

GHNPS STAFF

Organizational Support

Elizabeth Beil
Executive Director

Connie Maurer
*VP of Operations, Marketing
Communications and Development*

Jim McCarthy
Bookkeeper

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.ghnpss.org

Mary Ellen McCabe
Site Manager

Patricia Foley
Meal Coordinator

Marcia Stoesz
Meal Assistant

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.ghnpss.org

Heather Shutters
Site Manager

Sabrina Davila
Administrative Assistant

Carol Costlow
Social Services Coordinator

Grace Chung
Korean American Services Specialist

Follow Us On:

 facebook.com/ghnpss

 instagram.com/encoreandpeak

 <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 June, Friends!

Can you believe that summer is almost here?! If you're looking for a "cool" place to visit with friends, play games, enjoy a delicious meal, or try out a fun health and wellness class, don't look too far! Join us at Encore Experiences and The PEAK Center where our staff and volunteers are ready to make you feel right at home.

In order to continue to provide the highest quality and variety of programs at our centers, GHNPS continually evaluates our programming and costs throughout the year. With the increasing costs related to our operations, meals, and classes, we will be implementing some small price increases starting July 1, 2023.

Paid Classes - \$3 to \$4 and \$4 to \$5 (\$1 increase)

Good news! We will continue to offer discounted pre-paid coupon sheets at 10 "\$4 classes" for \$36 and 10 "\$5 classes" for \$45. If you have coupons that you have already purchased at the lower rate, those coupons will remain valid.

Special Lunches with Entertainment - \$10 (\$2 increase)

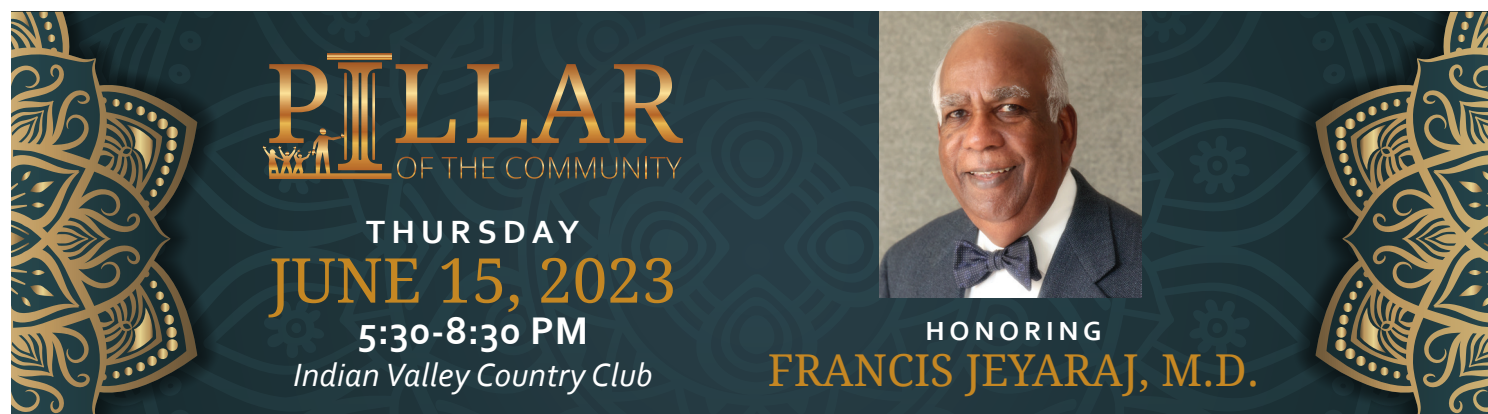
As Executive Director, I am committed to working with our staff and the Board of Directors to expand and diversify our revenue streams to ensure that we can provide you with the quality services you expect. We are grateful for any and all contributions from each of you, whether it be a donation or volunteering your time.

I appreciate your understanding as we institute this slight increase. I am happy to speak with you if you have any questions or concerns.

And now for some highlights for the month of June!

