

GHNPS STAFF

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Ext. 202

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Encore Experiences

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900, press 1 and 1 again
M-F: 8:00 AM to 4:00 PM
www.ghnps.org

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Administrative Assistant, Ext. 103

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The PEAK Center

North Penn Commons
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432, press 2 then 1
M-F: 8:00 AM to 4:00 PM
www.ghnps.org

Sabrina Davila

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Ext. 212

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-  facebook.com/ghnps
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-  <https://bit.ly/GHNPSyoutube>

Our mission is to provide access to programs and resources that help older adults live independently and remain active.



A MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy May!!

May is here, bringing with it a month of colorful renewal, continued growth, and the heartwarming promise of warm, sunny days ahead! As Emily Bronte said, "May is the month of expectation, the month of wishes, the month of hope." I hope that you take some time this month to soak up the sun and enjoy the blooming flowers all around us.

The GHNPS team at Encore and PEAK continues to put together a wonderful calendar of events where you nourish the mind, body, and spirit. In addition to the programming at our Centers, this month we have some opportunities out and about in the community!



GHNPS hosts two fundraising events each year to help us raise money to ensure that we can deliver engaging programs and critical services that help our community build meaningful connections, have access to nutritious meals, engage in intellectually stimulating programs, and participate in wellness classes so they can thrive. We invite you to attend this year's Pillar event on May 29 at 5:30pm at Indian Valley Country Club. Tickets include an hors d'oeuvre reception and 3-course meal.

Members can access a discounted ticket (\$110) at bit.ly/pillar2024 by using promo code: member.

You can also purchase tickets at either Encore or PEAK, or mail a check to us at 312 Alumni Ave., Harleysville, PA 19438. If you are a Lifetime Member, you can attend one of our two fundraising events free of charge. Please email me (ebeil@ghnps.org) or call (215-256-6900 ext.201) to reserve your spot.

What's more fun than a good meal? A great meal with friends! Each day we offer delicious, nutritious lunches at Encore and PEAK. Now that the threat of wintry weather is behind us and daylight extends into the evening, you can take advantage of a yummy meal at a local restaurant with some of your GHNPS staff and friends. Please RSVP at either Center so that we can let the restaurants know how many to expect!

- **Breakfast Club:** May 20th at 9am | American Star Diner located in Montgomery Commons at 1200 Welsh Rd, North Wales
- **Dinner Outing:** May 22nd at 4pm | Villa Vito Restaurant located across from Encore at 315 Alumni Ave., Harleysville



And finally, on May 29th, our friends at Elm Terrace Gardens will be hosting a brunch for all GHNPS participants, with a menu of eggs, bagels, Danish pastries, meat, waffles etc. Their Activity Department will also offer an activity at the conclusion of brunch. An Elm Terrace bus will be available for those in need of transportation, departing from PEAK at 10:40am, and returning to PEAK between 12:30 pm and 1pm. The regular congregate meal will be available at both Centers for anyone not attending the brunch. Please RSVP to Sabrina at PEAK or by calling 215-362-7432.

Read on to find out about the wonderful happenings at Encore and PEAK this month!

Fondly,

Elizabeth Beil

GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

All members and participants are encouraged to attend the monthly Advisory Council meetings at either Center.

Encore: Thursday, May 9 at 12:30 pm

PEAK: Wednesday, May 15 at 12:30 pm

Legal Counseling

Encore: Free legal consultations are available by appointment. Call 215-256-6900 to schedule.

PEAK: Free legal consultations are available Tuesday, May 28. Call 215-362-7432 to schedule.

Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a seasonal program offering eligible households a grant toward heating costs. Applications will be accepted Nov 1, 2024 for the next heating season.

PA MEDI Medicare Counseling

Free, unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers. If you are turning 65 this year and becoming eligible for Medicare, this is a valuable resource of reliable information.

Encore: Appointments available on Wednesday, May 1. Call 215-256-6900 to schedule.

PEAK: Call 610-834-1040, ext. 145 to request an appointment on Wednesdays.

Do You Need A Ride To Encore or PEAK?

