

GHPSS STAFF

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Encore Experiences
312 Alumni Avenue
Harleysville, PA 19438
215-256-6900, press 1 then 1
M-F: 8:00 AM to 4:00 PM
www.ghpss.org

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Administrative Assistant, Ext. 103

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Meal Assistant

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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.ghpss.org

Sabrina Davila
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Mia Hennessy
Activity Coordinator, Ext. 204

Grace Chung
Korean American Services
Specialist, Ext. 212

Tara Ticktin
Social Services Coordinator,
Ext. 203

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

Follow Us On:

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instagram.com/encoreandpeak

<https://bit.ly/GHPSSyoutube>

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Happy May!

As spring is in full bloom, we continue to celebrate the people who have helped our organization blossom across the years. Twenty years ago, the first Pillar of the Community fundraiser was held, recognizing Benny and Regina Alderfer. The Alderfers had deep roots in Harleysville. Regina's father, Wilmer Wambold, was a Lower Salford Township Supervisor, instrumental in starting the Harleysville Senior Center in 1975. Regina joined the Board of Directors in 1981 and, in her later years, became a regular at the Center; attending exercise classes daily. In addition to his impressive career with Harleyville Bank, Benny was a life member of the Harleysville Lions Club and 50-year member of the Harleysville Fire Company. As their daughter, April, remarked, **"From a community perspective, they are a valuable asset. A lot of things got started in Harleysville because my parents and my grandparents were around."** They truly embodied what we look for in our Pillar of the Community honorees. Every year since, we have continued to honor strong community champions. Each one holds a special place in the history of Greater Harleysville and North Penn Senior Services.

Our Pillar Hall of Fame includes:

- | | |
|---------------------------------|--|
| 2005: Benny and Regina Alderfer | 2015: K. Leon Moyer |
| 2006: Edward Molnar | 2016: Syed Afzal |
| 2007: Sanford A. Alderfer | 2017: Representative Bob Godshall |
| 2008: Robert Henning | 2018: Ron Geib |
| 2009: Philip Clemens | 2019: Joanne Kline |
| 2010: Harold Detwiler | 2020: Gary Volpe |
| 2011: William Aichle | 2021: Jefferson Lansdale Hospital "Front Line Workers" |
| 2012: Mark & Karen Cummings | 2022: Pam Kelly |
| 2013: Ella Rouch | 2023: Dr. Francis Jeyaraj |
| 2014: Jack Clemens | 2024: Doug Gifford |

And presenting our 2025 Honoree... Bob Schoen.

THE 2025 PILLAR of the Community & 50th Anniversary Celebration

Presented by Greater Harleysville & North Penn Senior Services
Wednesday, June 11, 2025 • The Pavilion at Mainland • 5:30-8:30pm

Honoring Bob Schoen

As we celebrate our 50th Anniversary, we couldn't ask for a better Pillar of the Community than Bob Schoen! A graduate of North Penn HS, Bob, and his wife Deb, put down roots in Harleysville, raising their family and finding many ways to give back. Like our first honoree, Regina Alderfer, Bob joined our Board as a young professional when he met Louise Conway, Harleysville Senior Center's first Executive Director. Feeling a deeply rooted sense of community connection is what he has enjoyed the most volunteering with GHPSS. He is one blossom in our important history and we are so grateful to recognize Bob this year.

If you are interested in joining us on June 11th to honor Bob Schoen and celebrate our 50th, tickets can be purchased online at bit.ly/pillar2025 or at our Centers. Members tickets are \$20 off the regular \$120 price with code **MEMBER**. Reach out to me with any questions!

In Celebration, *Elizabeth Beil*

GHNPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

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

Encore: *Thursday, May 8th at 12:30 pm.*

PEAK: *Wednesday, May 21st at 12:30 pm.*

Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a seasonal program offering eligible households a grant toward heating costs. Applications are available at each Center, and will be accepted until **April 18th, 2025**, or until funds run out. You can also apply online at compass.dhs.pa.gov.

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, May 8th or 22nd.*

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, May 9th, from 11 am - 12 pm.