- **Bergey's Car Safety Seminar and Continental Breakfast at Encore** – June 2nd at 9:30 am
- **Montgomery County Immunization Coalition Education Program at PEAK** – June 7th at 12:30 pm: Learn about vaccines for older adults like Shingles and COVID-19 along with information about expanded access to Medicare Part D and "Tips for Healthy Eating".
- **Montgomery County Immunization Coalition Vaccine Clinic at PEAK** – June 12th from 10 am to 12 pm: Get your Shingles vaccine and/or your COVID-19 booster.
- **Special Lunch with Willie Nelson and Tanya Tucker Impersonators at Encore** – June 9th
- **Special Lunch with "Name that Tune" sponsored by Aetna at PEAK** – June 14th
- **Juneteenth presentation by Teri Lyons at PEAK** – June 19th at 12:30 pm - Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African Americans. Join Teri Lyons as she shares the origins of this important day in the history of our country.
- **Picnic at Fischer's Park** – June 22nd at 12 pm: Come one, come all! It doesn't matter if you regularly attend Encore or PEAK, all are encouraged to join us for a picnic in the park as we celebrate the official start of summer!

GHPSS' largest fundraiser of the year, The Pillar of the Community honoring Dr. Francis Jeyaraj, will be held on June 15th at Indian Valley Country Club. ***Did you know that GHPSS Lifetime Members can attend one special fundraising event for FREE each year?*** If you are interested in attending, please let me or Connie know by **Monday, June 5.**

The poster features a dark blue background with intricate gold-colored mandala patterns on the left and right sides. In the center, the word "PILLAR" is written in large, gold, serif capital letters, with "OF THE COMMUNITY" in smaller gold capital letters below it. To the right of the text is a portrait of Dr. Francis Jeyaraj, an older man with white hair, wearing a dark suit, white shirt, and a patterned bow tie. Below the portrait, the text "HONORING FRANCIS JEYARAJ, M.D." is written in gold capital letters. To the left of the portrait, the event details are listed: "THURSDAY JUNE 15, 2023" in large gold letters, followed by "5:30-8:30 PM" and "Indian Valley Country Club" in smaller white letters.

PILLAR
OF THE COMMUNITY

THURSDAY
JUNE 15, 2023
5:30-8:30 PM
Indian Valley Country Club

HONORING
FRANCIS JEYARAJ, M.D.

I hope to see you at one of these events or at any of the other engaging offerings at Encore and PEAK. It is truly an honor to serve as the Executive Director of GHPSS. Your smiles, constructive feedback, and warm greetings make coming to work each day a pleasure. YOU are the heart of GHPSS, and I am proud to be part of this community. As always, don't hesitate to reach out to me with anything that you would like to share or talk about.

Appreciatively,

A handwritten signature in blue ink that reads "Elizabeth Beil".

Elizabeth Beil

GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

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

Encore: Meets on June 8 at 1:00pm.

PEAK: Meets on June 28 at 1:00pm.

Farmers' Market Vouchers

The vouchers will be available beginning in June 2023. Please contact either Encore or The PEAK Center in June for up-to-date information about receiving one set of vouchers per person for this summer.

Eligibility requirements for 2023: 1) you must be 60 yrs. or older, and 2) a Montgomery County resident, and 3) you must have income below \$2,248/mo. or \$26,973/yr. for a single person and \$3,040/mo. or \$36,482/yr. for a couple.

Legal Counseling

Encore: Free legal consultations are available by phone between 9:30am and 10:30am on Thursday, June 15. Call 215-256-6900 to schedule.

PEAK: Free legal consultations are available Tuesday, June 27. 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. It will open for new applications on November 1, 2023.

PA MEDI Medicare Counseling (formerly APPRISE)

Free, unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers.

Encore: Appointments available on Wednesday, June 7 starting at 1:00pm. Call 215-256-6900 to schedule.

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



Do You Need A Ride?