For reservations on TransNet to and from our Centers, please call Encore at 215-256-6900 or PEAK at 215-362-7432

PA Property Tax/Rent Rebate

Applications for the 2023 tax year are now being accepted. New rules apply to applicants for the 2023 tax year: **both** homeowners and renters can have income up to **\$45,000** and the rebate amounts will increase over previous years. More information about this rebate can be found at <https://www.revenue.pa.gov/IncentivesCreditsPrograms/PropertyTaxRentRebateProgram/Pages/default.aspx>. The North Penn School District offers an additional rebate to its residents who have already qualified and have received the PA Property Tax/Rent rebate for **2022**. You can apply to the District for their rebate through June 2024. The District is currently deciding what their rebate program will be after that. To learn more, to get applications for both rebates, or to get help from the GHPSS Social Services Coordinator, call 215-362-7432 ext. 203.

Farmers' Market Vouchers

The vouchers are expected to be available in June 2024. Please contact either Center in June to learn how to receive one set of vouchers per person for the summer. Eligibility requirements for 2024: 1) You must be 60 years or older, and 2) a Montgomery County resident, and 3) you must have income below \$2,321/mo. or \$27,861/yr. for a single person, or \$3,151/mo. or \$37,814/yr. for a couple.

Do You Need Assistance?

Looking for food stamps, SNAP benefits or Medicaid applications? Do you know if you qualify for the monthly food box for seniors? Need help with all the forms or understanding the mail from these programs? Call the GHPSS Social Service Coordinator at 215-362-7432, ext. 203.



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com



SRES
Seniors Real Estate Specialist

Happy Mother's Day!

A mother's strength, love, and wisdom make the world a better place.

As a real estate agent who specializes in working with seniors, I understand the importance of finding a home where comfort, safety, and community come together. I would be honored to help the mothers, or grandmothers, in your life find the perfect place to call home during their golden years.

*I work with all types of clients, please call if I can help in any way.

May 2024 Lunch Menu

Reserve your lunch by calling 215-256-6900. Lunch is served from 12pm to 1pm in the dining room. There is a suggested donation of \$2 for lunch. *(Menu is subject to change)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Meatloaf with Mushroom Gravy Glazed Carrots Mashed Potatoes Dinner Roll Apple Sauce Milk 1	Mixed Greens w/ Grilled Chicken, Cranberries, Pepitas, and Feta Pear Salad Corn Muffin Fruit Cup Milk 2	Fish and Chips Cole Slaw Cookie Milk 3
Open-faced Hot Turkey Sandwich on grain bread Steamed Broccoli Cranberry Sauce Chocolate Pudding Milk 6	Quiche Lorraine Green Salad Pineapple Milk 7	Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese Caesar Salad Club Crackers Milk 8	Teriyaki Salmon Asian Vegetables Wild Rice Cookie Milk 9	Meatballs with Spaghetti and Marinara Vegetable du jour Fruit Cup Milk 10
Philly Cheesesteak w/ Fried Onions Marinara Sauce French Fries Fruit Cup Milk 13	Tuna Melt on Whole Grain English Muffin Vegetable Soup Chocolate Pudding Milk 14	Beef Chili w/ Cheddar Cheese Tortilla Chips Mandarin Oranges Milk 15	 May Birthday Celebration Crab Cake Platter Veggie Medley Herbed Quinoa Seasonal Dessert Milk 16	Breaded Chicken Tenders w/ special dipping sauce Tuscan Veggies Cheddar Biscuit Pineapple Milk 17
Chicken Marsala w/ wild rice Green Beans Dinner Roll Peaches Milk 20	Baked Eggplant Parmesan Caesar Salad Dinner Roll Mandarin Oranges Milk 21	Sloppy Joe on Whole Grain Bun Cole Slaw Sweet Potato Fries Fruit Cup Milk 22	Chicken Pot Pie in Puff Pastry Green Salad Fruit Cup Milk 23	SPECIAL LUNCH Flea Market Picnic (\$) <ul style="list-style-type: none"> Cheeseburgers Veggie Burgers Hot Dogs Macaroni Salad Baked Beans 24
 MEMORIAL DAY CLOSED	Roasted Veggie Flatbread Pizza Green Salad Vanilla Pudding Milk 28	Meatloaf with Mushroom Gravy Glazed Carrots Mashed Potatoes Dinner Roll Apple Sauce Milk 29	Mixed Greens w/ Grilled Chicken, Cranberries, Pepitas, and Feta Pear Salad Corn Muffin Fruit Cup Milk 30	Fish and Chips Cole Slaw Cookie Milk 31

