stretch and Tone 10:45am Tai Chi 10:45am Coloring for Calmness 6:00pm Zumba	<b>13</b> 9:15am Core Fitness 9:30am Stitch and Chat 9:30am Woodcarving 10-1130am Shuffle Board outside 10:15am Line Dancing 12:30pm Cards 12:30pm Scrabble 1:30pm Chair Yoga Ballroom Dancing 5:30-6:30PM Experienced 6:45-7:45PM Beginner	<b>14</b> 9:00am Walk Aerobics 9:00am Yoga 9-11am Hair Styling and Nail painting by Dianna 9:45am Stretch and Tone 10:00am Bowling @Earl Bowl 10:30am Veterans Coffee and Conversation 1:15pm Zumba Gold	<b>15</b>
<b>17</b> 9:00am Walk Aerobics 9:45am Stretch and Tone 10:00am Clip and Save 10:45am Tai Chi 12:30pm Mah Johngg 1:00pm Art Class 1:45pm Bingo for Bucks	<b>18</b> 9:00am Haircuts 10:00am Group Trivia 1:30pm Zumba Gold	<b>19</b> 9:00am Walk Aerobics 9:45am Stretch and Tone 10:45am Tai Chi 10:45am Coloring for Calmness 1-3:00pm Massage by appointment 6:00pm Zumba	<b>20</b> 9:15am Core Fitness 9:30am Stitch and Chat 9:30am Woodcarving 10-1130am Shuffle Board outside 10:15am Line Dancing 12:00pm Acupuncture Treatments 12:30pm Cards 12:30pm Scrabble 1:30pm Chair Yoga Ballroom Dancing 5:30-6:30PM Experienced 6:45-7:45PM Beginner	<b>21</b> 9:00am Walk Aerobics 9:00am Yoga 9-11am Hair Styling and Nail painting by Dianna 9:45am Stretch and Tone 10:00am Bowling @Earl Bowl 1:15pm Zumba Gold	<b>22</b>
<b>24</b> 9:00am Walk Aerobics 9:45am Stretch and Tone 10:00am Clip and Save 10:45am Tai Chi 12:30pm Mah Johngg 1:00pm Art Class 1:45pm Bingo for Bucks	<b>25</b> 9:00am Haircuts 10:00am Group Trivia 1:30pm Zumba Gold	<b>26</b> 9:00am Walk Aerobics 9:45am Stretch and Tone 10:45am Tai Chi 10:45am Coloring for Calmness 6:00pm Zumba	<b>27</b> 9:15am Core Fitness 9:30am Stitch and Chat 9:30am Woodcarving 10-1130am Shuffle Board outside 10:15am Line Dancing 10:30am Transnet Safety 12:30pm Cards 12:30pm Scrabble 1:30pm Chair Yoga Ballroom Dancing 5:30-6:30PM Experienced 6:45-7:45PM Beginner	<b>28</b> 9:00am Walk Aerobics 9:00am Yoga 9-11am Hair Styling and Nail painting by Dianna 9:45am Stretch and Tone 10:00am Bowling @Earl Bowl 1:15pm Zumba Gold	<b>29</b>
<b>31</b> 9:00 am Walk Aerobics 9:45am Stretch and Tone 10:00am Clip and Save 10:45am Tai Chi 12:30pm Mah Johngg 1:00pm Art Class 1:45pm Bingo for Bucks					