For reservations on TransNet to and from our centers, call:

Encore: 215-256-6900

PEAK: 215-362-7432

PA Property Tax/Rent Rebate

Applications for the 2022 tax year are available now or you can apply online at <https://mypath.pa.gov>. If you qualify, you can receive a rebate up to \$650. The current deadline for applying is June 30, 2023.

The North Penn School District continues to offer an additional rebate to its residents who have already qualified and have received the PA Property Tax/Rent Rebate for **2021**. If you received the PA rebate for **2021**, you may apply to the school district for their additional rebate through June 30, 2023. Learn more, get an application, and get help from the Social Services Coordinator at PEAK by calling 215-362-7432, ext. 203.

Do You Need Assistance?

Looking for food stamps or 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? Whether you attend Encore or PEAK programs, you can call the Social Service Coordinator at PEAK for help. 215-362-7432 ext. 203.

June 2023 Programs at Encore

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Virtual Classes are noted in green. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

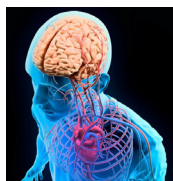
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
9:15 Tai Chi (\$4) 5 10:00-12:00pm Exploring Chat GPT with Tech Ed 11:00-2:00pm Ask the Pharmacist with Hatfield Pharmacy 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	9:00-10:20 Haircuts (by appointment only) 6 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Stamp Club 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3)	8:00 Chess 7 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Medicare Counseling (by appt. only) 1:00pm Practical Matters: Joy of Laughter in Life 5:30-6:15pm Night Zumba with Lysandra (Prepaid Fee)	9:00 Wood Carving 1 9:30 Stitch & Chat 10:00-11:00 Free Blood Pressure Screenings 11:00-12:00pm Help Yourself to Healthy Living: Brain and Body! 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3)	9:30-10:30 Bergey's Car Safety Seminar and Continental Breakfast 2 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3)
9:15 Tai Chi (\$4) 12 10:00-12:00pm Exploring Chat GPT with Tech Ed 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	9:15 Walking with Weights (\$3) 13 9:30 Group Trivia 10:00 Storytime with Josephine 10:30-12:00pm Cash for Gold 12:00-4:00pm Social Services with Carol Costlow 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3)	8:00 Chess 14 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:00-2:00pm Practical Matters: Aqua Therapy 5:30-6:15pm Night Zumba with Lysandra (Prepaid Fee)	9:00 Wood Carving 15 9:30 Legal Consultations (by appointment only) 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3) 5:30pm Pillar of the Community Event at Indian Valley Country Club (\$\$)	10:00 Wii Sports or Jeopardy 16 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3)
9:15 Tai Chi (\$4) 19 10:00-12:00pm Exploring Chat GPT with Tech Ed 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	9:00-10:20 Haircuts (by appointment only) 20 9:15 Walking with Weights (\$3) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3)	8:00 Chess 21 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00-2:00pm Wedding Dance Exercise with Nadine (\$3) 5:30-6:15pm Night Zumba with Lysandra (Prepaid Fee)	9:00 Wood Carving 22 9:30 Stitch & Chat 11:00 Meditation with Lea 12:00-1:00pm Lunch 12:00pm Picnic at Fischer's Park (\$10) 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3)	10:00 Wii Sports or Jeopardy 23 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3) 2:30pm Happy Hour
9:15 Tai Chi (\$4) 26 10:00-12:00pm Exploring Chat GPT with Tech Ed 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	9:15 Walking with Weights (\$3) 27 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3)	8:00 Chess 28 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:00-2:00pm Chair Exercise Bingo with Neely Steich	9:00 Wood Carving 29 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3) 4:15pm Encore Explorers: Dinner Outing to The Energy Station	9:30 Veterans' Coffee Catch-up 30 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3)

June 2023 "New" 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. Take-out lunches are \$4.

(Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Ratatouille with Penne Wheat Dinner Roll Cookie 2% Milk	2 Roasted Vegetable Flat Bread Pizza Green Salad Mandarin Oranges 2% Milk
5 Chicken Salad Wrap Fresh Vegetable Salad Brownie 2% Milk	6 Baked Ziti Green Salad Dinner Roll Applesauce 2% Milk	7 Apricot Glazed Salmon Broccoli Wild Rice Cookie 2% Milk	8 Ground Beef Stroganoff over Egg Noodles Carrots Dinner Roll 2% Milk	SPECIAL LUNCH 9 Barbeque Chicken Homemade Baked Beans Cucumber Salad Corn Bread Surprise Dessert 2% Milk
12 Sausage, Peppers & Onion on Sub Roll Pineapple Potato Chips 2% Milk	13 Sliced Roast Beef & Gravy Green Beans Mashed Potatoes Dinner Roll 2% Milk	14 Tuna-stuffed Tomato Four Bean Salad Crackers 2% Milk	15 Grilled Ham & Cheese with Whole Grain Bread Minestrone Soup Peaches 2% Milk	16 Baked Haddock with Lemon/Wine Sauce Vegetable Medley Macaroni & Cheese 2% Milk
19 Meatball Parmesan Sub Fruit Salad Potato Salad 2% Milk	20 Shrimp & Grape Tomato Pesto Pasta Green Salad 2% Milk	21 Sweet & Tangy Chicken Thighs Broccoli Brown Rice Vanilla Pudding 2% Milk	22 Turkey & Bean Chili Stuffed Sweet Potato with Cheddar Cheese Green Salad 2% Milk	23 Mandarin Chicken Salad Mixed Greens with Almonds, Craisins & Chow Mein Noodles Dinner Roll 2% Milk
26 Cheeseburger with Lettuce, Tomato, & Onion on Multi-grain Bun, Fruit Salad Baked Beans 2% Milk	27 Roasted Pork & Sauerkraut Mashed Potatoes with Gravy Applesauce 2% Milk	28 Crab Cake Coleslaw Sweet Potato Tots Chocolate Pudding 2% Milk	29 Chicken Ratatouille with Penne Wheat Dinner Roll Cookie 2% Milk	30 Roasted Vegetable Flat Bread Pizza Green Salad Mandarin Oranges 2% Milk



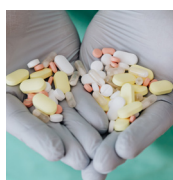
THURSDAY, JUNE 1 / 11:00am to 12:00pm

Help Yourself to Healthy Living: Brain and Body! Please join us and our colleagues from the Alzheimer's Association to provide you with the latest information and research in the battle to cure Dementia and Alzheimer's disease! Learn about the newest medications! **Please sign up in the binder on the Greeter's desk.**



FRIDAY, JUNE 2 / 9:30am to 10:30am

Car Safety Seminar and Continental Breakfast Join us for a Car Safety Seminar, combined with a Continental Breakfast, sponsored by Bergey Chevrolet. They will bring some automobiles to our parking lot and explain the new technology features that can be so overwhelming today. **Please sign up in the binder on the Greeter's desk.**



MONDAY, JUNE 5 / 11:00am to 2:00pm

ASK THE PHARMACIST Dr. Morali Shah, PharmD, from Hatfield Pharmacy will be set up in our lobby and available for blood pressure and sugar checks. She will answer questions about any medications or disease states and discuss any other issues with you. No reservations required – just stop by the table that day!