MAY Regular Programs

Regular Activities

Weekly MAY

Join us Monday through Friday for fun and exciting programming. Activities on this list occur every week at the same time & same place. See our special events listing for additional programming options which change monthly!

LUNCH IS SERVED DAILY FROM 12-1PM
\$2 Suggested donation | Reservations required

Mondays

9:15am • Tai Chi (\$5)
1:30pm • Art Class (\$4)
1:45pm • Bingo for Bucks (\$1 per card)

Tuesdays

9:15am • Walking with Weights (\$4)
9:30am • Group Trivia
10:30am • Scrabble
12:30pm • Pinochle
1:00pm • Mahjong
1:30pm • Zumba (\$4)

Wednesdays

8:00am • Chess
9:15am • Tai Chi (\$5)
9:30am • Coloring for Calmness
1pm • Rummikub

Thursdays

Wood Carving • 9:00am
Stitch & Chat • 9:30am
Bridge • 12:30pm
Skip-Bo • 12:30pm
Tone & Balance • 1:30pm (\$4)

Fridays

10:00am • Wii Sports & Jeopardy
10am • Prevent T2 Program (pre-registered participants only)
1:00pm • The Happy? Ya! Ya! Crew
1:30pm • Stretch & Tone (\$4)

For more information on these activities
or to make a lunch reservation

CALL 215-256-6900

312 Alumni Avenue • Harleysville, PA

Encore Experiences is open from 8am to 4pm daily. Transportation can be arranged through TransNet if you need a ride.





WEDNESDAY, MAY 1 @ 1:00 pm

Ice Cream Social hosted by Arbour Square | Come enjoy a sweet, frosty treat, compliments of our friends at Arbour Square. They will bring brochures and information on their housing options as well, for anyone who is interested. This is a free event, but don't forget to sign up for lunch in the office if you plan to have a nutritious meal first!



THURSDAY, MAY 2 @ 11:00 am

Help Yourself to Healthy Living: "Strokes are no joke!" | Learn the latest updates on strokes and stroke treatments at Jefferson Abington Hospital and Jefferson Lansdale Hospital. **Get your free blood pressure check beforehand from 9:30am to 10:45am.**



FRIDAY, MAY 3 from 11:00 am to 1:00 pm

Shiatsu Appointments | Kerry Palanjan, an experienced Shiatsu practitioner, will be offering 15-min appointments for a fully clothed chair massage. Shiatsu has a number of health benefits and is shown to improve relaxation and wellbeing. The cost is \$20 for 15 minutes paid to Kerry via cash, check, Venmo or Zelle. **To schedule, call Kerry directly at 215-622-4359, call or see Gina at the front desk.**



FRIDAY, MAY 3 @ 1:00 pm Happy? Ya! Ya! Crew | Theme- Kentucky Oaks- Bet on your favorite horse.



WEDNESDAY, MAY 8 @ 10:30 am

Retrospective Roundtable: "Gardening Tips & Tricks." | Join us for a casual group conversation sharing your gardening stories from over the years. What has worked for you and what has failed!! You might learn something new too!



WEDNESDAY, MAY 8 @ 10:30 am to 12:00 pm

Cash for Gold | Leave your wallet at home, but bring your old, or broken gold, silver, or platinum jewelry and coins and turn it into CASH! Bring that class ring, broken necklace, sterling silver flatware set, silver coins, or even dental gold and leave with CASH in your pocket!