# Encore Calender August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Ed Kavitsky Medicare by appointment 9:00am Haircuts 10:00am Stamp Club 10:00am Group Trivia 1:30pm Zumba Gold	2 9:00am Walk Aerobics 9:45am Stretch and Tone 10:45am Tai Chi 10:45am Coloring for Calmness 6:00pm Zumba	3 9:15am Core Fitness 9:30am Stitch and Chat 9:30am Woodcarving 10-1130am Shuffle Board outside 10:15am Line Dancing 12:30pm Cards 1:30pm Chair Yoga Ballroom Dancing 5:30-6:30PM Experienced 6:45-7:45PM Beginner	4 9:00am Walk Aerobics 9:00am Yoga 9-11am Hair Styling and Nail painting by Dianna 9:45am Stretch and Tone 10:00am Bowling @Earl Bowl 1:15pm Zumba Gold	5
7 9:00 am Walk Aerobics 9:45am Stretch and Tone 10:00am Clip and Save 10:45am Tai Chi 12:30pm Mah Johnng 1:00pm Art Class 1:45pm Bingo for Bucks	8 9:00am Haircuts 10:00am Stamp Club 10:00am Group Trivia Special Lunch Hoagies 12:30pm Members' Council Meeting 1:30pm Zumba Gold	9 9:00am Walk Aerobics 9:45am Stretch and Tone 10:45am Tai Chi 10:45am Coloring for Calmness 6:00pm Zumba	10 9:15am Core Fitness 9:30am Stitch and Chat 9:30am Woodcarving 10-1130am Shuffle Board outside 10:15am Line Dancing 12:30pm Cards 1:30pm Chair Yoga Ballroom Dancing 5:30-6:30PM Experienced 6:45-7:45PM Beginner	11 9:00am Walk Aerobics 9:00am Yoga 9-11am Hair Styling and Nail painting by Dianna 9:45am Stretch and Tone 10:00am Bowling @Earl Bowl 10:30am Veterans Coffee and Conversation 1:15pm Zumba Gold	12 1:00pm Bingo
14 9:00 am Walk Aerobics 9:45am Stretch and Tone 10:00am Clip and Save 10:45am Tai Chi 12:30pm Mah Johnng 1:00pm Art Class 1:45pm Bingo for Bucks	15 9:00am Haircuts 10:00am Stamp Club 10:00am Group Trivia 1:30pm Zumba Gold	16 9:00am Walk Aerobics 9:45am Stretch and Tone 10:45am Tai Chi 10:45am Coloring for Calmness 12:30-1:30pm Arts and Crafts 1:00-3:00pm Massage by appointment 6:00pm Zumba	17 9:15am Core Fitness 9:30am Stitch and Chat 9:30am Woodcarving 10-1130am Shuffle Board outside 10:15am Line Dancing 12:00pm Acupuncture Treat- ments 12:30pm Cards 1:30pm Chair Yoga Ballroom Dancing 5:30-6:30PM Experienced 6:45-7:45PM Beginner	18 9:00am Walk Aerobics 9:00am Yoga 9-11am Hair Styling and Nail painting by Dianna 9:45am Stretch and Tone 10:00am Bowling @Earl Bowl 1:15pm Zumba Gold	19
21 9:00 am Walk Aerobics 9:45am Stretch and Tone 10:00am Clip and Save 10:45am Tai Chi 12:30pm Mah Johnng 1:00pm Art Class 1:45pm Bingo for Bucks	22 9:00am Haircuts 10:00am Stamp Club 10:00am Group Trivia 1:30pm Zumba Gold	23 9:00am Walk Aerobics 9:45am Stretch and Tone 10:45am Tai Chi 10:45am Coloring for Calmness 6:00pm Zumba	24 9:15am Core Fitness 9:30am Stitch and Chat 9:30am Woodcarving 10-1130am Shuffle Board outside 10:15am Line Dancing 12:30pm Cards 1:30pm Chair Yoga Ballroom Dancing 5:30-6:30PM Experienced 6:45-7:45PM Beginner	25 9:00am Walk Aerobics 9:00am Yoga 9-11am Hair Styling and Nail painting by Dianna 9:45am Stretch and Tone 10:00am Bowling @Earl Bowl 1:15pm Zumba Gold	26
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## Encore / PEAK Cafe

\*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 Lunch of the Day is subsidized by grants from:

*Aging and Adult Services  
of Montgomery County  
United Way of GPSNJ  
NP United Way  
BNY Mellon Charitable Trusts  
Clemens Foundation  
Fourjay Foundation*

*Gennardi Foundation  
TD Bank Foundation  
The Patricia Kind Foundation  
The Philadelphia Foundation  
Walmart Foundation  
W.W. Smith Charitable Trust  
VNA Foundation of Greater North Penn*

