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

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<https://bit.ly/GHNPSyoutube>

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Happy June!

It's almost here... summertime! Another change in the cycle of the year; another month ticking by in the season of life. Just as June brings change in our lives, this month we will be ushering in a season of change for our organization.

For more than a year, you have probably heard us talking about a "rebrand" of the organization. This process has involved many people behind the scenes and others in more visible roles. This rebrand is more than just a name. It's capturing the heart of our centers in a way that both nourishes our current membership and draws new people in. It's honoring our legacy. It's looking towards the next 50+ years.

"We cannot become what we need to be by remaining what we are." - Oprah Winfrey

Change is not always easy, and we endeavor to approach this rebrand with clear intention and respect for the many people who make up this organization. I am so excited for the moment when we finally reveal the name and the concepts that we have put so much time and effort into crafting. I believe that you will see the themes of vitality, purpose, agency, and passion as the spark we need to build upon our strong foundation.

So, the big question... when and how will YOU learn our new name and brand? We have a few opportunities planned this month and are looking forward to working with our community to share the news in both large and small ways.



Pillar of the Community on June 11th at The Pavilion at Mainland -

members can attend at a discounted rate of \$100. Lifetime members can attend for free! Tickets available online at givebutter.com/pillar2025 or see the front desk at either center.



Annual Picnic on June 12th at Fischer's Park -

join us for an annual favorite that brings together members from both centers for a delicious meal, camaraderie, music, and games. Cost is \$10. See the front desk at either center to learn more and sign up.



Unveiling at the Centers on June 13th -

stop by either Center to see our new logo and name. While new professional signage will most likely not be ready by this date, we will have some sneak peaks of the new look and name to get you as excited as we are!



July Newsletter - can't make it out to the Centers? We will be doing an official announcement and using our new branding in the July Newsletter

I hope that you can join us this month for some of the many programs we have planned, not just around the rebrand. As the summer heats up, remember that there's always a cool spot with friendly faces, good food, and engaging activities right around the corner in Harleysville and Lansdale. I look forward to catching up with you this month and sharing the excitement of continued growth!

Fondly,

Elizabeth Beil

GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

A meeting of members and staff to share ideas and feedback.

Encore: *Thursday, June 5th at 12:30 pm.*

PEAK: *Wednesday, June 25th at 12:45 pm.*

Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a seasonal program offering eligible households a grant toward heating costs. Applications for next season will be available Nov 2025. More info is available at:

<https://www.pa.gov/agencies/dhs/resources/liheap.html>

PA MEDI Medicare Counseling Appointments

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: Call 215-256-6900 to schedule for *Thursday, June 12th or 26th*

PEAK: Call 610-834-1040, ext. 145 for appts on *Wednesdays.*

PA State Legislators Office Hours

Office staff will be on site to help you with resources 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.

Encore: PA State Representative Donna Scheuren's Office:

Friday, June 13th, from 11 am - 12 pm.

PEAK: PA State Representative Steve Malagari's Office:

Tuesday, June 10th, from 10 am - 12 pm.

PA State Senator Maria Collett's Office:

Wednesday, June 25th, from 10 am - 12 pm

Free Legal Consultation Appointments

Encore: Call 215-256-6900 to schedule.

PEAK: Call 215-362-7432 to schedule for *Tuesday, June 24th.*

PA Property Tax/Rent Rebate

Applications for the 2024 tax year will be accepted until **June 30th, 2025**. New rules apply to applicants for the 2024 tax year: **both** homeowners and renters can have income up to **\$46,520** and the rebate amounts will increase over previous years. More information about this rebate can be found at bit.ly/4c0HmjQ.

Several area school districts now offer a tax rebate to their residents who have first qualified for the latest PA Property Tax/Rent Rebate for 2024. To learn more or get applications for both rebates, call 215-362-7432 ext. 203.

Social Services Appointments with our Social Services Coordinator Tara Ticktin

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 Tara, at 215-362-7432, ext. 203 to schedule.

Encore: Appts. are available from **9:30 am - 2 pm on Wednesdays.**

PEAK: Call to request an appointment.

Tech Tutoring

Need help with a computer, smartphone, or tablet?