WEDNESDAY, MAY 8 @ 1:00 pm

YWCA Foster Grandparents Program | Heather DeCarlo will be presenting the details of a mutually beneficial opportunity to impact the lives of children, as well as stay engaged in the world during retirement years. Please come out to hear all about this program and the impact it has had on both children and Senior Citizens. **To register, call or see Gina at the front desk.**



THURSDAY, May 9 @ 11:00 am

Prayer Care Group | Join this newly formed opportunity for those wanting to pray with someone else for whatever issue needs to be addressed. We will pray for people who are grieving the loss of a friend or relative, those with family problems, and those with illnesses. We can pray for world events, wisdom, comfort, & direction. Also, to praise God for his faithfulness, & to give Him glory for who He is.

THURSDAY, MAY 9 @ 12:30 pm Advisory Council



FRIDAY, MAY 10 @ 1:00 pm Happy? Ya! Ya! Crew | Theme- National Golf Day - Putting Challenge.



FRIDAY, MAY 10 @ 11:00 am

State Representative Resource Table | Please join PA State Representative Donna Scheuren's office staff for information on services offered to seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property and more!

ENCORE SPECIAL PROGRAMS CONTINUED...



MONDAY, MAY 13 @ 1:00 pm

"Maybe It's Your Medications: Why We Need to Talk," with Dr. Hedva Barenholtz Levy, PharmD |

This presentation will focus on how to avoid unnecessary drug therapy and adverse drug reactions. All too often, an unrecognized adverse drug effect is mistaken for a new medical condition, or worse, a symptom of getting older. Empower yourself to have important conversations about your prescription and nonprescription drugs. **To register, call or see Gina at the front desk by Friday, May 10th.**



TUESDAY, May 14 from 10:00 am to 2:00 pm

Social Services with Carol Costlow | Carol Costlow will be at Encore to help you with social service issues such as LIHEAP, PA Property Tax of Rent Rebates, SNAP benefits and more. **Call Mary Ellen for an appointment 215-256-6900.**



THURSDAY, MAY 16 @ 12:00 pm

Monthly Birthday Celebration | Join Encore friends to celebrate our May Birthdays during our congregational meal. **May birthdays, please let Gina know when registering for lunch.**



FRIDAY, MAY 17 @ 12:30 pm

Spring Celebration Sing-Along, presented by Senior "DJ" Group | Join us in celebrating the arrival of Spring! Our friends from the TriCounty Active Adult Center will lead a group sing-along to some of our favorite songs that remind us of springtime. Sign up for lunch and stay for this free entertainment.



FRIDAY, MAY 17 @ 1:00 pm Happy? Ya! Ya! Crew | Shades Day- Wear your sunglasses.



MONDAY, MAY 20 @ 1:00 pm

Nutrition Trail Walk | Join us for a walk and talk about nutrition as we stroll along the Harleysville Trails near Alumni Avenue. Barbara MacFarland, a Registered Dietitian from Stonewell Nutrition, will be your guide and lead the way. **To register, call or see Gina at the front desk by Friday, May 17th.**



WEDNESDAY MAY 22 @ 10:30 am

Paint & Sip Activity with PA Health & Wellness | Join Estelle Walker as she leads us in a step-by-step painting project with a Memorial Day theme. All supplies are included and refreshments will be served. **To register, call or see Gina at the front desk by Friday, May 17th.**



WEDNESDAY, MAY 22 @ 4:00 pm

Villa Vito Dinner Outing | Our group will be traveling across the street to Villa Vito for a 4:00 dinner. Anyone is invited to meet there. **Please RSVP to Gina at the front desk by Monday, May 20th** so we can call ahead and sit together. Each person will pay their own bill and supply their own transportation.



THURSDAY, May 23 from 10:00 am to 2:00 pm Social Services with Carol Costlow | By appt only.

THURSDAY, MAY 23 @ 11:00 am Prayer Care Group



FRIDAY, MAY 24 @ 1:00 pm Happy? Ya! Ya! Crew | Theme- National Scavenger Hunt Day.



FRIDAY, MAY 24 from 8:30 am to 3:30 pm

Encore Yard Sale | Come check out this indoor/outdoor event with many tables of various goods for sale at bargain prices! RSVP for our Special Picnic Lunch of Burgers, Hot Dogs, Macaroni Salad, and Chips. Your cost will depend on what you order. **If you would be interested in having your own Yard Sale table for \$10, please contact Mary Ellen at 215-256-6900.**



TUESDAY, MAY 28 @ 12:30 pm Korean Dance Performance | The PEAK Korean Dance Group will be performing for us at Encore to share their cultural heritage with us. Be prepared to be dazzled by the costumes and dance moves!