# PEAK Calender July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
<p>9:00AM Growing Stronger</p> <p>9:00-11:30AM Woodcarving</p> <p>10:00 AM Rummikub</p> <p>1:00-4:00PM Computer Lab</p> <p>1:15-2:15PM Zumba Gold</p> <p>3</p>	<p>Closed for the 4th of July Holiday.</p> <p>4</p>	<p>9:00AM - 2:30PM Computer Lab</p> <p>9:00AM Growing Stronger</p> <p>10:00AM Wii Bowling</p> <p>10:00 AM Rummikub</p> <p>10:30-11:30AM Skin and Sun Protection: Staying Safe and Cool</p> <p>12:45-1:30PM Zumba Chair</p> <p>5</p>	<p>9:00-10:00AM Yoga</p> <p>10:00 AM Rummikub</p> <p>10:30-11:30AM Chair Yoga</p> <p>10:30-11:30AM Tap Dancing</p> <p>12:15 PM Bowling sign-up</p> <p>12:30 PM Bowl</p> <p>12:30-3:00PM Computer Lab</p> <p>1:00PM Bridge-Card Game</p> <p>1:00-2:00PM Line Dancing</p> <p>Ballroom Dancing</p> <p>5:30-6:30PM Experienced</p> <p>6:45-7:45PM Beginner</p> <p>6</p>	<p>9:00-11:00AM Computer Lab</p> <p>9:00-10:00AM Fit for the Future I</p> <p>10:00 AM Rummikub</p> <p>10:30 - 11:30AM Fit for the Future II</p> <p>12:45PM Bingo</p> <p>7</p>	8
<p>9:00AM Growing Stronger</p> <p>9:00-11:30AM Woodcarving</p> <p>10:00 AM Rummikub</p> <p>10:00AM Lets get crafty with Mags</p> <p>1:00-4:00PM Computer Lab</p> <p>1:00PM Meet a Therapy Dog</p> <p>1:15-2:15PM Zumba Gold</p> <p>10</p>	<p>9:00-11:30AM Computer Lab</p> <p>9:00 - 10:00AM Fit for the Future I</p> <p>9:30 AM Studio Art Class - Painting</p> <p>10:00 AM Rummikub</p> <p>10:00-11:30AM Abington Community Health Screenings</p> <p>10:15-11:15AM Tai Chi</p> <p>12:45 - 1:45PM Fit for the Future II</p> <p>11</p>	<p>9:00AM - 2:30PM Computer Lab</p> <p>9:00AM Growing Stronger</p> <p>9:30 - 10:30AM Healthy Cooking Demos</p> <p>10:00 AM Rummikub</p> <p>11:00 AM - 1:00PM Community Cookout</p> <p>12:45-1:30PM Zumba Chair</p> <p>12</p>	<p>9:00-10:00AM Yoga</p> <p>10:00 AM Rummikub</p> <p>10:30-11:30AM Chair Yoga</p> <p>10:30-11:30AM Tap Dancing</p> <p>12:15 PM Bowling sign-up</p> <p>12:30 PM Bowl</p> <p>12:30-3:00PM Computer Lab</p> <p>1:00PM Bridge-Card Game</p> <p>1:00-2:00PM Line Dancing</p> <p>Ballroom Dancing</p> <p>5:30-6:30PM Experienced</p> <p>6:45-7:45PM Beginner</p> <p>13</p>	<p>9:00-11:00AM Computer Lab</p> <p>9:00-10:00AM Fit for the Future I</p> <p>10:00 AM Rummikub</p> <p>10:30 - 11:30AM Fit for the Future II</p> <p>12:45PM Bingo</p> <p>14</p>	15