PEAK: PA State Representative Steve Malagari's Office:
Tuesday, May 13th, from 10 am - 12 pm.

PA State Senator Maria Collett's Office:
Wednesday, May 28th, 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, May 27th.*

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: Tech Tutoring with Ed is back! Call 215-256-6900 to make an appt for **any Wednesday in May, from 10:30 am - 12 pm.**

PEAK: Call 215-362-7432 to make an appt for **Friday, May 2nd, 9th, 16th, or 23rd, from 10 am - 12 pm.**

Farmers' Market Vouchers

The vouchers are expected to be available in June 2025. Please 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 \$2,321/mo. or \$27,861/yr. for one person, or \$3,151/mo. or \$37,814/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.ShelbySellsHomesPA.com



SRES
Seniors Real Estate Specialist

May is a month to celebrate:

May 5 - Cinco de Mayo

May 6 - National Nurses Day

May 6-10 - Teacher Appreciation Week

May 9 - Military Spouse Appreciation Day

May 11 - Mother's Day

May 17 - Armed Forces Day

May 26 - Memorial Day



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>This Month We Celebrate:</i> Asian Pacific American Heritage Month Jewish American Heritage Month Older American's Month Mental Health Awareness Month</p> <p>May 11th - Mother's Day May 17th - Armed Forces Day May 26th - Memorial Day</p>	<p>Hot Open Face Turkey & Gravy on Wheat Bread, Tuscan Vegetables, Cranberry Sauce, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10am Stamp Club* 10:30am Scrabble 10:30am-12pm Cash for Gold* 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" class (\$4)</p> <p>5</p> <p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p>	 <p>Asian Pacific American Heritage Month Jewish American Heritage Month Older American's Month Mental Health Awareness Month</p> <p>May 11th - Mother's Day May 17th - Armed Forces Day May 26th - Memorial Day</p> <p>Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 11am Tech Tutoring Special Presentation: QR codes* 1pm Rummikub 1pm Helpful Tips for Selling your Home* 2:30pm Chair Yoga (\$4)*</p> <p>7</p> <p>Mixed Greens w/ Grilled Chicken, Pears, Pecans, & Cranberries, Cheddar Biscuit, Fruit Cup, 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 1pm ClearCaptions Presentation* 2:30pm Chair Yoga (\$4)*</p> <p>14</p>	<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am BP Screenings 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 11am Help Yourself to Healthy Living: Prevent a Stroke * 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p>1</p> <p>Chicken & Broccoli over Pasta Alfredo, Garden Salad, Brownie, Milk</p> <p>9am Breakfast Club @ Peeps* 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat NO GMU SLP Students Today 12:30pm Advisory Council ** 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p>8</p> <p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Bridge 12:30pm Skip-Bo 1pm PA Health & Wellness Bday Celebration/Program* 1:30pm Tone & Balance (\$4)</p> <p>15</p>	<p>Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease (pre-registered participants) 12:30pm Table Toppers* 1pm The Happy? Ya! Ya! Crew-National Sweet Truffle Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong*</p> <p>2</p> <p>Sausage, Peppers, & Onions Served w/ Roasted Potatoes & Tomato Sauce, Fruit, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease (pre-registered participants) 11am State Rep. Scheuren Office Hour** 1pm The Happy? Ya! Ya! Crew-Nat'l Lost Sock Memorial Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong*</p> <p>9</p> <p>Baked Haddock, Long Grain Rice Pilaf, Winter Vegetable Blend, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease (pre-registered participants) 1pm The Happy? Ya! Ya! Crew-Nat'l Classic Movie Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong*</p> <p>16</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BBQ Pulled Pork Stuffed Sweet Potato, Green Beans, Cookie, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p> <p style="text-align: right;">19</p>	<p>NO LUNCH TODAY: ELECTION DAY</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am "Flip the Script on Aging" Group Trivia* Election Day: No Lunch or PM Activities on Site 4:30pm Dinner Outing @ 1750 Grille, Holiday Inn* 20</p> <p>Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" Class (\$4) 27</p>	<p>Special Lunch (\$8): Breaded Chicken Tenders, Macaroni & Cheese, Cole Slaw, Strawberry Short Cake</p> <p>8am-4pm Train Show* 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30a-2p Social Services Appts** 10am-2pm Unclaimed Property Day w/ Sen Pennycuik's office* 10:30am-12pm Tech Tutoring** 12:00pm Special Lunch w/ PEAK Tappers (\$8)* 1pm Rummikub 2:30pm Chair Yoga (\$4)* 21</p> <p>Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, 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 1pm Crystal Bowls* 2:30pm Chair Yoga (\$4)* 28</p>	<p>Roast Beef, Mashed Potatoes, Carrots, Roll & Butter, Applesauce, Milk</p> <p>8am-4pm Train Show* 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) 22</p> <p>Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 29</p>	<p>Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease (pre-registered participants) 1pm The Happy? Ya! Ya! Crew- Nat'l Taffy Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong* 23</p> <p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk</p> <p>9:30am Veteran's Coffee Catch-up* 10am Wii Sports or Jeopardy 10:30am HypnoFit Living Presentation* 1pm The Happy? Ya! Ya! Crew- Nat'l Creativity Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong* 30</p>
<p style="text-align: center;">★ ★ ★ ★ ★ <i>Closed for</i>  MEMORIAL DAY 26</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Orange with * Indicates special programming with additional information available on pgs. 5-6</p> <p>Blue with ** Indicates Resources & Services with additional info available on pg. 2</p> </div>			