WEDNESDAY, JUNE 7 / 1:00pm to 2:00pm

The Joy of Laughter in Life Come join Sally Kauffman to laugh, breathe and celebrate life in this laughter wellness session! Laughter wellness is a method designed to create energy, lift our mood, bring us joy; all of this is good for our health. **Please sign up in the binder on the Greeter's desk.**



FRIDAY, JUNE 9 / 12:00pm to 1:30pm

Special Lunch The June Special Luncheon will feature entertainment by Bill Ludlow and Joanne Staub, but we will just call them Willie Nelson and Tanya Tucker!! Our own Chef Trish will prepare BBQ chicken with homemade baked beans, cucumber salad and corn bread, with a special summer dessert. **RSVP by Friday, June 2nd to the Office; \$8 cost.**



TUESDAY, JUNE 13 / 10:30am to 12:00pm

Cash for Gold Leave your wallet at home, but bring your old, unworn, or broken gold, silver, platinum jewelry and coins and turn it into CASH! Bring that old class ring, broken necklace, sterling silver flatware set, silver coins, even dental gold and leave with CASH in your pocket! **Please sign up in the binder on the Greeter's desk.**



TUESDAY, JUNE 13 / 12:00pm to 4:00pm

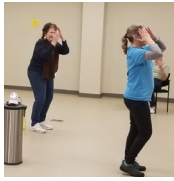
Social Services with Carol Costlow Our Social Services Coordinator, Carol Costlow, will be available to our members for support and assistance with various issues that come up in everyday life. We are happy to have Carol's valuable expertise and experience to guide us. **Sign up for an appointment in the Office.**



WEDNESDAY, JUNE 14 / 1:00pm to 2:00pm

Practical Matters: Aqua Therapy Learn about the Benefits of Aqua Therapy by Dr. Taylor Salamon of Total Performance Physical Therapy. Discover what aqua therapy entails and what conditions it can help. **Please sign up in the binder on the Greeter's desk.**

ENCORE SPECIAL PROGRAMS CONTINUED...



WEDNESDAY, JUNE 21 / 1:00pm to 2:00pm

Wedding Dance Exercise with Nadine Weddings have a wonderful way of getting our joy up through dance and fellowship. Nadine Chudoba will lead the dancing to Motown, Oldies and other tried and true songs. You won't even realize you were exercising! Fee is \$3. **Please sign up in the Office.**



THURSDAY, JUNE 22 / 12:00pm

Picnic at Fischer's Park Join us for GHNPS's annual Picnic in the Park. We will meet at Fischer's Park at 2235 Bustard Road in Harleysville for lunch and entertainment by Michael Kropp. Rain or Shine. Cost is \$10.00. **Please RSVP by June 14 to 215-362-7432.**



WEDNESDAY, JUNE 28 / 1:00pm to 2:00pm

Chair Exercise Bingo Join us for Chair Exercise Bingo with Neely Steich from Forever Fit & Wellness. Come and find out what this creative new take on exercise is all about and maybe win prizes too! **Please sign up in the binder on the Greeter's desk.**



THURSDAY, JUNE 29 / 4:15pm

Encore Explorers: Dine Out at The Energy Station Encore Explorers will be dining out at the Energy Station in Harleysville. Anyone is invited to meet at the restaurant. We ask for RSVPs on the sign-up sheet in the binder on the Greeter's desk so we can call ahead and arrange seating together, but each person will pay their own bill and supply their own transportation. **Please let us know by June 26th if you plan to join us!**



FRIDAY, JUNE 30 / 9:30am to 10:30am

Veterans' Coffee Catch-up Veterans' Coffee Catch-up: Come on in and "catch up" with other Veterans in a relaxing environment. Bring your spouses and friends along and your stories!

MONDAYS / 10:00am to 12:00pm

Exploring ChatGPT with Ed Sellers If you have an email address, access to the internet and you can use a web browser, then you will be very interested in this introductory class for using ChatGPT as a great new tool to get information. ChatGPT is designed to be able to generate human-like text and respond to questions and statements in a similar manner to how a person would. **Spots will be limited so please sign up in the office.**



WEDNESDAYS THROUGH JUNE 21 / 5:30pm to 6:15pm

6-Week Night Zumba Class Only 3 weeks left for Lysandra's Night Zumba class. If you missed the start of this evening program and still want to join, please see Mary Ellen or call 215-256-6900, ext. 105.