Encore: Call 215-256-6900 to make an appt with Tech Tutor Ed, for **any Wednesday in June, from 10:30 am - 12 pm**

PEAK: Call 215-362-7432 to make an appt for **Fridays in June, from 10 am - 12 pm.**

Farmers' Market Vouchers

The vouchers are expected to be available at some point in June. Contact either Center in June to learn how to receive one set of vouchers per person for the summer. Eligibility requirements for 2025: 1) You must be 60 years or older, and 2) a Montgomery County resident, and 3) income below \$2,413/mo. or \$28,953/yr. for one person, or \$3,261/mo. or \$39,128/yr. for a couple.

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



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsRealEstate.com



SRES
Seniors Real Estate Specialist

You are invited! Join me
Friday, June 20th
3 - 6 pm
At Keller Williams
Quakertown Office
431 S. West End Blvd
Quakertown PA 18951
for some free ice cream!



Mon & Mel's Sweet Scoops
will be scooping up
some summer fun!



Keller Williams Realty Group Office | 431 S. West End Blvd. | Quakertown PA 18951

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk</p> <p>9:15am Tai Chi (\$5) 10:30am-12pm Cash for Gold* 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p> <p>2</p>	<p>Sausage, Peppers, & Onions Served w/ Roasted Potatoes & Tomato Sauce, Fruit, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10am Stamp Club* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" Class (\$4)</p> <p>3</p>	<p>Chicken & Broccoli over Pasta Alfredo, Garden Salad, Brownie, Milk</p> <p>8am Chess 9am Breakfast Club @ Backyard Beans* 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Medicare Fraud Prevention* 2:30pm Chair Yoga (\$4)*</p> <p>4</p>	<p>Hot Open Face Turkey & Gravy on Wheat Bread, Tuscan Vegetables, Cranberry Sauce, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am BP Screenings 10am-2pm Hearing Screenings w/ GMU SLP Students (Brain Games @ 10:30am)* 11am Help Yourself to Healthy Living: Chronic Disease, Palliative Care and Hospice Presentation* 12:30pm Advisory Council ** 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p>5</p>	<p>Crab Cake, Sweet Potato Fries, Mixed Vegetable, Fruit, Milk</p> <p>10am Wii Sports or Jeopardy 10:30am Birdhouse Painting with Humana* 12:30pm Table Toppers* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong</p> <p>6</p>
<p>Baked Haddock, Long Grain Rice Pilaf, Winter Vegetable Blend, Cookie, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p> <p>9</p>	<p>Chicken Marsala, Brown Rice, Green Beans, Whole Grain Roll & Butter, Mandarin Oranges, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 10:30am Total Performance PT w/ Eric* 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" class (\$4) 1:30pm Book Club*</p> <p>10</p>	<p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 2:30pm Chair Yoga (\$4)*</p> <p>11</p>	<p>Mixed Greens w/ Grilled Chicken, Pears, Pecans, & Cranberries, Cheddar Biscuit, Fruit Cup, Milk</p> <p>9am Wood Carving 9am Medicare Counsel Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 11:30a-1:30p Picnic @ Fischer's Park w/ Entertainment (\$10)* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p>12</p>	<p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p>Brand Unveiling at the Centers 10am Wii Sports or Jeopardy 11am State Rep. Scheuren Office Hour** 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong</p> <p>13</p>
<p>Salmon Crouquette Tartar Sauce, Rice Pilaf, Carrots & Peas, Peaches, Milk</p> <p>Tai Chi Canceled Today 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p> <p>16</p>	<p>BBQ Pulled Pork Stuffed Sweet Potato, Green Beans, Cookie, Milk</p> <p>Haircuts Canceled Today 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm PA Health & Wellness Bday Celebration/Program* 1pm Mahjong 1:30pm "Dance w/ Lysandra" Class (\$4)</p> <p>17</p>	<p>Roasted Vegetable Pizza, Soup Du Jour, Mandarin Oranges, Milk</p> <p>Tai Chi Canceled Today 8am Chess 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Snack & Learn about Vaccines w/ GIANT* 2:30pm Chair Yoga (\$4)*</p> <p>18</p>	<p>Roast Beef, Mashed Potatoes, Carrots, Roll & Butter, Applesauce, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat No GMU SLP Students Today 12:30pm Bridge 12:30pm Skip-Bo 1pm Intergenerational Juneteenth Trivia* 1:30pm Tone & Balance (\$4)</p> <p>19</p>	<p>Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk</p> <p>10am Wii Sports or Jeopardy 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong</p> <p>20</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian 3 Bean Chili, Green Salad, Fruit Cup, Milk 9:15am Tai Chi (\$5) 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks <div>23</div>	Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, Milk 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance w/ Lysandra" Class (\$4) <div>24</div>	Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30a-2p Social Services Appts** 10am Happy? Ya! Ya! Crew: Let's Get Moving* 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Pride Month Rainbow Decoupage w/ Cinderella* 2:30pm Chair Yoga (\$4)* <div>25</div>	Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, Milk 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4) 4:30pm Dinner Outing @ Franconia Heritage* <div>26</div>	Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk 9:30am Veteran's Coffee Catch-up* 10am Wii Sports or Jeopardy 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong <div>27</div>