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



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

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.



• **MONDAYS in MAY, from 1:30 to 3:30 pm: Art Class with NEW teacher** | Join our Art Class, featuring our new art 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** | Want a freshly baked homemade goody to take home after lunch? For just \$1 you can purchase something yummy, baked just for you by our friends at Encore. All proceeds will go towards GHNPS events & activities. The selection of treats will vary weekly.



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



• **THURSDAYS in MAY, from 10 am to 2 pm: GMU Speech Language Pathology 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 students on site May 8th.**



• **FRIDAYS in MAY @ 2:30 pm: NEW Ping Pong Group** | Come check out our brand-new ping pong table and get in on some gaming action. We will play from 2:30 to 4 pm. This is a FREE Activity.



• **THURSDAY, MAY 1 @ 11 am: Help Yourself to Healthy Living: Prevent a Stroke** | Stroke is the number 1 cause of disability in the US! Most strokes are preventable! Learn the steps you can take to prevent a stroke! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**



• **FRIDAY, MAY 2 @ 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.



• **FRIDAY, MAY 2 @ 1 pm: Happy? Ya! Ya! Crew: National Sweet Truffle Day!** | Encore Hoagie Sale Day, the running of the Kentucky Oaks, AND eating chocolate truffles! Can life get any better?? Come ready to share some Churchill Downs fun and place your "bets" for May 3rd's 151st Run for the Roses.



• **TUESDAY, MAY 6, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, MAY 6 @ 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!



• **TUESDAY, MAY 6, 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.



• **WEDNESDAY, MAY 7 @ 11 am: QR Codes Deciphered** | Ed Sellers, our Tech Tutoring volunteer, will conduct a short informational class on the use of QR codes. Now that so many places (including our newsletter!) utilize these funny looking square boxes, it's about time we understood them!



• **WEDNESDAY, MAY 7 @ 1 pm: Helpful Tips for Selling Your Home** | Janine Paillard, our long-time kitchen volunteer, is an experienced RE/MAX Central Realtor and will be presenting a seminar on the multitude of steps it takes to getting your house ready for sale. She will break it down for us so that it is not so overwhelming! Bring any questions you have. **Please sign up with Gina in the office by Mon, May 5.**



• **THURSDAY, MAY 8 @ 9 am: Breakfast Club** | This month we will visit Peeps at 333 Main Street, Harleysville. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, May 5 so we can arrange seating together.**



• **FRIDAY, MAY 9 @ 1 pm: Happy? Ya! Ya! Crew: National Lost Sock Memorial Day!** | Let's say goodbye to our missing close-knit friends. Bring in your remaining single socks so we can put them to good use. Be sure to bring some clothes pins!



