

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.GHNPS.org

Encore Experiences in Harleysville

312 Alumni Avenue, Harleysville, PA 19438
Phone: 215.256.6900 Fax: 215.256.9132
www.EncoreExperiences.org

The PEAK Center in Lansdale

North Penn Commons
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432 www.peakcenter.org

Encore Experiences & 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. For Encore, if Souderton Area Schools are closed due to bad weather, we are too. Watch the news or go online to www.soudertonpa.org/schools/closings/

For PEAK, if North Penn Area Schools are closed we are too, go to www.npenn.org

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 GHNPS; nor are the opinions of speakers necessarily the opinions of GHNPS; nor are the representations and information presented tested or reviewed for accuracy or reliability by GHNPS.

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 1:00 PM 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 "PEAK" or Valley ParaTransit "Encore" (whichever applicable).

Pillar Update

Greater Harleysville and North Penn Senior Services would like to thank State Representative Robert W. Godshall and the over 150 guests and volunteers that made the 2017 Pillar of the Community our top raising Pillar event in our history. Together we will net over \$55,000 to support the programs and services of Encore Experiences and the PEAK Center!

In deep gratitude for their support, we would like to recognize the following major sponsors for their support of our event:

Connector Sponsor: PDC Machines

Caregiver Sponsor: Acts Retirement Communities

Friend Sponsors: Abington Jefferson Health, Harleysville Bank, Local 542-International Union of Operating Engineers, Merck, Exelon Generation and PECO;

Supporter Sponsors: AQUA, Comcast Universal, Brittany Pointe Estates Residents Association; Peter Becker Community, Hennings Markets, Lutheran Community at Telford, The Community at Rockhill, Clemens Food Group, Living Branches, First Priority Bank, Fox Rothschild Attorneys at Law.

A huge THANK YOU to everyone who played a role in making this event a success for our organization!



Rep. Todd Stephens, Rep Bob Godshall, and Senator Bob Mensch at Pillar event.



Guests enjoying themselves at the Pillar Community Gala.

Membership Update

Our new membership year kicked off in July 2017 and has been off to a great start ever since. Many participants and seniors brand new to our centers have joined the GHNPS family the first time. To date, we have over 450 paid members.

There is still plenty of time to join to take advantage of the wonderful benefits all members receive, namely feeling proud to help support PEAK & Encore Centers. Now 3 membership levels make it easy to support GHNPS. For only \$25, an individual will receive a free program membership at the North Penn or Indian Valley YMCA (\$50 value), 1 free lunch coupon on your birthday (\$2 value), and 1 free fitness/class coupon (\$5 value).

For \$35, an individual will receive all that is listed, PLUS a newsletter mailed to your home, a GHNPS Tote bag, a free series of 6 classes (\$30 value), ongoing discounted classes at \$3 per class (\$2 savings each class), discount coupons for local businesses, and special "member only" programs and discounts.

And a special new level of membership commitment for a onetime fee of \$250 per individual - Lifelong member- you will also receive a ticket to our annual Pillar Gala event, VIP trip, and your name on a special recognition plaque. Call us or stop in to join and ask us about our couple rates!

UPCOMING PROGRAMS AND HIGHLIGHTS!

- 1:1 Electronics Assistance at Encore
- Creative Writing Class at Encore
- Night at the Races at Encore
- Military Ball at Encore
- Intergenerational Chess Tournament at Encore
- Wood Carvers Exhibition and Sale at Encore
- Learn about Osteoporosis at Encore
- Gambling Away the Golden Years program
- Special benefits program-Are you being served?
- Arts and Crafts at PEAK
- Celebrate with a "NEW" friend day at PEAK
- Philly Game Show at PEAK
- Special Holiday Luncheon Celebrations - PEAK & Encore!

PEAK Member Council Notes



PEAK members at the Fall trip to the Michener Museum.

I want to extend a sincere thank you to all the GHPSS members who volunteered and helped to make the Annual Pillar event a success, especially Cathie Leahy, Janice Masciantonio, Laurel Murphy, and Mags Watts.