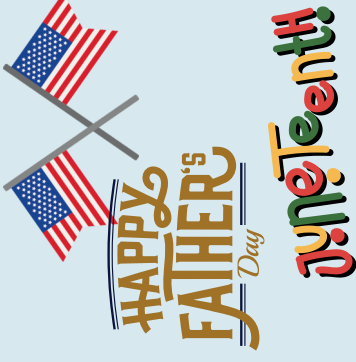
In June We Celebrate



Pride Month



Alzheimer's and Brain Awareness Month



June 14th - Flag Day
June 15th - Father's Day
June 19th - Juneteenth

Don't forget, Every Tuesday at Encore we have our Tasty Tuesday Bake Sale with sweet treats available after lunch for just \$1

Orange with * Indicates special programming with additional information available on **pgs. 5-6**

Blue with ** Indicates Resources & Services with additional info available on **pg. 2**

Our center is open **8am - 4pm, Mon-Fri**, with access to our fitness room, library, pool table, and ample space for relaxing, socializing, game playing, puzzling etc. Programs are free unless otherwise indicated.



Detailed descriptions for all of our regular and recurring programming can be found on our website:

www.ghnps.org
or scan the QR code for quick access

Scan me



312 Alumni Avenue,
Harleysville, PA 19438
215-256-6900



Encore
Experiences
in Harleysville Part of GHNPS

SPECIAL PROGRAMS

Please sign up for all programs at the Greeter's Desk at Encore
You may also sign up for programs & schedule appointments by calling 215-256-6900



• **MONDAYS in JUNE, from 1:30 to 3:30 pm: Art Class with New Teacher** | Join our Art Class, with new teacher Rich Godshall, for instruction in all mediums. Everyone works on their own project and Rich will provide individual instruction to help with your piece. The cost for these two-hour sessions is \$5.



• **TUESDAYS after Lunch: Tasty Tuesdays Bake Sale** | Pick up a sweet treat after lunch for \$1.



• **WEDNESDAYS in JUNE @ 2:30 pm: Chair Yoga with Lysandra (\$4)** | Join our gentle, accessible class for seniors looking to improve flexibility, balance, and overall well-being. This class offers a safe, supportive environment with seated or standing-holding-chair poses, making it ideal for those with mobility challenges. No prior experience is needed, just bring comfortable clothing, shoes and a willingness to move & relax!



• **THURSDAYS in JUNE, from 10 am to 2 pm: GMU Speech Language Pathology (SLP) Students on Site** | Speech Language Pathologists work to prevent, assess, and treat disorders that impact speech, language, cognition, social communication, fluency, voice, and/or swallowing. There will be opportunities for group and 1:1 activities, including our popular Brain Games @ 10:30 am. **No GMU students on site June 19th.**



• **MONDAY, JUNE 2, from 10:30 am to 12 pm: Cash for Gold** | Bring your old or broken gold, silver, or platinum jewelry, class rings, coins, sterling silver flatware, or dental gold, and turn it into CASH in your pocket! Thanks to Carol Hoy for making this valuable service available to us in our secure environment.



• **TUESDAY, JUNE 3, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, JUNE 3 @ 10 am: Stamp Club** | Join us to talk about stamps and everything else. We welcome everyone and would enjoy having you join the group. No need to be an expert, just come join us!



