

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.ghnps.org

Mary Ellen McCabe
Site Manager

Jodi Luskin
Administrative Assistant

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.ghnps.org

Heather Shuttlers
Site Manager

Sabrina Davila
Administrative Assistant

Carol Costlow
Social Services Coordinator

Grace Chung
Korean American Services Specialist

Follow Us On:

 facebook.com/ghnps
 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

Greetings and Happy March!

March is a month that teases us with both the promise of Spring and the opportunity for a late snowfall. The days are longer; the temperatures start to rise; and so does our desire to get out and about... why not join us at Encore Experiences or the PEAK Center?! Delicious meals and engaging programs are right around the corner no matter if you join us in Harleysville or Lansdale. The GHNPS team is ready to welcome you to your home away from home.

March celebrates Women's History Month when we recognize the impact women have had on our society throughout history into our current times. Nadine Chudoba, our amazing yoga and meditation teacher at PEAK, will be presenting "The HERstory of Humanity" at both Encore and PEAK. The presentation will be about the history of women creating change out of chaos. From prehistoric times to Barbara Walters, we will explore how the passion of a woman's heart drives humanity forward. Women hunted AND gathered; protected AND perished; raised AND wrote the HERstory of humanity. This presentation will be at Encore on March 7 at 10 am and at PEAK on March 28 at 10:30 am.

There are so many people who work together to ensure that GHNPS provides top quality meals, intellectually and physically stimulating programs, and a place to nourish friendships. One important group of people who contribute significantly to GHNPS is our Board of Directors. Some of the Board's responsibilities include developing policies and procedures to guide our operations, monitoring our fiscal health, and assisting with fundraising. Recently, we have welcomed new Board members to GHNPS. I would like to introduce you to these new members:

Helen Park – Helen is a resident of Ambler with a background in teaching and music. She ran a successful dry-cleaning business for 38 years and now works as an interpreter for a law firm. Helen is a member of the Korean American Association of Greater Philadelphia, a key community partner of GHNPS.

Sarah Hamill - Sarah is a Lansdale resident with a background in financial services marketing – life insurance, annuities, and retirement plans. Since retiring, Sarah has focused on volunteering in her community, with a particular commitment to Manna on Main Street, GNPSS' partner in the North Penn Commons. She also volunteers with the Morris Arboretum, Wissahickon Valley Public Library, Christ United Methodist Church, and Laurel Hill/West Laurel Hill Cemeteries.

John Cabrey – John is a resident of Lansdale who has focused his career on staff management, process improvement and customer service. In 2007, he became the Owner/President of Senior Helpers of Lansdale. Senior Helpers of Lansdale is a premier provider of non-medical support services for seniors and others in need of assistance with activities of daily living to help them maintain independence. They serve seniors in Montgomery and Bucks Counties. John has long been a supporter of GHNPS' programs and a sponsor of our special events.

Lilian Maccarella – Lil has lived in many places across the country, returning to Lansdale 2 ½ years ago. She has a background in accounting having worked for a Dentistry practice in the Telford-Souderton area, a Doctor's office in New Jersey, and a Golf Course in Florida. She also had her own catering business specializing in wedding cakes. Since returning to Lansdale, she has been a mainstay at the PEAK Center volunteering in the dining room, at the greeter's desk, and leading craft classes. Lil is the Board's Member Representative for The PEAK Center.

A Message from the Executive Director continued...

Larry Cavaliere – Larry is a Quakertown resident and active member of Encore Experiences. He spent 40 years in the Corporate Finance and Banking Industry. In his retirement, he enjoys physical fitness, music, reading, bridge, travel, volunteer work, and money management. At Encore, Larry volunteers at the greeter's desk and in the dining room, always willing to lend a hand to new visitors to the Center. Larry is the Board's Member Representative for Encore Experiences.

These new members join our dedicated Board of Directors who include:

Kate Moore, President
Lisa Jones, Vice President
Betty Linko, Secretary
Bob Schoen, Treasurer
Sheri Strouse, Past President
Katie Farrell
Shamsul Huda

Wanda Lewis-Campbell, Ed.D.
Helen Park
Sarah Hamill
John Cabrey
Larry Cavaliere, Member Representative – Encore Experiences
Lilian Maccarella, Member Representative – The PEAK Center

I look forward to seeing you at Encore or PEAK this coming month! Whether you're joining us for a game of Pinochle, enjoying a Special Lunch, or utilizing AARP's tax preparation services, the GHPSS team is here to make your experience pleasant. Don't hesitate to stop me or any of the GHPSS staff to let us know how we can support you. On behalf of the entire GHPSS family, have a wonderful month!

Appreciatively,



Elizabeth Beil

GHPSS EDUCATIONAL PROGRAMS AND SERVICES FOR OLDER ADULTS

AARP Tax Preparation Program

We plan to offer in-person tax preparation appointments, but our priority is to keep all participants, volunteers, and taxpayers safe and healthy. Please check the GHPSS website or call each Center for up-to-date information. Tax appointments will start in early MARCH and run through April 17, 2023. The appointments fill up quickly since there is such a great need for this service; we will do our best to accommodate requests and will gladly share contact information for other sites where this service may be offered.

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.

Do You Need A Ride?

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

Encore: 215-256-6900

PEAK: 215-362-7432

Legal Counseling

Encore: Free legal consultations are available by phone between 9:30am and 10:30am on Thursday, March 16. Call 215-256-6900 to schedule.

