

September - October, 2017

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.souderton.org/schools/closings/

For PEAK, if North Penn Area Schools are closed 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.

Site Directors; Comments

At the PEAK Center and Encore Experiences, our staff have been very busy planning a full calendar of exciting new programs, enriching speaker presentations, and celebrations galore! Membership re-enrollment has been in full swing, and many new folks have become members of GHNPS. We welcome all of you and look forward to meeting you at one of our upcoming events.

We are very excited to announce our 2017 Pillar of the Community- Gala Evening on Thursday, September 28, 2017 from 6:00-9:00PM at the North Penn Commons. We will be honoring State Senator Robert Godshall for his dedicated service to our community. Sponsorships, In-Kind donations, ads and any other charitable donations are welcomed and greatly appreciated. GHNPS strives to provide programs and services for all older adults in the greater North Penn area, so your support of this event will ensure that we will meet our goals for the next year.

Join us on September 28 - help make a big difference while having a great time.

Patty and Margo

GREATER HARLEYSVILLE
& NORTH PENN SENIOR SERVICES


Cordially invites you to our

2017 Pillar of the Community

Thursday, September 28th 2017
North Penn Commons
606 East Main Street
Lansdale, PA 19446
6:00 to 9:00 PM

HONORING
State Senator Robert Godshall

Rep. Robert W. Godshall
53rd Legislative District, Montgomery County



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 or Valley ParaTransit (whichever applicable).

UPCOMING PROGRAMS AND HIGHLIGHTS!

- Book Club at Encore
- Special Luncheons with Entertainment
- Computer, iPhone, iPad classes - Call for details!
- ***1st PEAK Fall Trip
- Health walks, Fitness expos
- Influenza vaccinations at Encore
- New Arts & Crafts classes
- ** New Book Club at PEAK Center
- Night at the Races at Encore
- PEAK Center 1st Anniversary in North Penn Commons special celebration luncheon
- Poetry & Tea
- Military Ball at Encore, November 4
- Mindfulness program

Encore New Staff Member

Kate Bushee, *Administrative Assistant*

I started here at Encore on July 19th 2017. I'm a single mother with an almost 2 year old little boy named Warren. I love to paint and do crafts when I have spare time. I also love country music! I already love working here at Encore and I can't wait to get to know all of you and do what I can to help make this place the best it can be!



Encore Member Council Notes

How to spell nostalgia?

This September, eighty years ago, my father took me to North Wales elementary school to meet Miss Frantz who would be my first-grade teacher. And thus, began my career as a student which led eventually to becoming a teacher.

A decade ago, I was a student again, auditing courses at Montco and Gwynedd Mercy. Since then, I've had some semesters where I found it difficult to schedule classes due to other obligations. DVDs which can be watched at home and book discussion groups became a good alternative.

Keeping your mind active is important as we age, but that is only part of it. A mind active with negative thoughts is a danger to itself and others. When we are angry, we damage neural connections in our own brain and we unwittingly encourage those around us to be angry which in turn damages their brains.

I invite you to join me this semester in reading or watching TED talks and other sources on Mindfulness. This could brighten our outlook as well as save some wear-and-tear on our minds.

*Have a good Autumn,
Dave Boorse, Pres. Members' Council*

PEAK Member Council Notes

WELCOME to all new members and THANK YOU to all who have renewed their memberships. We are looking forward to all our fall activities.

We continue to support Manna on Main Street. Donations can be made by dropping of any one non-perishable food item at the Greeter's desk. In July, we donated 35.35 pounds of nonperish-

able foods. Thank you for your support!

Please join us for our monthly meetings: September 19th and October 17th at 12:30.

Anyone who is interested in doing volunteer work at PEAK, please see Joyce for information.

Louise Shabeen



Our wonderful volunteers at the PEAK Cafe.

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
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
Administrative Assistant

Steve Zurad
Meal Assistant

GHPSS Board of Directors

Mary Metz, President

Bob Schoen, Treasurer

Deb Santoro, Secretary

Sheri Strouse, NP Liaison

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Louise Shaheen, The PEAK Members' Council Rep

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Robert Iannozzi

Kate Moore

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.