• **WEDNESDAY, JUNE 4 @ 9 am: Breakfast Club: Backyard Beans Coffee Co.** | This month we will visit Backyard Beans at 408 W. Main St, Lansdale, PA 19446. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Thurs, May 29 so we can call ahead for seating.**



• **WEDNESDAY, JUNE 4 @ 1 pm: Medicare Fraud Prevention Presentation by CARIE, (The Center for Advocacy for the Rights and Interests of Elders)** | Join the Pennsylvania Senior Medicare Patrol for a special presentation on Medicare Fraud and Scams. Come and learn about common healthcare scams, how to identify them, and how you can build skills to help keep your healthcare matters safe and protected. Free educational handouts and Healthcare Tracking Booklets will be provided, so you can be equipped to fight fraud even after the presentation is over. **Please sign up with Gina in the office by Mon, June 2.**



• **THURSDAY, JUNE 5, from 10 am to 2 pm: Hearing Screenings w/ GMU SLP Students** | A hearing screening is a quick and simple test that checks how well you can hear different sounds. It helps identify whether you may have hearing loss and if further evaluation by an audiologist is recommended. Screenings will be conducted by graduate students in the Gwynedd Mercy University Speech-Language Pathology program under faculty supervision (who are licensed and certified speech-language pathologists).



• **THURSDAY, JUNE 5 @ 11 am: Help Yourself to Healthy Living: Chronic Disease, Palliative or Comfort Care, and Hospice** | Learn what is new and how to make your best-informed decisions for yourself and your loved ones. **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**



• **FRIDAY, JUNE 6 @ 10:30 am: Humana Birdhouse Painting Activity** | Join Jim Link as he leads us in painting birdhouses for our little feathery friends. He will also be able to answer any questions about Humana insurance services and their CenterWell™ healthcare services, which make it easier for you to achieve your best health. Humana is dedicated to improving health outcomes and well-being for their members, patients and employees. **Please sign up with Gina in the office by Mon, June 16.**



• **FRIDAY, JUNE 6 @ 12:30 pm: Table Toppers** | Want to help decorate our dining room tables? All are welcome to join and help put together those creative centerpieces that have been gracing our tables.



• **TUESDAY, JUNE 10 @ 10:30 am: Total Performance PT w/ Eric** | Come join Eric Finkelstein and one of his students for a general overview of Physical Therapy (PT). He will be covering the various conditions that are most commonly treated by physical therapy, ranging from orthopedic to neurological. He will also talk about what to expect and what PT can do to help these conditions. There will be a Q&A session as well. **Please sign up with Gina in the office by Mon, June 8.**



Encore
Experiences
in Harleysville Part of GHNPS

SPECIAL PROGRAMS

Please sign up for all programs at the Greeter's Desk at Encore
You may also sign up for programs & schedule appointments by calling 215-256-6900



• **TUESDAY, JUNE 10 @ 1:30 pm: Book Club** | Join our avid readers to engage in conversation about the book of the month and take part in voting on which book to read next month. Check with Gina at the front desk to find out the book selection for this month and check out your copy to get started on reading.



• **THURSDAY, JUNE 12, from 11:30 am to 1:30 pm: Fischer's Park Picnic featuring lunch by Common Grounds and entertainment by Michael Kropp!** | Come on out to relax with friends from both Centers and enjoy the delicious sandwiches, wraps, salads and goodies that we will bring. You can also play some bocci and corn hole, join in with the dancing to Michael's catchy covers, or take a stroll down to the waterfall. **Sign up with Gina or Sabrina by Fri, June 6; Cost \$10.**



• **MONDAY, JUNE 16: No Tai Chi Today**



• **TUESDAY, JUNE 17: No Haircuts w/ Robin** | Wish our lovely hair stylist well, she will be honeymooning!