ENCORE MEMBER OF THE MONTH

EDITH MILLER

Edie Miller is a mainstay here at Encore for over 6 years, covering the Greeter's desk, serving in the kitchen, helping to sort the donated Hearth Baker bread, watering all our plants, and anything else that is asked of her. She is a hard worker with well-rounded expertise, always ready to help, and we are so thankful for her presence here. Thank you, Edie, for all you do for our members and staff!



June 2023 Programs at PEAK

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Virtual Classes are noted in green. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<div>Montgomery County Immunization Coalition (MCIC) Educational Programs</div> <div>Adult Vaccines, Expanded Access with Medicare Part D & Tips for Healthy Eating: June 7 at 12:30pm</div> <div>Shingles Vaccine & COVID Booster: June 12 from 10:00-12:00pm</div>		<div>1</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 1:30pm Korean Line Dancing 3:30pm ESL for Koreans</div>	<div>2</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 9:30 Tai Chi for Arthritis 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</div>	
	<div>5</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 11:30-12:30 Lunch 2:00pm Korean Bong Sul</div>	<div>6</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</div>	<div>7</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30 Lunch 12:30-1:30pm Education Program: Adult Vaccines, Expanded Access with Medicare Part D & Tips for Healthy Eating 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing</div>	<div>8</div> <div>8:00 Breakfast Club: Valentino's Bistro 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 1:30pm Korean Line Dancing 3:30pm ESL for Koreans</div>	<div>9</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 2:30pm Happy Hour 3:00pm Korean Book Club 3:00pm PASSI Informational Session on Accessing Govt. Benefits in Korean</div>
	<div>12</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Shingles Vaccine & COVID Booster provided by MCIC. 11:30-12:30 Lunch 12:30pm Crafts with Lil 2:00pm Korean Bong Sul</div>	<div>13</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 8:30-12:30pm AARP Driving Class - Day 1 (fee) 10:00 Tai Chi (\$3) 10:00-12:00pm PA State Rep. Steve Malagari Office 10:00 Storytime with Josephine 11:30-12:30 Lunch 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</div>	<div>14</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 8:30-12:30pm AARP Driving Class - Day 2 (fee) 10:00 Fit for the Future (\$3) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30pm Special Picnic Lunch: Name that Tune with Aetna 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing</div>	<div>15</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 12:30-1:30pm A Fun Day Touring Philly Presentation 1:30pm Korean Line Dancing 3:30pm ESL for Koreans</div>	<div>16</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</div>
	<div>19</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Crochet with Elizabeth 10:00 Fit for the Future (\$3) 11:30-12:30 Lunch 12:30-1:30pm Juneteenth Program with Teri Lyons 2:00pm Korean Bong Sul</div>	<div>20</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</div>	<div>21</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30 Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing</div>	<div>22</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 12:00pm Picnic at Fischer's Park (\$10) 1:30pm Korean Line Dancing 3:30pm ESL for Koreans</div>	<div>23</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 2:30pm Happy Hour 3:00pm Korean Book Club</div>
<div>26</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Crochet with Elizabeth 10:00 Fit for the Future (\$3) 11:30-12:30 Lunch 12:00pm Book Club 2:00pm Korean Bong Sul</div>	<div>27</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 12:00pm Legal Consultations (by appt. only) 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</div>	<div>28</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30 Lunch 12:45pm Pinochle 1:00pm Advisory Council 2:00pm Korean Bong Sul 3:00pm Wedding Dance Exercises with Nadine 3:30pm Korean Drawing</div>	<div>29</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 1:30pm Korean Line Dancing 3:30pm ESL for Koreans 4:15pm Encore Explorers: Dinner Outing to The Energy Station</div>	<div>30</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</div>	