• **TUESDAY, MAY 13 @ 1:30 pm: Book Club** | Join our avid readers to engage in conversation about the book of the month and take part in voting which book to read next month. We are looking for your help to get this club going, can we count on you?



• **WEDNESDAY, MAY 14 @ 1 pm: Clear Captions with Kathleen Cesario** | Why struggle to use the phone? Thanks to a federally mandated program, you can SEE what your caller is saying! If you have hearing loss that necessitates use of captioned phone calls, come learn about this home/mobile phone friendly equipment with free installation & lifetime support. **Please sign up w/ Gina in the office by Mon, May 12.**



• **THURSDAY, MAY 15 @ 1 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all May 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, May 9.**



• **FRIDAY, MAY 16 @ 1 pm: Happy? Ya! Ya! Crew: National Classic Movie Day!** | Grab some popcorn and join us in viewing parts of a classic movie most favored by Happy? Ya! Ya! participants.



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

• **TUESDAY, MAY 20 @ 9:30 am: Group Trivia, Flip the Script on Aging!** | Come join our weekly Trivia group as they keep their minds sharp with lots of knowledge and lots of laughter.



• **TUESDAY, MAY 20 IS ELECTION DAY. THERE WILL BE NO LUNCH OR AFTERNOON CLASSES TODAY**



• **TUESDAY, MAY 20 @ 4:30 pm: Dinner Outing, 1750 Grille @ The Holiday Inn** | Join us at 1750 Grille @ Holiday Inn in Kulpsville. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Tues, May 13 so we can sit together.**



• **WEDNESDAY, MAY 21 & 22, from 8 am to 4 pm: Toy Trains in Motion** | Don't miss this interactive train show comprised of miniature trains winding their way through a village that includes a sawmill, log loader, crane, rockets and whistles. This will bring out the conductor in you!



• **WEDNESDAY, MAY 21, from 10 am to 2 pm: Unclaimed Property Day!** | PA Senator Pennycuick's Office will be here to help you possibly find a lost kiddie that you didn't even know you had. Who doesn't love to find money? No appointment necessary.



• **WEDNESDAY, MAY 21, from 12 to 1:30 pm: Special Lunch with PEAK Tappers (\$8)** | Chef Trish will be serving up Breaded Chicken Tenders, Macaroni & Cheese, Cole Slaw, & Strawberry Short Cake. The PEAK Tappers will take the floor to dazzle us with their dance moves! **Sign up in the office by Fri, May 16.**



• **FRIDAY, MAY 23 @ 1 pm: Happy? Ya! Ya! Crew: Nat'l Taffy Day** | Time for a good old taffy pull!



• **WEDNESDAY, MAY 28 @ 1 pm: Crystal Bowls** | Relax, Refresh & Rejuvenate with Soothing Sounds. Experience a gentle and peaceful Sound Bowl session designed to promote relaxation, calmness, and a sense of well-being. Using the soothing tones of crystal singing bowls, this session will create a serene atmosphere where participants can unwind, release stress, and enjoy the beauty of sound.



• **FRIDAY, MAY 30 @ 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.



• **FRIDAY, MAY 30 @ 10:30 am: HypnoFit Living Presentation** | Join Sam Formica for a Hypnotherapy session designed to sweep away mental clutter, dust off negative thoughts, and refresh your mind.



• **FRIDAY, MAY 30 @ 1 pm: Happy? Ya! Ya! Crew: National Creativity Day** | A show and tell day! Bring in your latest creation and share it with us. Yes, we will create something new and special together!

Harleysville Senior Spotlight: Janine Paillard

Janine is a long-time kitchen volunteer at Encore, and she also takes time each year to share her wealth of realty knowledge with us by holding a seminar on how to handle the overwhelming task of selling your home. We appreciate all that Janine shares with us and the feeling is mutual. Janine says that she enjoys Encore because of the friendliness of the members, volunteers and staff. "Coming here every Thursday is one of the highlights of my week. I believe what Encore offers is so vital to everyone involved." Chef Trish says Janine is very bubbly, dedicated and organized, and a tremendous asset to our serving group!