• **TUESDAY, JUNE 17 @ 1 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all June birthdays after lunch with birthday cake and an interactive health presentation by Estelle Walker on Mental Health & Preventative Care. **Please sign up with Gina in the office by Fri, June 12.**



• **WEDSDAY, JUNE 18: No Tai Chi Today**

• **WEDNESDAY, JUNE 18 @ 1 pm: Snack & Learn About Vaccines with GIANT** | This presentation on adult immunizations reviews which vaccines older adults need and why. It highlights the most important and commonly administered vaccines and there will be time at the end for Q&A. **Please sign up with Gina in the office by Mon, June 16.**



• **THURSDAY, JUNE 19 @ 1 pm: Intergenerational Juneteenth Trivia** | Join us for some interesting trivia regarding the emancipation of slaves and the history of Juneteenth. This will be a nice intergenerational activity with our local school students.



• **WEDNESDAY, JUNE 25 @ 10 am: Happy? Ya! Ya! Crew- Let's Get Moving!** | The Happy? Ya! Ya! Crew format is changing a little bit, this would be a great time to try it out if you've never been before. Happiness comes from moving together. Join us for seasonal activities featuring simple, easy-to-do movements, such as walking, corn hole, ping pong, etc. This will be an invigorating social and active session, so come on out and make some friends!



• **WEDNESDAY, JUNE 25 @ 1 pm: Celebrate Pride Month with Rainbow Decoupage** | Our own Cinderella will lead the way as we use the decoupage technique to make rainbow crafts. All supplies are included. **Please sign up with Gina in the office by Mon, June 23.**



• **THURSDAY, JUNE 26 @ 4:30 pm: Dinner Outing @ Franconia Heritage Restaurant** | Come join our group at 508 Harleysville Pike, Telford, for some delicious food and fun company! Everyone provides their own transportation and pays their own bill. **Please RSVP to Gina or Sabrina by Fri, June 20.**



• **FRIDAY, JUNE 27 @ 9:30 am: Veterans' Coffee Catch-up** | All Veterans are invited to come join us for a relaxed, social gathering to share stories and get to know each other.

Harleysville Senior Spotlight: Meg McFe

We are always so happy here at Encore when we spot Meg getting off the TransNet bus to spend the day with us! She loves talking to other people and that is the most important thing to her when she comes here. She has made many good friends over the years and she is always touched at how understanding people are here. Meg says we are a good-sized Center and that it's easy to get to know the other people here. She was a volunteer here for years and she always enjoyed when she could help out with different chores. She loves reading and she is top-notch when we play Wii Jeopardy. She hails from Scotland and has a wonderful sense of geography and history, so she is quick to answer many of the questions that Alex asks! We sincerely appreciate the effort you make to come hang out here on a regular basis Meg!!





June 2025

Lunch is served daily from 11:30 am - 12:30 pm.
Advanced Reservations are required.
Call 215-362-7432 for all lunch or program
reservations and appts.