June 2023 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
			1 Veal Parmesan with Tomato Sauce & Parmesan Cheese Tortellini with Olive Oil and Parsley Italian Green Beans 1% Milk	2 Baked Macaroni & Cheese Green Beans Stewed Tomatoes 1% Milk
5 Chicken Madras with Apples & Raisins Orzo with Peas Roasted Summer Squash 1% Milk	6 Turkey Thyme Risotto Brussel Sprouts Steamed Carrots 1% Milk	7 Swedish Meatballs over Egg Noodles Applesauce Peas 1% Milk	8 Chicken Alfredo Carrots Pears 1% Milk	9 Sweet Italian Sausage with Onions, Peppers & Marinara Sauce Green Peas Rosemary Potatoes 1% Milk
12 General Tso Chicken with Fried Rice Broccoli Confetti Vegetables with Dumpling 1% Milk	13 Meatloaf with Gravy Mashed Potatoes Green Beans 1% Milk	SPECIAL 14 PICNIC LUNCH Turkey, Ham and Chicken Salad Hoagies, Potato Salad, Chips, Corn on the Cob, Tossed Salad, Ice Cream, Iced Tea & Lemonade	15 Vegetable Lasagna Roasted Potatoes Italian Blend Vegetables 1% Milk	16 Stuffed Shells Steamed Carrots Vegetable Blend 1% Milk
19 Roast Pork with Sauerkraut & Apples Sweet Potatoes Mixed Vegetables 1% Milk	20 Bagel, Egg, Cheese and Turkey Sausage Sandwich Roasted Potatoes Apple Wedges Bagel 1% Milk	21 Chicken Marsala Wild & Brown Rice Broccoli Orange 1% Milk	22 Salisbury Steak with Gravy Mashed Potatoes Green Peas 1% Milk	23 Greek Styled Turkey Burger with Mango & Roasted Corn Salsa Wild & Brown Rice Broccoli 1% Milk
26 Manicotti with Crushed Tomatoes & Basil Steamed Carrots Broccoli 1% Milk	27 Beef Stroganoff with Egg Noodles Peas & Carrots Applesauce 1% Milk	28 Chicken Cutlet with Lemon Butter Sauce Orzo with Peas Fresh Summer Squash 1% Milk	29 Crab Pasta Primavera Apple Crumble Steamed Carrots Chocolate Pudding 1% Milk	30 Vegetable Cheese Omelet Turkey Sausage Roasted Potatoes Bagel 1% Milk



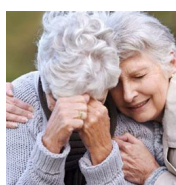
WEDNESDAY, JUNE 7 / 12:30pm

Adult Vaccines and Expanded Access for Individuals with Medicare Part D and Tips on Healthy Eating Learn more about vaccines, expanded access for people with Medicare Part D, and tips on eating healthier. This program is brought to us by Giant Pharmacy and the Montgomery County Immunization Coalition (MCIC). **Please RSVP by June 5.**



THURSDAY, JUNE 8 / 8:00am

Breakfast Outing to Valentino's Bistro Join your friends from GHNPSS (Encore and PEAK) for a delicious breakfast and wonderful conversation. We will meet at Valentino's Bistro at 518 N. Broad Street in Lansdale. Pay for your own breakfast. **Please RSVP by June 6.**



FRIDAY, JUNE 9 & 23 / 11:00am

Grief Support Deborah Harris is a licensed clinical social worker who works with older adults through Family Services of Montgomery County. She often focuses with seniors on issues related to grief and loss and has run grief groups as well as general support groups over the years. She is looking forward to providing grief support to those that attend The PEAK Center.



FRIDAY, JUNE 9 / 3:00pm

PASSi Informational Session on Accessing Government Benefits in Korean This informational session will provide an overview of the services that PASSi can offer such as assistance signing up for SNAP or LIHEAP benefits or navigating Medicaid and more. This session is offered in Korean only. If you are interested in learning about how you can access these benefits and you do not speak Korean or English with proficiency, please contact Carol Costlow at 215-362-7432, ext. 203.



