

Pennsylvania's older adult population is growing rapidly, and the local needs and associated costs of our services are growing accordingly.



Greater Harleysville and North Penn Senior Services operate two Senior Centers in Montgomery County, PA, providing access to vital programs and services to Seniors in the area.

MONTGOMERY COUNTY RESIDENTS AGE 60+

Median Income

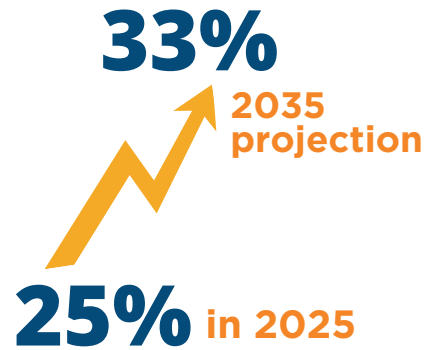
\$40,464



~60% of GHNPS participants are considered low to moderate income

PENNSYLVANIA RESIDENTS AGE 60+

Currently, one in four Pennsylvanians is over 60 years old. But in the next 10 years, the population shift is expected to be such that nearly one-third of our population will be over 60 years old.



PA Ranks

5th out of 50

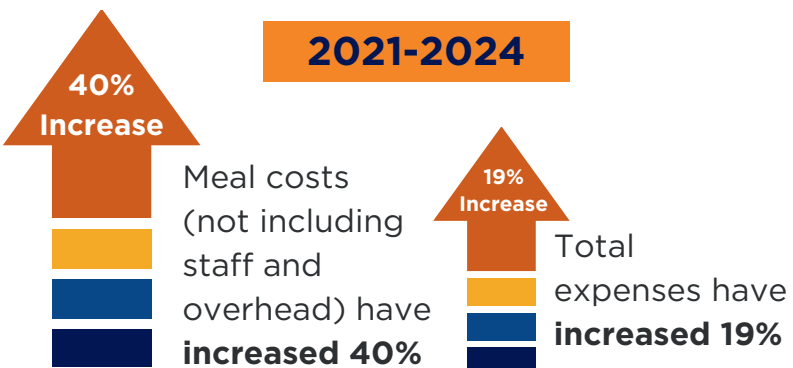
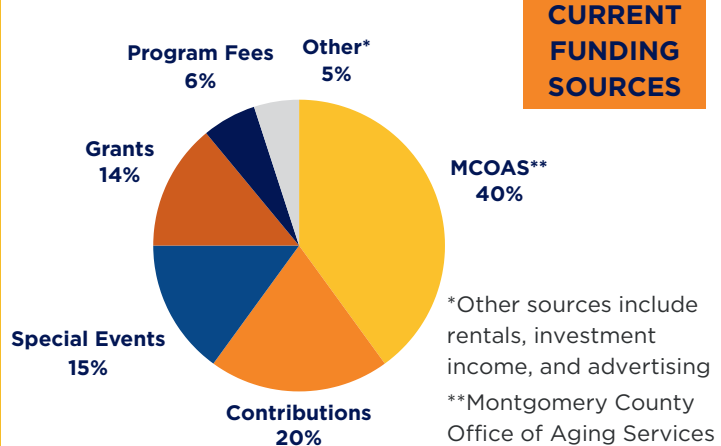
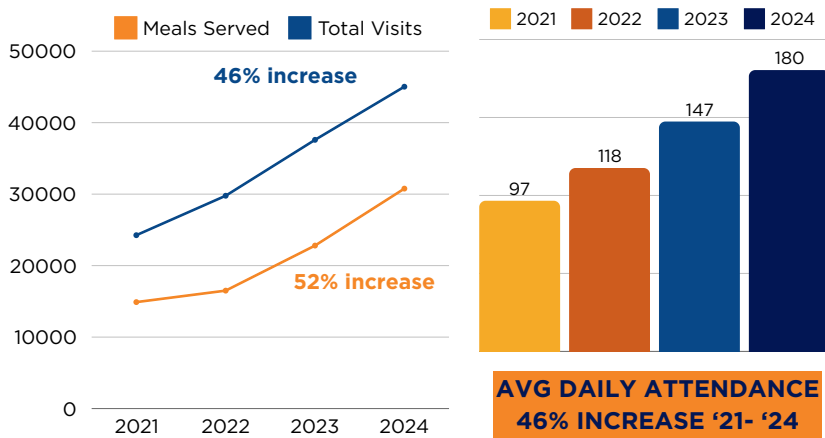
for the size of its elderly population

The growth rate of PA's older population is **more than 20 times higher** than the growth rate of the state's general population.



Montgomery County currently has 217,000+ people over the age of 60, and is expected to rise to close to 267,000 by the year 2040.

All Data above is from the 2020-2024 PA State Plan on Aging and Montco Office of Senior Services 4-year plan 2020-2024



Despite rising operational costs and the increased need for services based on the increase in age-eligible residents, The Montgomery County Office of Aging Services Contract to provide funding to Senior Community Center Services **has not seen an increase in almost a decade.**



GHNPS Senior Centers offer a full range of Services, Programs, Activities, Resources, and Knowledge building opportunities, designed to meet the wholistic needs of aging adults across Montgomery County. **The financial support that we receive through government funding, donations, and sponsorships allows us to continue to play the vital role in our community of helping Seniors to live vibrant, purposeful, and independent lives at any age.**

AS UNSUNG HEROES IN OUR COMMUNITIES, SENIOR CENTERS FUNCTION TO:

KEEP MINDS SHARP THROUGH ACTIVITY & INTEREST GROUPS



Whether it's learning a new skill or continuing an old hobby in the company of friends,

the variety of activities offered at our Centers help to keep minds sharp and fight the natural cognitive decline that can occur with aging.

PROVIDE PURPOSE THROUGH VOLUNTEER OPPORTUNITIES

Newly retired or recently widowed Seniors often find themselves struggling to re-define their identity. The regular volunteer opportunities offered at our Centers are tailored specifically for Seniors, allowing them to find continued personal fulfillment and purpose.



CREATE COMMUNITY WITH SUPPORT GROUPS

Shared experiences help to form meaningful bonds and lasting friendships. Members of our support groups learn from each other, lean on one another, and grow together, helping to combat the isolation and loneliness that is all too common in aging adults.



PROMOTE HEALTHY LIVING THROUGH OUR HEALTH AND WELLNESS PROGRAMMING

With regular offerings of accessible movement-based classes, we help our members to stay strong and active regardless of mobility restrictions. We also offer presentations and seminars to keep our Seniors abreast of the latest news and trends in medicine, learn practical tips to eat healthy, or prevent at-home falls through balance workshops, all leading to increased independence and a decreased dependence on the medical system.



IMPROVE QUALITY OF LIFE THROUGH ACCESS TO SOCIAL SERVICES AND RESOURCES



Medicare, Tax and Rent Rebates, Income Taxes, SNAP, and other low-income assistance programs are critical to the quality of life for many Seniors, but can often be overwhelming and confusing. We offer access to a dedicated Social Services Coordinator, and other local experts to help them navigate the necessary paperwork and make informed decisions with ease.

NOURISH THE MIND, BODY, & SPIRIT WITH OUR MEAL PROGRAM

Our lunch menus are dietician approved to meet the nutritional needs of our Seniors, and meals are offered with an affordable no questions asked meal payment option, actively working to combat food insecurity in our area. Each day between 75 and 150+ Seniors join us for a plated lunch shared with friends, providing a regular opportunity to enjoy a great meal with great community.



Your financial support helps keep these programs alive!



Scan here to make a donation online or email ebeil@ghnps.org to learn more about sponsorships or planned giving