In Memoriam

Encore Members

Paul Hughs

Charles Shettsline

Jack Sheppard

Anette Nichols

Charles Mininger Jr

Geraldine Landis

Edith Searle

Vera Mitsch

Jay Detwiler

PEAK Members

Jay Detwiler

Charles Hardy

John Heller

Annette Nichols

Dennis O'Hara

William Oliveira

Dorothy Oppenlander

Edith Searle



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 - 6:30PM
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

Holistic Healing in Harleysville

October 8, 10:00 AM to 4:00 PM
Admission: \$7.00

Come join in the healing at Encore, many vendors and lots to learn on how to take care of you holistically!

MERCK Fitness Room

Anytime

Prime Time Health Walk

On September 14th, this year is a 60's theme.

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 6PM
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.

*Glucose Testing

October 2, 2017, 10:00 - 11:00 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

September 6 and October 4, 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

Fibromyalgia & Lifestyle Changes

September 14th - You probably know someone with fibromyalgia. It can be a very debilitating disease. Please attend September's HYTHL, so we can review what fibromyalgia is and lifestyle changes that can be used to treat fibromyalgia. We will also give you resources available so you know that you are not alone.

Easy Breathing with COPD

October 12th - COPD is a lung disease that makes it hard to breathe. It is caused by damage to the lungs over many years. Please attend our October, 2017 HYTHL to learn about COPD and its causes, symptoms, risk factors, and diagnosis. We will discuss the current treatments to help those suffering from COPD to breathe easier.

Save the Date HYTHL

November 9th - Trends in Diabetes Management and December 14th - What's the Sense in Learning about Sensory Impairments?

Please sign up at the greeter desk

Chocolate Chia Pudding in a Jar

Come Join Teri Wassel to experience Chocolate Chia Pudding in a Jar on October 18th. Teri will also be joining Encore on December 7, her creation this time around is holiday cookies in a jar!

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.

Influenza Vaccinations

October 9, 9:30 to 11:00 AM

Please bring your medicare part B card and identification.

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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Grooming • Assistance with Walking

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www.VisitingAngels.com/lansdale

215.362.1100

11th Annual Prime Time Health Walk

Sept 14, 2017- 10:00AM-1:00PM Montgomery County Aging & Adult Services 11th Annual Prime Time Health Walk - Call the PEAK Center for more information- 215-362-7432.

Back pain got you down?

October 27, 9:30 - 10:30 AM. Join us as The Physical Therapy and Wellness Institute will present exercises and information to help keep your lower back strong and flexible. Light Breakfast will be served. Sign up at the PEAK Center.

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

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.

Complimentary Hearing Screenings

October 2, 9:00 AM - 12:00PM. Hosted by Associates in Hearing. Come learn about ways to cope with hearing loss and if you are a current hearing aid user, feel free to bring your device with you for a free cleaning and check! Please call or stop in to the PEAK office to sign up for a time slot-space is limited. 215-362-7432.

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.

Growing Stronger

Mondays, Wednesdays. Please see September /October 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.

PLEASE NOTE:

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

Healthy Cooking Demos

September 6, 9:30 AM, October 4, 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.

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!

Rite Aid Flu Clinic

Sept 25, 2017, At the North Penn Commons, 9:00 - 11:00 AM & 4:00 - 6:00 PM. Flu shots plus other vaccines available-Insurance is required. Please call the PEAK office to sign up 215-362-7432.

Tap Dancing

Thursdays 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 - 11:15 AM, 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: 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 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.**



Photo above, people doing Hip Hop for your heart.



Photos at left, show individuals having their balance evaluated.

Education & Services

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 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 or pick up an application.

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.

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, 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.

Encore Services

AARP Driving Courses

Instructor: Ed Peterson

October 12, 10:00 AM - 2:30 PM

November 9, 10:00 AM - 2:30 PM

December 7, 10:00 AM - 2:30 PM

Farmer's Market Vouchers

This is a seasonal program

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.