<p>9:00AM Growing Stronger</p> <p>9:00-11:30AM Woodcarving</p> <p>10:00 AM Rummikub</p> <p>1:00-4:00PM Computer Lab</p> <p>1:15-2:15PM Zumba Gold</p> <p>17</p>	<p>8:30AM Renewing Life</p> <p>9:00-11:30AM Computer Lab</p> <p>9:00 - 10:00AM Fit for the Future I</p> <p>9:30 AM Studio Art Class - Painting</p> <p>10:00 AM Rummikub</p> <p>10:15-11:15AM Tai Chi</p> <p>12:45 - 1:45PM Fit for the Future II</p> <p>18</p>	<p>9:00AM - 2:30PM Computer Lab</p> <p>9:00AM Growing Stronger</p> <p>10:00AM Wii Bowling</p> <p>10:00 AM Rummikub</p> <p>12:45-1:30PM Zumba Chair</p> <p>1:00PM Ice Cream Social</p> <p>19</p>	<p>9:00-10:00AM Yoga</p> <p>10:00 AM Rummikub</p> <p>10:30-11:30AM Chair Yoga</p> <p>10:30-11:30AM Tap Dancing</p> <p>12:15 PM Bowling sign-up</p> <p>12:30 PM Bowl</p> <p>12:30-3:00PM Computer Lab</p> <p>1:00PM Bridge-Card Game</p> <p>1:00-2:00PM Line Dancing</p> <p>Ballroom Dancing</p> <p>5:30-6:30PM Experienced</p> <p>6:45-7:45PM Beginner</p> <p>20</p>	<p>9:00-11:00AM Computer Lab</p> <p>9:00-10:00AM Fit for the Future I</p> <p>10:00 AM Rummikub</p> <p>10:30 - 11:30AM Fit for the Future II</p> <p>12:45PM Bingo</p> <p>21</p>	22
<p>9:00AM Growing Stronger</p> <p>9:00-11:30AM Woodcarving</p> <p>10:00 AM Rummikub</p> <p>1:00-4:00PM Computer Lab</p> <p>1:15-2:15PM Zumba Gold</p> <p>24</p>	<p>9:00-11:30AM Computer Lab</p> <p>9:00 - 10:00AM Fit for the Future I</p> <p>9:30 AM Studio Art Class - Painting</p> <p>10:00 AM Rummikub</p> <p>10:15-11:15AM Tai Chi</p> <p>12:30PM Dance for Your Heart Social</p> <p>12:45 - 1:45PM Fit for the Future II</p> <p>25</p>	<p>9:00AM - 2:30PM Computer Lab</p> <p>9:00AM Growing Stronger</p> <p>10:00 AM Rummikub</p> <p>12:45-1:30PM Zumba Chair</p> <p>26</p>	<p>9:00-10:00AM Yoga</p> <p>10:00 AM Rummikub</p> <p>10:30-11:30AM Chair Yoga</p> <p>10:30-11:30AM Tap Dancing</p> <p>12:15 PM Bowling sign-up</p> <p>12:30 PM Bowl</p> <p>12:30-3:00PM Computer Lab</p> <p>1:00PM Bridge-Card Game</p> <p>1:00-2:00PM Line Dancing</p> <p>Ballroom Dancing</p> <p>5:30-6:30PM Experienced</p> <p>6:45-7:45PM Beginner</p> <p>27</p>	<p>9:00-11:00AM Computer Lab</p> <p>9:00-10:00AM Fit for the Future I</p> <p>10:00 AM Rummikub</p> <p>10:30-11:30AM Fit for the Future II</p> <p>12:45PM Bingo</p> <p>28</p>	29
<p>9:00AM Growing Stronger</p> <p>9:00-11:30AM Woodcarving</p> <p>10:00 AM Rummikub</p> <p>1:00-4:00PM Computer Lab</p> <p>1:15-2:15PM Zumba Gold</p> <p>31</p>					