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Mac & Cheese, Roasted Peppers, Steamed Green Beans, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Food for Thought- Father's Day Thoughts* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 2	BBQ Pulled Pork Sandwich, Cauliflower, Sweet Potatoes, Milk 10am Tai Chi (\$4) 10am Crafts with Friends (\$4)* 10am-2pm Hearing Screenings with GMU SLP* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 3	Caribbean Flounder, Dirty Rice, Steamed Carrots, Steamed Broccoli, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling ** 12:30pm Understanding Skin Cancer* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 4	Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk 9am Yoga (\$4) 10am-1pm Shiatsu Appts* 10:15am Chair Yoga (\$4) 12:30pm Babe Ruth- "I'll knock a homer for you," presentation* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 5	French Toast Sticks, Scrambled Eggs with Cheese, Peaches with Granola, Milk 9:30am PEAK Pinochle 10am-12pm Tech Appts* 10:30am Pet Rescue Meet & Greet* 12:30pm Bingo 12:30pm Korean Drumming (Beginner) 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone 6
COLD MEAL: Cobb Salad, Crackers, Mandarin Oranges, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 11:30am Movie Matinee & Lunch* 12:30pm Prayer Care* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class (Last class until Sept)* 9	Pasta with Meatballs, Peas, Poached Pear, Milk 10am Tai Chi (\$4) 10am-2pm GMU SLP Students* 10am Story Time w/ Josephine* 10am-12pm State Rep. Malagari Office Hours** 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class 10	Beef Stew, Roasted Potatoes, Peach Crumble, Milk 8am-12pm AARP 8hr course* 9:30am Trivia Fun w/ Beth 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:30pm Brain Boosters w/ Dresher Estates* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 11	Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk 8am-12pm AARP 8hr course* 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 11:30am-1:30pm Fischer's Park Picnic w/ Entertainment (\$10)* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 12	General Tso Chicken, Fried Rice, Broccoli, Milk Brand Unveiling at Centers 9:30am PEAK Pinochle 10am-12pm Tech Appts** 10:30am Grief Support 12:30pm Bingo 12:30pm Korean Drumming (Beginner) 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone 13
Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, Milk 10am Stretch & Tone w/ Jane (\$4)* 10am Whist/Other Games 12:30pm Veteran's Resource Group* 2pm Korean Bong Sul 3pm Korean Table Tennis 16	Three Bean Chili, Bulgur Wheat Confetti & Pea Vegetables, Apple Crumble, Milk 10am Tai Chi (\$4) 10am-2pm GMU SLP Students* 10-10:30am Free BP Checks* 10:30-11:15am Help Yourself to Healthy Living Presentation* 12pm PA Health & Wellness Bday Celebration & Program* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class 17	Paprika Chicken, Brown & Wild Rice Pilaf, Poached Pear, Peas & Carrots, Milk 10am Wii Bowling 10am Stretch & Tone w/ Jane (\$4)* 10am Medicare Counseling** 12:30pm Talent Show* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone 18	COLD MEAL: Roast Beef Sandwich, Carolina Coleslaw, Fruit Salad, Milk 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12pm Luncheon Juneteenth Trivia* 12:30pm MontCo Assoc / Blind Bong Sul 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 19	Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk 9:30am PEAK Pinochle 10am-12pm Tech Appts** 12:30pm Bingo 12:30pm Korean Drumming (Beginner) 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone 20



June 2025

Lunch is served daily from 11:30 am - 12:30 pm.
Advanced Reservations are required.
Call 215-362-7432 for all lunch or program
reservations and appts.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>COLD MEAL: Tuna Salad with Lettuce & Grape Tomatoes, Garden Pea Confetti Salad, Cheddar Cheese Cubes, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Healthy Living for the Brain & Body* 2pm Korean Bong Sul 3pm Korean Table Tennis</p> <p>23</p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p>10am Tai Chi (\$4) 10am-2pm GMU SLP Students* 10:30am Wii Jeo-PARTY* 12pm Legal Consultations** 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phones</p> <p>24</p>	<p>Swedish Meatballs, Egg Noodles, Peas, Poached Pear, Milk</p> <p>9:30am All About Crystals* 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling ** 10am-12pm State Sen. Collett Office Hours** 12:45pm Advisory Council** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax</p> <p>25</p>	<p>Philly Roast Pork Sandwich, Cauliflower, Peach Crumble, Milk</p> <p>Theme Thursday-Garden Party** 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 10am Garden Craft* 12:45pm Trivia with Nancy 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 4:30pm Dinner Outing @ Franconia Heritage*</p> <p>26</p>	<p>Roasted Tilapia, Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk</p> <p>9:30am PEAK Pinochle 10am-12pm Tech Appts** 10:30am Grief Support 12:30pm Bingo 12:30pm Korean Drumming (Beginner) 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p>27</p>

In June We Celebrate



Pride Month

Alzheimer's and Brain Awareness Month



HAPPY

FATHER'S DAY
June 19th - Juneteenth!

June 14th - Flag Day
June 15th - Father's Day
June 19th - Juneteenth

All Korean Programming is taught in Korean

Orange with * Indicates special programming with additional information available on **pgs. 9-10**
Blue with ** Indicates Resources & Services with additional info available on **pg. 2**

Our center is open **8am - 4pm, Mon-Fri**, with access to self-organized Rummikub, Puzzles, Cards, Games, Chess, and Creative Coloring. Visit the front desk for questions or to access materials. Programs are free unless otherwise indicated.



Scan me

Detailed descriptions for all of our regular and recurring programming can be found on our website:
www.ghnpss.org
or scan the QR code for quick access



606 E Main St, Ste 1003,
Lansdale, PA 19446
215-362-7432



Programming Notes for June:

Stretch and Tone with Jane Evans will take the place of Fit for the Future on June 16 and 18
Korean Choir Class will be going on summer break until September, following class on June 9.