FRIDAY, MAY 31 @ 1:00 pm Happy? Ya! Ya! Crew | Theme- National Smile Day. Make yourself smile!

May 2024 Lunch Menu

Reserve your lunch by calling 215-362-7432. Lunch is served from 11:30am to 12:30pm in the dining room. There is a suggested donation of \$2 for lunch. Take-out lunches are \$4.
(Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Korean Style BBQ Beef Fried Rice Roasted Peppers and Onions Milk	May Birthday Celebration! Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts Milk	Roasted Chicken w/ Beans & Sun- dried Tomatoes Quinoa Pilaf w/ Riced Vegetables Broccoli & Cheese Sauce Milk
Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Milk	Chicken Salad on Lettuce w/ Grape Tomatoes Three Bean Salad Tapioca Pudding Milk	Paprika Chicken Wild & Brown Rice Pilaf Peas & Carrots Poached Pear Milk	Turkey Thyme Risotto Steamed Carrots Broccoli Milk	Mini Pancakes Turkey Sausage Links Spinach Milk
Imitation Crab Salad on Lettuce w/Grape Tomatoes Garden Pea Confetti Salad Cheddar Cheese Milk	Gingered Mustard Pork Brussel Sprouts Sweet Potatoes Milk	Swedish Meatballs over Egg Noodles Peas Applesauce Milk	Roast Pork au Jus w White Beans & Spinach Cauliflower w/Cheddar Sauce Peach Crumble Milk	Roasted Tilapia w/ Lemon over Rice Capri Vegetable Blend Stewed Tomatoes Milk
Tortellini Primavera Salad Grilled Marinated Chicken Peaches Milk	Cheesy Stuffed Shells w/ Crushed Tomato Sauce Steamed Carrots Steamed Green Beans Milk	Korean Roast Pork Fried Rice Capri Vegetables Milk	Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce Milk	Chicken Madras Roasted Zucchini & Squash Orzo w/Peas Milk
 CLOSED	Pasta with Meatballs Peas Poached Pear Milk	Special Brunch at Elm Terrace OR Lunch at PEAK Chicken Caesar Hoagie California Vegetable Salad Tapioca Pudding Milk	Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts Milk	Western Frittata Breakfast Potatoes Spinach Milk

Regular Activities

Weekly MAY

Join us Monday through Friday for fun and exciting programming.
 Activities on this list occur every week at the same time & same place.
 See our special events calendar for additional programming options which
 change monthly!

MAY Regular Programs

LUNCH IS SERVED DAILY FROM 11:30am-12:30pm
\$2 Suggested donation, Reservations required

Mondays

8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
 10:00am • Fit for the Future (\$4)
 10:00 am • Whist and Other Games
 11:00am • Stitch and Chat
 2:00pm • Korean Bong Sul

Tuesdays

8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
 10:00am • Tai Chi (\$4)
 1:00pm • Game Club
 1:00pm • Korean Computer Class
 1:00pm • Korean Dance and Drumming
 3:30pm • Korean Smart Phone Class

Wednesdays

8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
 10:00am • Fit for the Future (\$4)
 10:00 am • Medicare Counseling by Appt.
 10:00am • Wii Bowling
 12:45pm • Pinochle
 2:00pm • Korean Bong Sul
 2:30 & 3:30pm • Korean Drawing Class (Beginner/Experienced)
 3:30 & 4:30pm • Korean Saxophone Class (Beginner/Experienced)

Thursdays

8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
 9:00am • Yoga (\$4)
 10:15am • Chair Yoga (\$4)
 1:00pm • Korean Women's Bong Sul
 2:00pm • Korean Line Dancing
 3:00pm • ESL for Koreans
4:00pm Korean Creative Music Talk (NEW)

Fridays

8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
 9:30am • PEAK Pinochle
 12:30pm • Bingo
 1:30pm • Korean Kalimba
 2:00pm • Korean Bong Sul
 3:00pm • Korean Book Club

For more information on these activities
 or to make a lunch reservation

CALL 215-362-7432

606 E. Main St. Lansdale, PA

The PEAK Center is open from 8am to 4pm daily.
 Transportation can be arranged through
 TransNet if you need a ride.