# PEAK Calender August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 AM-11:30AM Computer Lab 9:00-10:00AM Fit for the Future I 9:30 AM Studio Art Class - Painting 10:00 AM Rummikub 10:15-11:15AM Tai Chi 11:30AM PEAK-A-Boo's Ladies' Luncheon 12:45-1:45PM Fit for the Future II	<b>2</b> 9:00AM - 2:30PM Computer Lab 9:00AM Growing Stronger 9:30 - 10:30AM Healthy Cooking Demos 10:00AM Wii Bowling 10:00 AM Rummikub 10:30 - 11:00AM "Are You a Fiend For Caffeine?" 12:45-1:30PM Zumba Chair	<b>3</b> 9:00-10:00AM Yoga 10:00 AM Rummikub 10:30AM Pudding in a Jar 10:30-11:30AM Chair Yoga 10:30-11:30AM Tap Dancing 12:15 PM Bowling sign-up 12:30 PM Bowl 12:30-3:00PM Computer Lab 1:00PM Bridge-Card Game 1:00 - 2:00PM Line Dancing Ballroom Dancing 5:30 - 6:30PM Experienced: 6:45 - 7:45PM Beginner:	<b>4</b> 9:00-11:00AM Computer Lab 9:00 - 10:00AM Fit for the Future I 10:00 AM Rummikub 10:30 - 11:30AM Fit for the Future II 12:45PM Bingo	<b>5</b>
<b>7</b> 9:00AM Growing Stronger 9:00-11:30AM Woodcarving 10:00 AM Rummikub 1:00-4:00PM Computer Lab 1:15-2:15PM Zumba Gold	<b>8</b> 9:00 AM-11:30AM Computer Lab 9:00-10:00AM Fit for the Future I 9:30 AM Studio Art Class - Painting 10:00 AM Rummikub 10:00-11:30AM Abington Community Health Screenings 10:15-11:15AM Tai Chi 12:45-1:45PM Fit for the Future II	<b>9</b> 9:00AM - 2:30PM Computer Lab 9:00AM Growing Stronger 10:00 AM Rummikub 11:00AM Get balanced... with a hoagie 12:45-1:30PM Zumba Chair	<b>10</b> 9:00-10:00AM Yoga 10:00 AM Rummikub 10:30-11:30AM Chair Yoga 10:30-11:30AM Tap Dancing 12:15 PM Bowling sign-up 12:30 PM Bowl 12:30-3:00PM Computer Lab 1:00PM Bridge-Card Game 1:00 - 2:00PM Line Dancing Ballroom Dancing 5:30 - 6:30PM Experienced: 6:45 - 7:45PM Beginner:	<b>11</b> 9:00-11:00AM Computer Lab 9:00-10:00AM Fit for the Future I 10:00 AM Rummikub 10:30 - 11:30AM Fit for the Future II 12:45PM Bingo	<b>12</b>
<b>14</b> 9:00AM Growing Stronger 9:00-11:30AM Woodcarving 10:00 AM Rummikub 1:00-4:00PM Computer Lab 1:15-2:15PM Zumba Gold	<b>15</b> 9:00 AM-11:30AM Computer Lab 9:00-10:00AM Fit for the Future I 9:30 AM Studio Art Class - Painting 10:00 AM Rummikub 10:15-11:15AM Tai Chi 12:45-1:45PM Fit for the Future II	<b>16</b> 9:00AM - 2:30PM Computer Lab 9:00AM Growing Stronger 10:00AM Wii Bowling 10:00 AM Rummikub 12:45-1:30PM Zumba Chair	<b>17</b> 9:00-10:00AM Yoga 10:00 AM Rummikub 10:30-11:30AM Chair Yoga 10:30-11:30AM Tap Dancing 12:15 PM Bowling sign-up 12:30 PM Bowl 12:30-3:00PM Computer Lab 1:00PM Bridge-Card Game 1:00 - 2:00PM Line Dancing Ballroom Dancing 5:30 - 6:30PM Experienced: 6:45 - 7:45PM Beginner:	<b>18</b> 9:00-11:00AM Computer Lab 9:00-10:00AM Fit for the Future I 10:00 AM Rummikub 10:30 - 11:30AM Fit for the Future II 12:45PM Bingo	<b>19</b>
<b>21</b> 9:00AM Growing Stronger 9:00-11:30AM Woodcarving 10:00 AM Rummikub 1:00-4:00PM Computer Lab 1:15-2:15PM Zumba Gold	<b>22</b> 9:00 AM-11:30AM Computer Lab 9:00-10:00AM Fit for the Future I 9:30 AM Studio Art Class - Painting 10:00 AM Rummikub 10:15-11:15AM Tai Chi 12:45-1:45PM Fit for the Future II	<b>23</b> 9:00AM - 2:30PM Computer Lab 9:00AM Growing Stronger 10:00 AM Rummikub 12:45-1:30PM Zumba Chair	<b>24</b> 9:00-10:00AM Yoga 10:00 AM Rummikub 10:30-11:30AM Chair Yoga 10:30-11:30AM Tap Dancing 12:15 PM Bowling sign-up 12:30 PM Bowl 12:30-3:00PM Computer Lab 1:00PM Bridge-Card Game 1:00 - 2:00PM Line Dancing Ballroom Dancing 5:30 - 6:30PM Experienced: 6:45 - 7:45PM Beginner:	<b>25</b> 9:00-11:00AM Computer Lab 9:00-10:00AM Fit for the Future I 10:00 AM Rummikub 10:30 - 11:30AM Fit for the Future II 12:45PM Bingo	<b>26</b>
<b>28</b> 9:00AM Growing Stronger 9:00-11:30AM Woodcarving 10:00AM Rummikub 1:00-4:00PM Computer Lab 1:15-2:15PM Zumba Gold	<b>29</b> 9:00 AM-11:30AM Computer Lab 9:00-10:00AM Fit for the Future I 9:30 AM Studio Art Class - Painting 10:00 AM Rummikub 10:15-11:15AM Tai Chi 12:45-1:45PM Fit for the Future II	<b>30</b> 9:00AM - 2:30PM Computer Lab 9:00AM Growing Stronger 10:00 AM Rummikub 12:45-1:30PM Zumba Chair	<b>31</b> 9:00-10:00AM Yoga 10:00 AM Rummikub 10:30-11:30AM Chair Yoga 10:30-11:30AM Tap Dancing 12:15 PM Bowling sign-up 12:30 PM Bowl 12:30-3:00PM Computer Lab 1:00PM Bridge-Card Game 1:00-2:00PM Line Dancing Ballroom Dancing 5:30-6:30PM Experienced: 6:45-7:45PM Beginner:		