Please check out the newsletter for all the new programs that have been added.

We continue to support Manna on Main St. Donations can be made by dropping off any non-perishable food item at the Greeter's desk. In September we donated 18.5

pounds of nonperishable foods. Thank you for your support!

I want to wish all a very Happy and Blessed Holiday Season!

Please join us for our monthly meetings November 21st and December 19th at 12:30.

Louise Shaheen



State Senator Bob Mensch meeting with members at the PEAK Center.



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
Kate Bushee
Office Manager

THE PEAK CENTER STAFF MEMBERS

Margo Fine-Gabbay
Site and Program Director
Carol Costlow
Social Services Coordinator
Joyce Helmick
Office Manager
Sherry Rocchino
Administrative Assistant
Steve Zurad
Meal Assistant

GHPSS

Board of Directors

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

We are grateful to the Meadowood Senior Living gardeners of Worcester who have been providing freshly harvested beans, zucchini, beets, carrots, and other delicious produce since early in the summer.
Thank you!



In Memoriam

Encore Members

Warren Grasse
Evelyn Rosenberger
Annamarie Rossanese
Kennett Slater

PEAK Members

Gladys Brunner
Bertha Corrado
Jay Detweiler

RATES STARTING AT \$2,450!

Holiday CRAFT BAZAAR

Saturday, November 11 • 10am - 2pm

Craft Vendors • Huge Bake Sale

Proceeds benefit the Generations of Indian Valley Meals on Wheels Program.

Holiday Celebration and Open House

Friday, December 29 • 2-4pm

MUSIC • DANCING • FOOD

RSVPs are preferred. Call 215-315-7762.

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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!



Encore Wellness

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

Acupuncture Treatments

Thursday, September 15 and October 19
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 - 6:30 PM
Beginner: Thursday Evenings 6:45 - 7:45 PM
Come out and learn the Fox Trot, Cha Cha, Jitter-
bug, and Waltz.

Chair Yoga

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

Core Fitness

Thursdays 9:15 AM Cost: \$5.00

Flexercise with Arbor Square

Here at Encore on Monday, December 1, 2017

MERCK Fitness Room

Anytime

Stretch and Tone & Walkaerobics

Mondays, Wednesdays, and Fridays
Walkaerobics begin at 9:00 AM followed by Stretch
and Tone at 9:45 AM. You can take the entire class
or just have one or the other, your choice. Cost:
\$5.00

*Tai Chi

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

Wii

We have Wii when there is a room available

Yoga

Wednesdays 9:30 AM
Cost: \$5.00, Instructor, Terri Kuenzer
A mind, body and soul experience you will not
want to miss! No prior experience needed.

Zumba

Wednesdays 6 PM, Cost: \$5.00

*Zumba Gold

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

Wellness Screenings & Other

Diabetic Shoe Fitting

Call Paula at 215-872-3222

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.

Health Checks

First Wednesday of each month November 1st
and December 6th, 9:30 AM. Provided by Abing-
ton Health blood pressure and weight checks.
Jane is here to answer any questions you
may have.

Help Yourself to Healthy Living

Trends in Diabetes Management

November 9, Do you or a loved one suffer from
diabetes? Mayo Clinic States Diabetes Mellitus,
refers to a group of diseases that affect how your
body uses blood sugar (glucose). Diabetes has
now reached epidemic proportions in the U.S.
November's HYTHL we will review the risk fac-
tors for diabetes, the symptoms, the types and the
diagnosis. We will review the "tools" to control
diabetes-medication, meal planning, activity, and
monitoring. You can control your diabetes - it
does not have to control you!

What's the Sense in Learning about Sensory Impairments?

December 14th, Have you noticed that as you
are getting older, your senses are becoming less
sharp? Sensory disabilities increase with age
and may compromise a senior's ability to carry
out routine daily activities. December HYTHL
and learn about impaired senses as you age and
what you can do about it. Hearing loss, vision
loss, changes in taste and smell, and changes in
peripheral sensation (peripheral neuropathy) will
be discussed.