SPECIAL PROGRAMS

*Please sign up for all programs in the binder on the Greeter's Desk at PEAK.
You may also sign up for programs and schedule appointments by calling 215-362-7432.*



WEDNESDAY, MAY 1 from 10:00 am to 3:00 pm

Shiatsu Appointments | Kerry Palanjian, an experienced Shiatsu practitioner, will be offering 15-min appointments for a fully clothed chair massage. Shiatsu has a number of health benefits and is shown to improve relaxation and wellbeing. The cost is \$20 paid to Kerry via cash, check, Venmo, or Zelle. **To schedule, you can call Kerry directly at 215-622-4359, call or see Sabrina at PEAK.**



THURSDAY, MAY 2 @ 11:30 am

Monthly Birthday Celebration | Join Peak friends to celebrate our May Birthdays during our congregational meal. **May birthdays, please let Sabrina know when registering for lunch.**



FRIDAY, MAY 3 @ 10:00 am

Knee Pain Presentation with Total Performance PT | Is knee pain interfering with your daily living? Are you wondering what it is, and what's causing it? Do injections help? Will PT stave off surgery? Come to the free workshop on knee pain presented by Dr. Sierra Padfield to get your questions answered.



FRIDAY, MAY 3 from 10:00 am to 12:00 pm

Tech Appointments with Les | Need assistance with your computer, phone, or tablet? Schedule an appointment with Les to get help navigating in this digital world. Les is also able to provide Notary Public Services. **To make an appointment, call or see Sabrina at PEAK.**



TUESDAY, MAY 7 @ 10:00am

Crafts with Friends | Join Suzanne in decorating straw hats with flowers & ribbons that can be used as centerpieces or door/wall hangings. Cost: \$3 to cover supplies. **RSVP to Sabrina at PEAK by May 3rd.**



TUESDAY, MAY 7 @ 11:00 am

Healthy Steps in Motion (HSIM), a 7 week series | This falls prevention exercise program is taught by Certified Workshop Leaders and is designed for all fitness levels. Class consists of a warm-up, strength and balance exercises, and a cool-down stretch. There are three levels of exercises, enabling participants to continue HSIM for as long as they like. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance. **Register for this 7 week series with Sabrina at PEAK by April 29th.** (Tuesdays weekly through June 25, with NO CLASS on MAY 14).



WEDNESDAY, MAY 8 @ 12:30 pm

Safe Driving Refresher for the Adult Driver | Join the Montgomery County Office of Public Health for this 30-minute refresher covering seatbelt safety, distracted driving prevention, pedestrian safety, general traffic laws, and more. Stay for the Question-and-Answer segment after the presentation and leave feeling more confident to safely navigate the roadways. **RSVP to Sabrina at PEAK by May 3rd.**



FRIDAY, MAY 10 @ 11:00 am

Grief Support | Deborah Harris of Family Services facilitates this Support Group for older adults dealing with the challenges of loss and grief. These meetings are welcoming, supportive, and confidential. You will learn about coping with the unpredictability of grief, connect with others who understand the pain of loss, and find comfort in sharing with the group.



MONDAY, MAY 13th from 10:30 am to 1:00 pm

NAMI Resource Table | NAMI, the National Alliance on Mental Illness, will have a resource table available to answer your questions about the services they provide to support individuals diagnosed with mental illness and their families. They will also have details about support groups specifically for the 55+ population.



MONDAY, MAY 13 @ 12:00 pm

Movie Matinee | Join us for an afternoon movie. Concessions will be available for purchase. **Contact Sabrina at PEAK for additional information.**

PEAK SPECIAL PROGRAMS CONTINUED...



TUESDAY, MAY 14th from 10:00 am to 12:30 pm

Resource Office Hours with State Legislators | As a benefit to their constituents, Rep. Steve Malagari will have staff on site at The PEAK Center to provide information on services offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property and more! This is also a time to share any feedback you have for our legislators directly with their staff.