May 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><i>This Month We Celebrate:</i></p> <ul style="list-style-type: none"> Asian Pacific American Heritage Month Jewish American Heritage Month Older American's Month Mental Health Awareness Month <p>May 11th - Mother's Day May 17th - Armed Forces Day May 26th - Memorial Day</p>	<p>Chicken Burger with Roasted Peppers & Provolone, Wild & Brown Rice Pilaf, Steamed Broccoli, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class</p> <p>5</p>	<p>Beef Stew, Roasted Potatoes, Peach Crumble, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 10am-1pm Shiatsu by appt* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone</p> <p>7</p>	<p>Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p>1</p>	<p>French Toast Sticks, Scrambled Eggs with Cheese, Peaches with Granola, Milk</p> <p>9:30am PEAK Pinochle 10am-12pm Tech Appts* 10:30am HypnoFit Living Presentation* 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p>2</p>
<p>Pasta with Meatballs, Peas, Poached Pear, Milk</p> <p>10am Tai Chi (\$4) 10am Crafts with Friends* (\$4) 12:30pm Clear Captions Presentation* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class</p> <p>6</p>	<p>COLD MEAL: Roasted Vegetable Grinder, Green Beans w/ Vinaigrette, Mandarin Oranges, Milk</p> <p>10am Tai Chi (\$4) 10am Story Time w/ Josephine* 10am-12pm State Rep. Malagari Office Hours** 10am-2pm GMU SLP Students* 12pm PA Health & Wellness Bday Celebration & Program* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class</p> <p>13</p>	<p>Paprika Chicken, Brown & Wild Rice Pilaf, Poached Pear, Peas & Carrots, Milk</p> <p>9:30-11:30am Trivia Fun with Beth 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:30pm Helpful Tips for Selling your Home* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone</p> <p>14</p>	<p>Turkey w/ Gravy, Glazed Sweet Potatoes, Green Beans, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm MontCo Assoc for the Blind 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p>15</p>	<p>Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk</p> <p>9:30am PEAK Pinochle 10am-12pm Tech Appts** 10:30am Crystal Bowls* 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p>16</p>



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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 Stretch & Tone* (\$4) 10am Whist/Other Games 12:30pm Cornhole & Mini Golf Pool games 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 19</p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p>10am Tai Chi (\$4) 10am-2pm GMU SLP Students* 10-10:30am Free BP Checks* 10:30-11:15am Help Yourself to Healthy Living: Prevent a Stroke* 12:30pm Summertime Safety* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone 4:30pm Dinner Outing @ 1750 Grille, Holiday Inn* 20</p>	<p>Swedish Meatballs, Egg Noodles, Peas, Poached Pear, Milk</p> <p>8am-4pm Train Show @ Encore* 10am Wii Bowling 10am Stretch & Tone* (\$4) 10am Medicare Counseling** 10-11:30am Covenant Insurance Info Table* 12:30pm Advisory Council** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 21</p>	<p>Philly Roast Pork Sandwich, Cauliflower, Peach Crumble, Milk</p> <p>8am-4pm Train Show @ Encore* 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 10:33am Prayer Care 12:45pm Trivia with Nancy 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 22</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 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone 23</p>
<p>COLD MEAL: White Chicken Chili, Brown Rice, Roasted Zucchini, Stewed Tomatoes, Milk</p> <p>9am Tai Chi (\$4) 10am-2pm GMU SLP Students* 12pm Legal Consultations** 12pm Book Club* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 27</p>	<p>BBQ Pulled Pork Sandwich, Cauliflower, Sweet Potatoes, Milk</p> <p>10am Tai Chi (\$4) 10am-2pm GMU SLP Students* 12pm Legal Consultations** 12pm Book Club* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 27</p>	<p>SPECIAL LUNCH (\$10): Creamy Chicken Tarragon, Roasted Potatoes, Asparagus Salad, Strawberry Rhubarb Crisp</p> <p>10am Wii Bowling 10am Stretch & Tone* (\$4) 10am Medicare Counseling** 10am-12pm State Sen. Collett Office Hours** 11:30am-1:30pm Special Lunch: Springtime in Paris* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 28</p>	<p>COLD MEAL: Fusilli Salad w/ White Beans, Grilled Chicken Breast, Canned Pears, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 29</p>	<p>White Chicken Chili, Brown Rice, Roasted Zucchini, Stewed Tomatoes, Milk</p> <p>9:30am PEAK Pinochle 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone 30</p>