Be Calm Coloring

Wednesdays of each month 10:45 AM

By request, color, relax and explore the artist
inside you. This program is offered in the
program room.

Holiday Cookies in a Jar

Come Join Teri Wassel to experience Holiday
Cookies in a Jar on December 7, 2017 at 12:30
PM. Please Sign up with Kate at the front desk.

Osteoporosis Presentation

By Dr. Frank J Ciuba of H/S Therapy Associates
in Harleysville.

The osteoporosis program at H/S Therapy is the
only one of its kind in the Montgomery county
area. They are a certified "Meeks Method" clinic
utilizing the only known exercise program
which is shown in medical studies to reduce the
likelihood and incidence of compression fracture.
November 21st, from 12:00 PM - 1:00 PM.

Presentation for Medicare

Tuesday November 7, 1:00 - 3:00 PM. Provided by
Apprise Ed Kavitsky. Opportunities During Medi-
care Enrollment, come on out and win a prize!

Quakertown Foot Care Center

Toe Nail Clipping by appointment the first
Tuesday of every month from 1:00 to 2:00 PM.
Bring your insurance card, contact the office
for details.

PLEASE NOTE

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



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www.VisitingAngels.com/lansdale

215.362.1100



Ballroom Dancing

Location: Encore Experiences in Harleysville
Cost: \$5.00
Experienced: Thursday Evenings 5:30 - 6:30 PM
Beginner: Thursday Evenings 6:45 - 7:45 PM
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

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.

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

Expertly designed routines which are specific to the participants includes, stretching, walking, flexibility & strength training. Join us to exercise with this friendly group.

Gambling Away the Golden Years

November 15, 10:30 - 11:30 AM. FREE! Join us for an educational program that explores the possibility of

"entertainment" gambling developing into problem gambling during the retirement years. Light refreshments will be served. Presented by the Montgomery County Office of Drug & Alcohol. Contact the PEAK Center to sign up-215-362-7432.

Growing Stronger

Mondays, Wednesdays. Please see November and December calendar for specific dates in the series
Fee: \$45.00 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

November 1, 9:30 AM, December 6, 9:30 AM

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.

Healthy Salad in a Jar

November 1, 10:30 - 11:30 AM. FREE. Join us as Teri Wassel MS, RD leads a "salad in a jar" workshop. Create and take home your own delicious salad to enjoy for dinner! Space is limited- must sign up at PEAK Office.

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!

Tap Dancing

Thursdays 11:30 AM
Cost: \$5.00

*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: Mary Ellen Meehan

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: Mary Ellen Meehan

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.

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 YMCA 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.**

PLEASE NOTE:

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

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No Script Needed! Early Morning/Saturday Hours!

**FREE SCREENINGS for
Encore/Peak Center Members**

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 - 11:15 AM, Cost: \$5.00

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



Wii Bowling

Now every Wednesday at 10:00 AM

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

Education & Services

Farmer's Market Vouchers are still good through November 30, 2017. Be sure to use yours!

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.

Low-Income Heating Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) will open for applications as of November 1, 2017 through March 2018, for the coming heating season. New income qualifications and applications will be available by late October. Applications can also be submitted online at www.compass.state.pa.us. The income guidelines for 2017 - 18 for homeowners and renters are as follows:

Household Size	Maximum Annual Income
1	\$18,090
2	\$24,360

Apply on line at www.compass.state.pa.us or pick up an application.

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.

Encore Services

AARP Driving Courses

Instructor: Ed Peterson
November 9, 10:00 AM - 2:30 PM
December 7, 10:00 AM - 2:30 PM
\$15 AARP Members, \$20 Non-Member

Legal Advice

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

Medicare appointments are now available on the first Tuesday of every month.