TUESDAY, MAY 14th @10:00 am

Storytime with Josephine (HYBRID) | Join Josephine at The PEAK Center or online. Josephine will be reading "Remaindered" by Peter Lovesey. **Please RSVP to Sabrina at PEAK to receive the zoom link.**



WEDNESDAY, MAY 15th @ 12:30 pm Advisory Council



THURSDAY, MAY 16 from 12:30 pm to 2:30 pm

Montgomery County Association for the Blind Life Skills Classes | If you or someone you know is facing vision loss or low vision, this class will help you to learn to adapt and cope with vision loss, and to find out about services that are available in our community. Classes are led monthly by Mary Brucker, BSW. **For more information call MCAB at 215-661-9800.**



FRIDAY, May 17th @ 10:30 am

UPMC Emergency Preparedness | UPMC Community Health Choices will help you learn tips and tricks to be fully prepared to address the top 10 home and community emergencies. You will learn how to make an emergency plan, how to build a home emergency kit, how to keep your pets safe, and what community resources are available for older adults and those with special needs. **Please RSVP to Sabrina at PEAK by May 13th.**



FRIDAY, MAY 17 from 10:00 am to 12:00 pm Tech Appointments with Les | By appt only.



MONDAY, MAY 20th @ 9:00 am

Breakfast outing | Join your friends at a local favorite, American Star Diner (1200 Welsh Rd. #1, North Wales). Each person will pay their own bill and supply their own transportation. **Please RSVP to Sabrina at PEAK by May 15th so we can call ahead and arrange seating together.**



TUESDAY, MAY 21 @ 11:00 am Healthy Steps in Motion | Pre-registered participants only.



WEDNESDAY, MAY 22 from 10:00 am-12:00 pm

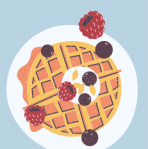
Resource Office Hours with Senator Maria Collett | Sen. Collett will have staff on site to take feedback & provide information on services offered to Seniors by the Commonwealth of PA.



TUESDAY, MAY 28 @ 11:00 am Healthy Steps in Motion | Pre-registered participants only.



TUESDAY, MAY 28* @ 12:00 pm PEAK Center Book Club | The book this month is, *The Only Woman in the Room* by Marie Benedict (*Date change due to Memorial Day).



WEDNESDAY, MAY 29th from 11:00 am to 12:30 pm

Special Brunch at Elm Terrace Gardens | Elm Terrace Gardens will be hosting a brunch for all GHPSS participants, with a menu of eggs, bagels, Danish pastries, meat, waffles etc. Their Activity Department will also offer an activity at the conclusion of brunch. An Elm Terrace bus will be available for those in need of transportation, departing from PEAK at 10:40am, and returning to PEAK between 12:30 pm and 1pm. (If you register for brunch, this will be in lieu of lunch at The Peak Center. The regular congregate meal will be available for anyone not attending the brunch). **Please RSVP with Sabrina at PEAK. Limited spots available.**



FRIDAY, MAY 31st @ 10:30 am

Health and Wellness Education Program | Montgomery County Immunization Coalition, Montgomery County Office of Public Health, and Giant Pharmacy will host a Health & Wellness Education Program, including an update on Adult Vaccines by Richard Lorraine, MD, FACP, Medical Director, MCOPH, and Heart Healthy Tips by Dave Wrzesniewski, RPh, Regional Pharmacy Manager, Giant Pharmacy. This is a great way to get your questions answered about key senior health and wellness issues! **Please RSVP to Sabrina at PEAK by May 27th.**



FRIDAY, MAY 31st from 10:00 am to 12:00 pm Tech Appointments with Les | By appt only.

PEAK PROGRAMMING CHANGE NOTE:



MONDAYS and WEDNESDAYS, MAY 13, 15, 20, and 22

Fit for the Future | Our Fit for the Future instructor, Kim Zimmerman, will be on vacation these dates; however, Jane Evans will be filling in with her Stretch and Tone class.