## Farmers' Market Vouchers

*Visit the office for more information on distribution dates.*





# Education & Services

## Encore Services

### Farmer's Market Vouchers

This is a seasonal program

### Financial Advice

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

### Legal Advice

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

### Low-Income Heating Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) will open for applications as of November 1, 2016, for the coming heating season. Eligible low income households will receive a grant applied directly to their account with their energy supplier. The proposed income guidelines for 2016-17 for homeowners and renters are as follows:

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

Apply on line at [www.compass.state.pa.us](http://www.compass.state.pa.us) or pick up an application with Kay.

*Programs are free unless otherwise noted.*

### 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.

### 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.

## Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following (Updated 4/2017):

Family Size	Annual	Monthly	Weekly Income
1	\$15,678	\$1,307	\$302
2	\$21,112	\$1,760	\$406
3	\$26,546	\$2,213	\$511

**To register for this program, please see the social services coordinator and bring with you:**

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

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

### USDA Nondiscrimination Statement 2015

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C.

20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

## PEAK Services

### AARP Driving Courses

Instructor: Judy Pfander

Safe Driving July 6 & July 7

9:00AM - 1:00PM (4 hours each day)

4 Hour Refresher Course August 4

9:00AM - 1:00PM

\$15 AARP Members, \$20 Non-Member

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

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

### APPRISE Medicare Counseling

Tuesdays 9:30 AM - 11:30 AM By Appointment

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

### Benefits Screenings

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

### Help Yourself to Healthy Living

(Sponsored by Abington-Jefferson Health)

**"Skin and Sun Protection: Staying Safe and Cool When the Weather is Hot!"**

July 5, 10:30AM - 11:30 AM

According to the CDC, skin cancer is the most common cancer in America. Most skin cancers can be prevented. Please attend July's, "Help Yourself to Healthy Living", and learn about why we need to limit UV (Ultraviolet) ray exposure. We will review how to protect ourselves from skin cancer and how to stay safe outdoors, whether it is hot or cold outside. Remember, sun protection is always in season!

**"Are You a Fiend For Caffeine?"**

August 2, 10:30AM - 11:00AM

If you are like many Americans, caffeine consumption may be part of your morning routine. Caffeine is in many beverages, foods, and drugs that we use on a regular basis. Please attend August's "Help Yourself to Healthy Living", and learn about caffeine's "perks" and also caffeine's potential health problems (the side effects of caffeine). We will discuss where caffeine is hiding in your food, drugs and beverages as well.

### "Renewing our Life" – A Happy Presentation

July 18 at 8:30AM

See how you can renew your surroundings, strengthen your relationships and goals in life. Join us as Heidi Slook, Marketing Manager at Arbour Square will discuss 12 steps to a happy life and art of living well with this unique and exciting interactive presentation. "Morning" snacks will be provided.