• **TUESDAYS in JUNE, from 10 am to 2 pm: GMU Speech Language Pathology (SLP) Students on Site** | Speech Language Pathologists work to prevent, assess, and treat disorders that impact speech, language, cognition, social communication, fluency, voice, and/or swallowing. There will be opportunities for group and 1:1 activities.



• **MONDAY, JUNE 2 @ 12:30 pm: Food for Thought** | In honor of Father's Day this month, let's talk about Dads, Grandpa's and Father Figures! What are some lessons learned, favorite memories, or Dad jokes you can share? Join us for this casual meandering conversation where we get to know each other better!



• **TUESDAY, JUNE 3 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating various designs on slate tiles. There will be a \$4 fee to cover supplies. **Please RSVP at the desk by Tues, May 27.**



• **TUESDAY, JUNE 3, from 10 am to 2 pm: Hearing Screenings w/ GMU SLP Students** | A hearing screening is a quick and simple test that checks how well you can hear different sounds. It helps identify whether you may have hearing loss and if further evaluation by an audiologist is recommended. Screenings will be conducted by graduate students in the Gwynedd Mercy University Speech-Language Pathology program under faculty supervision (who are licensed and certified speech-language pathologists).



• **WEDNESDAY, JUNE 4 @ 12:30 pm: Understanding Skin Cancer** | Join Katerina Kotsadam from Fox Chase Cancer Center for a game, prizes, and a presentation to learn more about the types of skin cancer, prevention, risk factors, screening, and tips for staying healthy!



• **THURSDAY, JUNE 5, from 10 am to 1 pm: Shiatsu Massage Appts** | 15-min, fully clothed, chair massages by Kerry Palanjian, experienced Shiatsu practitioner. For pricing information and to schedule an appointment, sign up at the front desk, or call Kerry directly at 215-622-4359.



• **THURSDAY, JUNE 5 @ 12:30 pm: I'll Knock a Homer for You: The Timeless Story of Johnny Sylvester and Babe Ruth** | Come join Andrew Lilley, Producer, Director, Editor, and Johnny Sylvester's great-nephew, as he tells the story of Babe Ruth, promising a New Jersey boy named Johnny Sylvester, that he'd knock a homer for him. That promise became a legend. Told from a unique perspective because it is part of his family history, there will be a Q&A session about the movie and a discussion about Babe Ruth & baseball.



• **FRIDAY, JUNE 6 @ 10:30 am: Pet Rescue Meet & Greet** | EnVi Rescue & Animal Sanctuary will be here to talk about their mission, the animals they foster, and even have a dog for you to meet!



• **MONDAY, JUNE 9 @ 11:30 am: Movie Matinee & Lunch** | Can you guess the movie? Double the mischief, double the fun! Join us for laughs, camp pranks, and a feel-good tale of family and summertime surprises. We'll deliver the congregate meal to your seat OR bring your own lunch! **RSVP at the desk by Fri, June 6.**



• **MONDAY, JUNE 9 @ 12:30 pm: Prayer Care - New Date** | Come join this peaceful fellowship of prayer to praise God. We pray for those in need of guidance, wisdom, comfort, and direction. All are welcome!



• **TUESDAY, JUNE 10 @ 10 am: Story Time with Josephine** | Josephine will be reading three stories: The Homesick Buick by John D. MacDonald, Kill or Be Killed by Ogden Nash, and Sense of Humor by Damon Ryan. You can join us at PEAK or via Zoom. Email Liz at ebeil@ghnpss.org if you would like the Zoom link.



• **WEDNESDAY, JUNE 11 and THURSDAY, JUNE 12, from 8 am to 12 pm: AARP Driver Course** | AARP Safe Driver Course: Open to participants 55+ who have not completed this 8hr course within the previous 36 months. \$20 for AARP members, \$25 for non-members, checks payable to AARP. Check with your auto insurance carrier to see if you are eligible for a premium discount after completion of the course. **Space is limited! Please RSVP at the front desk or by calling 215-362-7432.**



• **WEDNESDAY, JUNE 11 @ 12:30 pm: Brain Boosters with Dresher Estates** | Join Ellie & Molly from Dresher Estates to jog your memory and exercise your brain with a mix of nostalgic trivia, problem solving, and current events!