MEET OUR NEW DEVELOPMENT & MARKETING ASSOC.

Hi Everyone! I'm Alexis, and I'm so excited to be joining the team here at GHNPSS! You can find me at the 3rd cubicle at PEAK, or at whichever desk is open at Encore. I'll be working part time, split between the two locations, roughly 10 hours a week at each center. When you see me, please come say hello! If the newsletter looks a little different this month, it's because I had a few ideas I wanted to try out. I would love to hear your feedback!

I've been a regular volunteer at Manna on Main Street (right next door to the PEAK Center) for several years, so many faces at PEAK are familiar, and I look forward to slowly getting to know everyone at Encore. When I'm not here I'm hanging out with my husband or driving around my teenage daughters and watching them do what they love, which is sports, music, and theater.



At Option Companion Care, we go beyond basic patient care. We are dedicated advocates who understand the importance of exceptional care. Our mission is to enhance our patients' lives by providing comprehensive services for any short- or long-term disability, daily activities, and home care needs. Whether you require hourly, daily, weekend, overnight, or live-in assistance, our flexible system can accommodate your schedule. Our wide range of home services includes medication reminders, meal preparation, hygiene and grooming assistance, errand-running, light housekeeping, transportation, and companionship. Our primary goals are to ensure your loved ones remain socially engaged and safe in their home environment.

안녕하세요! 현재 노인 또는 장애인 가족을 돌보고 계신가요? 우리는 돌보기 서비스에 대한 보상을 받을 수 있는 기회를 제공하고 있습니다. Medicaid는 가족이나 친구를 간병인으로 고용할 수 있도록 허용하며, 저희 회사에서 이 서비스를 제공합니다. 언제든지 저희에게 연락 주시면 프로세스 전반에 대한 안내를 제공해 드립니다. 저희는 심지어 가입 보너스도 제공합니다! 옵션 컴패니언 케어로 전환하려면 사무실 번호 (610) 885-0400으로 전화 주시기 바랍니다.



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GHPSS MEMBERS OF THE MONTH

Our members are the heart of GHPSS! Each month, our staff chooses a special individual or couple to highlight. From dedicated volunteers, to members who lend a helping hand to their neighbors; from members who always have a smile and a kind word, to new members who have found comfort and new friends by attending our Centers... there are so many stories we look forward to sharing. If you want to nominate someone to be recognized as the MEMBER OF THE MONTH, please see Mary Ellen at Encore or Sabrina at The PEAK Center. You can also make an anonymous recommendation by dropping a note in the suggestion box at either Center.

ENCORE MEMBER OF THE MONTH

Mary brings her joy and her creativity to Encore whenever she is here. She enjoys our Tai Chi classes and has jumped onto our kitchen serving crew, as well as our new Raffle Basket committee. She spoils us by bringing in her baked delicacies and she always has a smile for our staff, volunteers and members. We all appreciate your enthusiasm, Mary, and all that you do for us here at Encore!



Mary Meyers

PEAK MEMBER OF THE MONTH

Gloria came to The PEAK Center a year ago, looking for a way to give back to her local community. She started volunteering at the Greeter's desk and our team was immediately impressed by her professionalism and kind, welcoming demeanor. We recruited her for a grant project aimed at reconnecting with seniors who hadn't been back to our Centers since the COVID-19 pandemic. Gloria did a wonderful job connecting with those she was able to speak with directly; listening to their stories and sharing about current happenings at PEAK. Gloria is always willing to jump in to assist whether it be serving in the Cafe or helping Sabrina with administrative tasks. She is a valued member of The PEAK Center and we are proud to honor her as this month's Member of the Month!



Gloria Vogel

**Volunteers
Needed!**

Volunteers are an integral part of Encore Experiences and The PEAK Center! If you are looking for a way to stay active and give back to your community, we may have a job for you. Volunteers assist with a variety of tasks related to our Congregate Meal service as well as administrative tasks such as greeting visitors, answering phone calls, assembling the monthly newsletter, filing, and more. There are also opportunities to help facilitate activities whether you want to run a game group or provide a workshop on a topic of your choice. Stop in to Encore or PEAK to learn more!