Closed for

MEMORIAL DAY

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.ghnpps.org or scan the QR code for quick access



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

SPECIAL PROGRAMS

Please sign up for all programs at the Greeter's Desk at PEAK
You may also sign up for programs & schedule appointments by calling 215-362-7432



****Programming Note for May: Stretch and Tone with Jane Evans will take the place of Fit for the Future on May 19th, 21st, and 28th ****

• **TUESDAYS in MAY, starting May 13, from 10 am to 2 pm: GMU Speech Language Pathology 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.



• **FRIDAY, MAY 2 @ 10:30 am: HypnoFit Living Presentation** | Join Sam Formica for a Hypnotherapy session designed to sweep away mental clutter, dust off negative thoughts, and refresh your mind.



• **TUESDAY, MAY 6 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating mosaic flower pots. **There will be a \$4 fee to cover supplies. Please sign up at the front desk by Tues, April 29.**



• **TUESDAY, MAY 6 @ 12:30 pm: Clear Captions Presentation** | Why struggle to use the phone? Thanks to a federally mandated program, you can SEE what your caller is saying! If you have hearing loss that necessitates use of captioned phone calls, come learn about this home/mobile phone friendly equipment that has free installation and lifetime support. **Please sign up at the front desk by Mon, May 5.**



• **WEDNESDAY, MAY 7, 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, MAY 8 @ 9 am: Breakfast Club** | This month we will visit Peeps at 333 Main Street, Harleysville. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, May 5 so we can arrange seating together.**



• **THURSDAY, MAY 8 @ 12:30 pm: Food for Thought** | In honor of Mother's Day, let's talk about Moms! Alexis will facilitate a casual conversation where we can share stories and get to know one another. Tell us about what your mom was like, or someone who acted as a mother figure for you in your life. If you are a Mom, what are some things you are proud of or wish you had done differently?



• **MONDAY, MAY 12 @ 11:30 am: Movie Matinee & Lunch** | Join us for a movie and the congregate meal (we'll pack it up and bring it to you at the movie!) OR bring your own lunch to eat while watching the movie. **If you'd like the congregate meal during the movie, please sign up at the front desk by Fri, May 9.**



• **TUESDAY, MAY 13 @ 10 am: Story Time with Josephine** | Josephine will be reading "Quitters , Inc." by Stephen King. She will also talk about his biography as everyone has heard of Stephen King. You can join at PEAK or via Zoom. Email Liz at ebeil@ghnpss.org if you would like the Zoom link.



• **TUESDAY, MAY 13 @ 12 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all May birthdays after lunch with birthday cake and a "Preventative Care & Mental Health Awareness" presentation by Estelle Walker. May Birthdays, please let us know it's your birthday month when you sign up for lunch!



• **WEDNESDAY, MAY 14 @ 12:30 pm: Helpful Tips for Selling your Home** | Janine Paillard, long-time kitchen volunteer in Harleysville, is an experienced RE/MAX Central Realtor and will be presenting a seminar on the multitude of steps it takes to getting your house ready for sale. She will break it down for us so that it is not so overwhelming! Bring any questions you have. **Please sign up at the front desk by Mon, May 12.**



• **FRIDAY, MAY 16 @ 10:30 am: Crystal Sound Bowls** | Relax, Refresh & Rejuvenate with Soothing Sounds. Experience a gentle and peaceful Sound Bowl session with Sally Kauffman designed to promote relaxation, calmness, and a sense of well-being. Using the soothing tones of crystal singing bowls, this session will create a serene atmosphere where participants can unwind, release stress, and enjoy the beauty of sound.