APPRISE Medicare Counseling

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

PEAK Services

AARP Driving Courses

Instructor: Judy Pfander
Safe Driving November 9 & 10
9:00 AM - 1:00 PM (4 hours each day)
4 Hour Refresher Course December 1
9:00 AM - 1:00 PM
\$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.

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 has been extended to December 31, 2017.

TransNet

Free shared ride service to the Encore Experiences and PEAK Centers is available if you are age 65 or older. Rides must be booked at least one day in advance by calling The Encore/PEAK Centers 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 PEAK Valley ParaTransit for Encore.

Veterans Service

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

Programs are free unless otherwise noted.

Notary Service

Notary service is available to GHNPS members by Claire Schumaker, who volunteers her time. At Encore Deb Hunsberger can provide assistance at 484-685-5558. Carol Costlow at PEAK can provide assistance at 215-362-7432.

Social Services Coordinator

Deb Hunsberger Social Services Coordinator available 8 AM to 4 PM on Mondays and Tuesdays

Having difficulties using your new smart phone?

Can't quite figure out how to work your iPad or tablet we now have available 1:1 Electronics Assistance. Contact John Matta of Interim Healthcare directly at 610-400-8765 to schedule a training at your convenience here at Encore.

SPECIAL PROGRAM

November 14 at 12:30 PM. Are you being served? A special program presented by Carol Costlow of PEAK and APPRISE Counselors that will present an overview of Medicare insurance changes and answer any other questions about benefit-related programs and eligibility.

APPRISE Medicare Counseling

Tuesdays 9:30 AM - 11:30 AM By Appointment
APPRISE counseling for Medicare benefits, medigap insurance, and Medicaid is offered by Pam Quatraro and Krista Decembrino, Tuesdays 9:30 - 11:30 AM. Call 215-362-1076 to request an appointment.

Open Enrollment for Medicare Advantage

Please call Encore to schedule with Ed Savitsky Presentation Opportunities during Medicare Enrollment. November 7, 2017, 1:00 to 3:00 PM
Open enrollment for Medicare Advantage plans and Part D (prescription drug) plans will be Oct. 15 - Dec. 7. Any changes you make will be effective as of Jan. 1, 2018. Get assistance from one of our APPRISE counselors - Pam Quatraro or Krista Decembrino. Call 215-362-1076 to make an appointment. In addition, Carol Costlow at PEAK can provide assistance. You can make an appointment with her at 215-362-7432.

At Encore you can make an appointment with Deb Hunsberger at 484-685-5558.

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, 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. This institution is an equal opportunity provider.

Coming Soon Tax Preparation Service

Sponsored by AARP, will be offered starting in February through April 15, 2018. Call for your appointment in the last week of January.

Legal Counseling for PEAK Members

Tuesdays, November 28 and December 19. Attorney Jack Dooley provides free legal consultations. Schedule an appointment at the office window.

For information or to schedule an appointment for any of PEAK 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

2nd Saturday of each month come out and join our fabulous Encore volunteers and play some bingo.

Saturday bingo is always looking to enlist additional volunteers, if interested please come see Patty.

Bingo For Bucks

Mondays 1:45 - 3:30 PM, Cost: \$1.00/card (2 games/card). Low vision Bingo cards available.

Board Games Anytime

Book Club (New)

Last Thursday of every month from 6:00 PM to 9:00 PM. See Patty for details.

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

Chimes Chorus

December 5, 11:45 AM at lunch time.

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

Anytime, surf the web!

Creative Writing

Class offered every Wednesday for the month of November from 2:00 - 4:00 PM with Creative Writing Professor Susan Buchler-Moyer of Montgomery County Community College. Please come and join us!

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.

Hair Cuts

Every Tuesday with Mary from 9:00 - 11:00 AM

Hair Styling by Appointments

With Diana, offered every Friday from 9:00 - 11:30 AM. Come on out and let Diana make you feel beautiful, hair styling \$10 and nail painting \$5.

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

Mah Jongg

Mondays 12:30 PM

Military Ball

November 4, 2017 1500 - 1800. \$10 per ticket includes Dinner, Dessert and Entertainment. Uniforms Encouraged.