• **THURSDAY, JUNE 12 from 11:30 am to 1:30 pm: Fischer's Park Picnic featuring lunch by Common Grounds and entertainment by Michael Kropp!** | Come on out to relax with friends from both Centers and enjoy the delicious sandwiches, wraps, salads and goodies that we will bring. You can also play some bocci and corn hole, join in with the dancing to Michael's catchy covers, or take a stroll down to the waterfall. **Sign up with Gina or Sabrina by Fri, June 6. Cost \$10.**



• **MONDAY, JUNE 16 @ 12:30 pm: Veterans' Resource Group** | Rob Gardner from the American Legion will join us for our first meeting of this new resource networking group. Come to connect with fellow Vets and learn about available resources to support your physical, social, and financial well-being.



• **TUESDAY, JUNE 17 @ 10:30 am: Help Yourself to Healthy Living: "Chronic Disease, Palliative or Comfort Care, and Hospice"** | Learn what is new and how to make your best-informed decisions for yourself and your loved ones! **RSVP at the desk by Mon, June 16. Don't forget to get your free blood pressure check between 10 - 10:30am!**



• **TUESDAY, JUNE 17 @ 12 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all June birthdays after lunch with birthday cake and a presentation by Estelle Walker in recognition of Men's Health Month. **June Birthdays, please let us know when you sign up for lunch.**



• **WEDNESDAY, June 18 @ 12:30 pm: Talent Show** | Enjoy an afternoon of music, dance, poetry, and more as our community takes the stage. Cheer on your friends & celebrate the unique talents that we have!

• **THURSDAY, June 19 @ 12 pm: Lunchtime Juneteenth Trivia** | Join us for some interesting trivia regarding the emancipation of slaves and the history of Juneteenth.



• **MONDAY, JUNE 23 @ 12:30 pm: Healthy Living for your Brain & Body** | For centuries, we've known that the health of the brain & the body are connected. Now, science is able to provide insights into how lifestyle choices help keep your brain & body healthy as you age. Join us to learn about research around diet, nutrition, exercise, cognitive activity, & social engagement. **Please RSVP at the desk by Fri, June 20.**



• **TUESDAY, JUNE 24 @ 10:30 am: Wii Jeo-Party** | Test your knowledge & enjoy some friendly competition.

• **WEDNESDAY, JUNE 25 @ 9:30 am: All About Crystals** | Join Dr. Phyllis Greco Bucci of Holistic Apothecary as she shares insights into crystals, chakras, & how energy can support your overall well-being.



• **THURSDAY, JUNE 26: Garden Party Theme!** | Dress in your florals, pastels, or garden inspired favorites.



• **THURSDAY, JUNE 26 @ 10 am: Garden Craft with Dignity Memorial** | Dignity Memorial will be here to lead a craft representing your growth, because we are forever growing. Make a caterpillar from colorful paper circles, create a fast paper mâché cocoon, and make a butterfly with tissue paper.



• **THURSDAY, JUNE 26 @ 4:30 pm: Dinner Outing @ Franconia Heritage Restaurant** | Come join our group at 508 Harleysville Pike, Telford, for some delicious food and fun company! Everyone provides their own transportation and pays their own bill. **Please RSVP to Gina or Sabrina by Friday, June 20.**



• **MONDAY, JUNE 30 @ 12 pm: Book Club** | This month we will discuss "The Consequences of Anna" by Kate Birkin and Mark Bornz. For more information contact Betty Helpa (betty.helpa@gmail.com).

Lansdale Senior Spotlight: Pat Iula

Pat's history with our organization goes way back! She used to be the Program Coordinator and Assistant Director for PEAK many years ago. Can you believe it?? She eventually left her position here to join her husband in real estate, where she is still employed. Now when she's at the PEAK Center, it's not to clock in for work, but to enjoy one of her favorite past-times: yoga! Pat is a regular at our yoga classes, and she also enjoys gardening and square dancing with her husband to stay active. Behind the scenes at the PEAK Center, she is a strong source of support and community building for so many of the other folks who walk through these doors. We are so lucky that Pat has been involved with our organization for so long, and we hope she sticks around for a long time into the future!