### Legal Counseling

Tuesdays, July 25 and August 22

Attorney Jack Dooley provides free legal consultations. Schedule an appointment at the office window.

### Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2016 tax year are available at The PEAK Center. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by December 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 The PEAK Center is available if you are age 65 or older. Rides must be booked at least one day in advance by calling The PEAK Center by 11:00 AM. Inquire at the office window for TransNet registration information. To cancel a Transnet ride, please call TransNet directly at 215-542-7433. If you are calling after hours, please follow the prompts to reach Mid-County Transportation.

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

# Encore Enrichment

## Art Class

Mondays 1:00 PM Cost: \$5.00

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

## 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://www.facebook.com/lbphflp)

## 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.



*Vince, John, Ron and Bob enjoying Encore's new pool table.*



*Check out Harold Wambold, he won the whack and roll tournament! Way to go Harold.*

## 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.

## Merck Sharp & Dohme Federal Credit Union

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



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

667 Harleysville Pike.  
Telford (Franconia Twp.), PA  
Ph: 215-703-9800

J. LOWELL BERGEY, SUPERVISOR  
KYLE D. KOFFEL  
PATRICK A. TAYLOR  
MARK P. DOUGHERTY  
JOHN. A. DOUGHERTY

[www.WilliamsBergeyKoffel.com](http://www.WilliamsBergeyKoffel.com)  
Crematory on Premises

## Did You Know???

Retired Pennsylvanians receiving Social Security or other pension funds whose incomes are under \$19,200 annually may register one passenger car or non-commercial light truck at a reduced rate. Instead of the regular \$36 fee for a passenger vehicle or truck, you pay just a \$10.00 processing fee. The discount does not apply to title fees, transfer fees or sales tax, just a vehicle registration fee.



# PEAK Enrichment

## Bingo

Fridays 12:45 PM  
\$1.00 per card

## Bridge-Card Game

Thursdays 1:00 PM

## Community Cookout

July 12, 11:00 AM - 1:00PM - Community Cookout at the North Penn Commons!

Join us for a full summer Bar B Q and celebrate with your friends.

## Computer Lab Time

Mondays 1:00 PM - 4:00 PM  
Tuesdays 9:00 AM - 11:30 AM  
Wednesdays 9:00 AM - 2:30 PM  
Thursdays 12:30 PM - 3:00 PM  
Fridays 9:00 AM - 11:00 AM

PEAK Center's Computer Lab is equipped with laptops and iPads for your personal use. Come and surf the web, read the news or connect with relatives/friends on Facebook or email. Volunteer coaches will be available to answer questions and provide one on one tutorials too!

## Ice Cream Social

July 19 at 1:00PM - Ice Cream Social following lunch, sponsored by The Birches at Arbour Square. Join us for a cool treat in the PEAK Café.

## Lets get crafty with Mags

Monday, July 10 at 10:00 AM  
RSVP now to make your own mini-wreath frame. Cost is just \$3 for supplies.

## Meet a Therapy Dog

July 10 at 1:00 PM - Meet a Therapy Dog- up close and personal. Mary Kay Cassidy will bring her certified therapy dog and demonstrate how they train, work together and bring joy to everyone!

## PEAK-A-Boo's Ladies' Luncheon Gatherings

\*\*No July gathering  
August 1, Bertucci's (309 by The Mall) 11:30AM  
Call the office at 215-362-7432 or Louise at 215-368-2618 for reservations. Let us know if you need transportation.

## Rummikub

Everyday 10:00 AM

## Studio Art Class - Painting

Tuesdays 9:30 AM Cost: \$5.00  
Instructed by Louisa Wismer

## Woodcarving

Mondays 9:00 AM - 11:30 AM  
Come and work on your projects. Newcomers are welcome too.



Two photos above are craft activities at the PEAK Center

*Harleysville*  
**SAVINGS BANK**  
"Your Trusted Financial Partner"™

Harleysville Branch  
271 Main St.  
Harleysville, PA



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Harleysville • Hatfield • Lansdale • Souderton  
Summeytown • Upper Providence • West Norriton



**Please Consider Making a Donation!**

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