Programs are free unless otherwise noted.

APPRISE Medicare Counseling

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

Notary Service

Notary service is available to GHPSS 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.

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.

PEAK Services

AARP Driving Courses

Instructor: Judy Pfander

Safe Driving September 14 & 15

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

4 Hour Refresher Course October 6

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.

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.

Legal Counseling

Tuesdays, September 26 and October 24.

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

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

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.

SAVE THE DATE

Ed Savitsky Presentation Opportunities during Medicare Enrollment. November 7, 2017 1:00 to 3:00 PM at Encore.

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.

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 our 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

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!

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 Styling by Appointments

With Diana, offered every Friday from 9 - 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

Night at The Races (New)

Second Tuesday of every month beginning at 1:15 PM



Say hello to Encore's newest participants, named by our members. Horse #1 Ginger named by Cass Scheuren. Horse #2 Candy Striper named by Lucy Trainer. Horse #3 Peppermint Smoothie named by Maureen Sereny. Horse #4 Rocket named by Kathy Metz. Horse #5 Purple Passion named by Bonnie Stangl and Gwen Boorse. Horse #6 Black Beauty named by Cass Scheuren. Thank you for all who took part in the voting, our first Night at the Races will be held on September 12th following our special Italian Lunch!



Photos top from left to right Cass Scheuren, Lucy Trainer. Second row, Maureen Sereny, Kathy Metz. Bottom row, Bonnie Stangl and Gwen Boorse.

Ping Pong (New)

Anytime

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.

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
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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*

Arts and Crafts with Melissa

Melissa, a professional graphic artist and print-maker will share her expertise with us so everyone can create individual masterpieces!

Join us-all are welcome - no previous art experience necessary.

September 22, 10:00 - 11:30 AM

October 13, 10:00 - 11:30 AM

Bingo

Fridays 12:30 PM, \$1.00 per card

Bridge-Card Game

Thursdays 1:00 PM

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!

De-Stress Coloring

Wednesday 12:30 PM

Lansdale Area Book Club (NEW)

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.

September 25 - "My Name is Mary Stutter" by Robin Oliveira

October 30 - "Underground Railroad" by Colson Whitehead

November 27 - "Hillbilly Elegy" by J D Vance

Lets get crafty with Mags

September 13 at 10:00 AM and on October 25 at 10:00 AM. RSVP now! Cost is just \$3 for supplies.

Fall Trip

October 11, 10:00 AM - 2:00 PM - For GHNPS Members.... Let's take a trip with the PEAK Center! Our fall trip will be to the Michener Art Museum in Doylestown for a fully guided docent tour of the galleries plus a lovely buffet lunch. Cost includes transportation from the PEAK Center, museum admission plus tour, and buffet lunch-\$53 person for Basic members, \$48 for Supporting members. Must sign up and pay in full by September 29, 2017. Space is limited.

PEAK-A-Boo's Ladies' Luncheon Gatherings

September 5th at Valentino's Bistro. October 3rd at Zoto's Diner. 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

Special Lunch with Entertainment!

October 31, 11:30 AM - 1:00 PM - Let's celebrate Halloween AND The PEAK Center's 1st Anniversary in the North Penn Commons! Lunch will cost \$8. Must rsvp at PEAK Center by October 20, 2017. (Singing and dancing encouraged!)

Studio Art Class - Painting

Tuesdays 9:30 AM Cost: \$5.00

Instructed by Louisa Wismer

Tea & Poetry

October 9, 2:00 - 3:00 PM - Experience the soothing effects of teatime while exploring the pleasures of poetry! Listening to poetry can revive memories, inspire creativity, and foster sharing. Sara Wenger, a local published writer and teacher will lead a unique workshop for all. Participants will also be able to create original poems if desired. (Tea and snacks will be served). Please sign up at PEAK Office.

Renewing Your Life (The Happy Presentation)

Sept 18, 10:30 - 11:30 AM Join us as Heidi Slook, marketing manager at Arbour Square discusses 12 steps to a happy life and the art of living well! Fun, interactive, lively program

Woodcarving

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

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