Night at The Races (New)

Second Tuesday of every month beginning at 1:15 PM

Ping Pong (New)

Anytime

Scrabble

Looking to form a scramble group to play regularly once a week, if interested or if you would like to lead it please contact Patty Roxberry at 215-256-6900

Shuffleboard

Anytime, equipment available at Encore.

Shuffleboard League (New)

Every Wednesday at 6:45 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.

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.



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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*

Arts and Crafts with Norma Ruiz

November 29, 10:30 - 11:30 AM. FREE Norma (volunteer, artist and craft lover) will lead a workshop in making "gift tags" for all of your holiday gifts. All supplies will be provided-just bring your imagination and creativity! Space is limited so sign up at PEAK Office.

Bingo

Fridays 12:30 PM, \$1.00 per card

Bridge - Card Game

Thursdays 1:00 PM

"Celebrate with a Friend Day" at the PEAK Center

November 13 - Bring a "NEW" friend to the PEAK Center and receive a free class coupon for your friend to use anytime. PLUS you will receive a lottery ticket! Special lunch trivia game (hosted by PEAK Staff) and more... raffles and fun for all! Join us and get to know PEAK!

Computer Center 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 Center 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 tutors will be available to answer questions and provide one on one tutorials too!

De-Stress Coloring

Wednesday 12:30 PM

Lansdale Area Book Club

At the PEAK Center-join other avid readers for lively discussion and conversation of selected books. Group will meet 1/month in the PEAK Center on the last Monday of each month 12:00 - 1:00 PM.

November 27 - *Hillbilly Elegy* by J D Vance

**Note - No meeting in December
January 29 - *Homegoing* by Yaa Gyasi

Lets get Crafty with Mags

Join us for 3 crafty classes- just in time for all the holidays! Space is limited so must sign up at PEAK Office. Classes are \$3 for supplies.

November 13, 10:00 - 11:00 AM. Create your own turkey pine cone décor- for your thanksgiving holiday.

December 13, 10:00 - 11:00 AM. Design and create your own holiday ornaments/décor for your home.

December 20, 10:00 - 11:00 AM. Make a fresh greens arrangement/centerpiece in a vase- will beautify any room!

Mahjong

Thursdays at 1:00 PM

PEAK-A-Boo's Ladies' Luncheon Gatherings

All gatherings will be at 11:30 AM
November 7, Turning Point- 1460 Bethlehem Pike, North Wales (English Village Shopping Center)

December 5 - Red Lobster - 640 Cowpath Road, Montgomeryville

** January 2...PEAK Center with special lunch and "regifting" fun. Call the office at 215-362-7432 or Louise

at 215-368-2618 for reservations. Let us know if you need transportation.

Philly Game Show

December 4, 12:30 - 1:30 PM. FREE "How well do YOU know Philly"? Norm Danis will lead us on a virtual photo tour of Historic/Scenic Philadelphia. Game show trivia-style- prizes for correct answers.

Rummikub

Everyday 10:00 AM

Studio Art Class - Painting

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

Special Luncheons with Entertainment!

November 20, 11:30 AM - 1:15 PM. Let's celebrate Thanksgiving together with a holiday feast and delightful singing by Dean Garofolo (The Elvis Impersonator). Cost is \$8. Must RSVP to The PEAK Center by November 13. Special lunch time trivia game 11:30 AM - 1:00 PM hosted by PEAK Staff.

December 18, 11:30 AM - 1:15 PM. Happy Holidays to all! A magical time will be had by all as we feast while being mesmerized by "The Magic of the Gustafsons". Must RSVP to the PEAK Center by December 11.

** Special Veterans Day Program at the North Penn Commons

November 8, 9:00 - 11:00 AM FREE Join us as we honor our veterans with a ceremony and breakfast for our community. Must RSVP at the PEAK center office.

Woodcarving

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



PEAK members with their pumpkin centerpieces.



PEAK members creating their artwork at the fall water colors class.

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