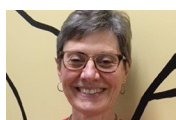
MONDAY, JUNE 12 / 10:00am TO 12:00pm

Shingles Vaccine and COVID Booster Clinic Protect yourself from shingles and COVID with a vaccine and booster shot. Giant Pharmacy and Montgomery County Immunization Coalition (MCIC) will be hosting this free clinic at PEAK. All are welcome. **Please RSVP by June 9.**



MONDAY, JUNE 12 / 12:30pm to 1:30pm

Crafts with Lil If you love to make things and have fun with friends, then join Lil's class. The project has not been decided yet, but we are sure you will LOVE it! Come for the fun and the laughs! **Cost is \$3.00. Please RSVP by June 9.**



TUESDAY, JUNE 13 / 10:00am to 11:00am

Virtual Storytime with Josephine This is a virtual class. Join Josephine who will be reading "A Ghost of a Chance" by O'Henry and "Angela's Alterations" by Peter Lovesey. Please call PEAK at 215-362-7432 or visit www.ghnpss.org/peak_center/virtual-classes to sign up.



TUESDAY, JUNE 13 / 10:00am to 2:00pm

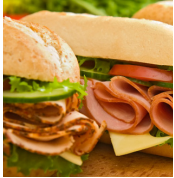
PA State Representative Steve Malagari's Office PA State Representative Malagari's staff will be here to help with state-related programs, rights for older adults and other senior issues.

PEAK SPECIAL PROGRAMS CONTINUED...



TUESDAY, JUNE 13 & WEDNESDAY JUNE 14 / 8:30am to 12:30pm

AARP Two-day Driving Course When you take the AARP Smart Driver class, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. This two-day course teaches proven driving techniques to help keep you and your loved ones safe on the road. **There is a fee for this class. Please RSVP by June 9.**



WEDNESDAY, JUNE 14 / 11:30am to 12:30pm

Special Picnic Lunch Join us for our "indoor" picnic at PEAK and enjoy assorted hoagies, potato salad, chips, corn on the cob, salad, and ice cream. Come ready to play Name that Tune! This special lunch, with entertainment brought to you by Aetna, will feature prizes, too! **Cost is \$8. Please RSVP by June 9.**



THURSDAY, JUNE 15 / 12:30pm to 1:30pm

"A Fun Day Touring Philly" Presentation Come join Norm, our local tour guide, as he shares his photos of our historic city. Who remembers what happened in Congress Hall? Where is Ben Franklin's final resting place? Bring friends and let's have some fun and see how much you know of Philly.



MONDAY, JUNE 19 / 12:30pm to 1:30pm

Juneteenth with Terri Lyons Learn more about the history of the Juneteenth holiday and why it is important to today's culture. Terri Lyons is returning to present this program in her unique and entertaining style. **Please RSVP by June 16.**



THURSDAY, JUNE 22 / 12:00pm

Picnic at Fischer's Park Join us for our annual Picnic in the Park. We will meet at Fischer's Park located at 2235 Bustard Road in Harleysville and enjoy all of your summertime picnic favorites while being entertained by Michael Kropp. This event is rain or shine. **Cost is \$10. Please RSVP by June 14.**

KOREAN CLASSES AT THE PEAK CENTER

Korean Bong Sul Mondays, Wednesdays and Fridays at 2:00pm

Korean Dance Tuesdays at 1:00pm

Korean Smart Phone Tuesdays at 3:30pm

Korean Drawing Wednesdays at 3:30pm

Korean Line Dancing Thursdays at 2:00pm

English as a Second Language Thursdays at 3:30pm

Korean Kalimba Fridays at 1:00pm

Korean Book Club Fridays at 3:00pm



PEAK MEMBER OF THE MONTH

VIRGINIA MEASE

June Member of Month is Ginny Mease. She has been coming to The PEAK Center for 9 years now. She started coming once she retired, looking for something to do. Well, she does a lot! She attends Fit for the Future, Crafts, Lunch, Tai Chi, Meditation, Yoga and all the educational programs. Ginny says PEAK is a wonderful place to meet people, have fun and not eat alone! Ginny is quick with a joke and makes everyone feel welcome.