• **TUESDAY, MAY 20, from 10:30 to 11:15 am: Help Yourself to Healthy Living: "Prevent a Stroke!"** | Stroke is the number 1 cause of disability in the US! Most strokes are preventable! Learn the steps you can take to prevent a stroke! **Stop by prior to the presentation to get your free blood pressure check between 10 and 10:30 am. Please sign up at the front desk by Mon, May 19.**

SPECIAL PROGRAMS

Please sign up for all programs at the Greeter's Desk at PEAK
 You may also sign up for programs & schedule appointments by calling 215-362-7432



• **TUESDAY, MAY 20 @ 12:30 pm: Summertime Safety with MCOAS** | Debbie Jankowski will present on the following topics: Benefits of Spending Time Outdoors, Ways to Stay Safe in Hot Weather, and How To Spot and Treat Problems Caused by Heat. **Please sign up at the front desk by Mon, May 19.**



• **TUESDAY, MAY 20 @ 4:30 pm: Dinner Outing, 1750 Grille @ The Holiday Inn** | Join us at 1750 Grille @ The Holiday Inn in Kulpville. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Tues, May 13 so we can sit together.**



• **WEDNESDAY, MAY 21 and THURSDAY, MAY 22, from 8 am to 4 pm: Toy Trains in Motion in Harleysville** | Head on down to Encore Experiences in Harleysville to catch this interactive train show comprised of miniature trains winding their way through a village that includes a sawmill, log loader, crane, rockets and whistles. This will bring out the conductor in you!



• **WEDNESDAY, MAY 21, from 10 to 11:30 am: Covenant Insurance Info Table** | Carl Cutrone and Kim Frattone, agents with the Covenant Insurance Group, will be onsite as a Public Service Educational Event to answer any questions you may have regarding Medicare content and changes for 2025. Please stop by in the Lobby and say hello and bring any questions you may have.



• **TUESDAY, MAY 27 @ 12 pm: Book Club** | This month we will discuss "Happiness for Beginners" by Katherine Center. For more information contact Betty Helpa (betty.helpa@gmail.com).



• **WEDNESDAY, MAY 28, from 11:30 am to 1:30 pm: Special Lunch, Springtime in Paris with Sunset Skyz Music Duo (\$10)** | Enjoy a very special lunch of Creamy Chicken Tarragon, Roasted Potatoes, Asparagus Salad, Strawberry Rhubarb Crisp and then stick around for some live yacht rock and feel-good songs like My Girl and Summer Wind with Michael and Tina Oelschlager of Sunset Skyz Music Duo! **Sign up in the office by Fri, May 23.**



Calling all Performers! We need YOU for our Talent Show in June! Come sing, dance, juggle, read a poem, or show off any other hidden talent you may have. Sign up at the table in the hallway outside the Cafe. Please note that all acts are subject to content approval.

Lansdale Senior Spotlight: Charles Hallowell

Meet our May Senior Spotlight: Charles Hallowell. Charles found his way to The PEAK Center about a year and a half ago after moving to the area and hearing about our Center from someone who lives in his living community. Charles was born locally but has enjoyed traveling all over the world throughout his life, even living in Spain for many years before moving back to this area. If you get a chance to sit down and talk with him about his world travels, you definitely should! He has tales for days! Here at the PEAK Center, he enjoys spending time with his friends, and enjoys Chair Yoga and Tai Chi. "Back in the day" Charles used to be an avid marathon runner, so staying active is extremely important to him. We enjoy his positive attitude and smile every day around the Centers, and we hope you get a chance to get to know him!



Thank you!!!

Last month we put out a call to collect supplies for The Variety Club's Summertime program, and you guys came through in a major way! Between the two centers we collected **31 outdoor games and activities, 18 sensory toys, 30 sunshade items, 36 books/workbooks, and 162 arts and craft items!** What a joy to be able to present these items and help The Variety Club prepare for a busy summer full of camps. We appreciate your donations so so much.