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

Low Income Heating and Water Assistance Programs (LIHEAP)

This program is accepting applications now through April or until the funds run out. Paper applications are available, or it can be completed online at www.compass.state.pa.us. Income eligibility guidelines for homeowners and renters have been published for the 2022-23 heating season.

PA MEDI Medicare Counseling (formerly APPRISE)

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

If you are enrolled in a Medicare Advantage plan that does not suit your current health needs, you only have March to change to a different Medicare Advantage plan for the remainder of the year.

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

PA Property Tax/Rent Rebate

Applications for the 2022 tax year will be available by early MARCH or you can apply online at <https://mypath.pa.gov>. If you qualify, you can receive a rebate up to \$650. 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.

Increase Your Income While Giving



Did you know there are planned giving options that provide you with income at the same time you're supporting Seniors at Greater Harleysville and North Penn Senior Services? To learn more about how these options can benefit you while you support vital programs and services for older adults, please join us for a free, informative seminar at either Encore Experiences or The PEAK Center.

March 13, 2023

10:30am

Encore Experiences

312 Alumni Avenue
Harleysville, PA 19473
215-256-6900

March 13, 2023

12:30pm

The PEAK Center

606 E. Main Street
Lansdale, PA 19446
215-362-7432

Please RSVP by March 10

Contact Connie Maurer at 215-256-6900 or email cmaurer@ghnpss.org

Presented by



UNIVEST[®]
FOUNDATION

GHNPS Member/Participant Survey

(Please fill this out and either return to the front desk at Encore or PEAK or mail to: GHNPS, 312 Alumni Avenue, Harleysville, PA 19438)

1. Which Center do you attend? ☐ Encore ☐ Peak ☐ Both
2. Do you participate in the congregate meal program? ☐ Yes ☐ No
 - a. How satisfied are you with the meals at your Center (1-5 not satisfied to very satisfied) _____
 - b. Please tell us why _____

3. Do you participate in exercise classes? ☐ Yes ☐ No
 - a. How satisfied are you with the exercise classes at your Center (1-5 not satisfied to very satisfied) _____
 - b. Please tell us why _____

 - c. What classes do you attend? _____
4. Do you participate in games (i.e. chess, pinochle, bridge, rummikub, bingo)? ☐ Yes ☐ No
 - a. How satisfied are you with the games at your Center (1-5 not satisfied to very satisfied) _____
 - b. Please tell us why _____

 - c. What games do you play? _____
5. Do you participate in art or craft classes (this includes Wood Carvers & Stitch n Chat)? ☐ Yes ☐ No
 - a. How satisfied are you with the classes (1-5 not satisfied to very satisfied) _____
 - b. Please tell us why _____

 - c. What classes do you attend? _____
6. Have you used legal or medicare counseling? ☐ Yes ☐ No
 - a. How satisfied are you with the counseling you received (1-5 not satisfied to very satisfied) _____
 - b. Please tell us why _____

7. Do you attend Special Lunch with Entertainment? ☐ Yes ☐ No
 - a. How satisfied are you with the Special Lunches? (1-5 not satisfied to very satisfied) _____
 - b. How satisfied are you with the Entertainment? (1-5 not satisfied to very satisfied) _____
8. Do you attend Special Programs at your Center (i.e. Elmwood Park Zoo, Black History Month, Healthy Living Classes, etc.)? ☐ Yes ☐ No
 - a. How satisfied are you with the Special Programs? (1-5 not satisfied to very satisfied) _____
 - b. Please tell us why _____

 - c. What Special Programs did you attend recently? _____
9. How satisfied are you with the staff at your Center? (1-5 not satisfied to very satisfied) _____
 - a. Please tell us why _____

10. How satisfied are you with the volunteers at your Center? (1-5 not satisfied to very satisfied) _____
 - a. Please tell us why _____

11. How satisfied are you with the overall services of GHNPS (1-5 not satisfied to very satisfied) _____
 - a. Please tell us why _____

March 2023 Program Calendar

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
		1 8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:30pm Healthy Steps in Motion	2 9:00 Wood Carving 9:30 Stitch & Chat 10:00-11:00 Free Blood Pressure Screenings 11:15-12:15pm Help Yourself to Healthy Living: Let's Cook 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$3)	3 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 12:30pm Pinochle 1:30pm Chair Yoga with Jen Treichel
6 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	7 9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Stamp Club 10:00-11:00am The HERstory of Humanity 12:00-1:00pm Lunch 1:00-2:00pm Heart Healthy Nutrition 1:30pm Zumba (\$3)	8 8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch	9 9:00 Wood Carving 9:30 Stitch & Chat 11:00 Meditation with Lea 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 1:30pm Tone & Balance (\$3)	10 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 12:30pm Pinochle 1:30pm Gentle Yoga with Jen Treichel 2:30pm Happy Hour
13 9:15 Tai Chi (\$4) 10:30-11:30am Univest Planned Giving Seminar 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	14 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Storytime with Josephine 11:00-12:00pm Cooking with Teri Wassel: Stuffed Cabbage Soup 12:00-1:00pm Lunch 1:30pm Zumba (\$3)	15 8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00-2:00pm Practical Matters: Power of Attorney by Wendy Ashby, Esq.	16 9:00 Wood Carving 9:30 Legal Consultations (by appointment only) 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$3)	17 10:00 Wii Sports or Jeopardy 12:00-2:00pm Special Lunch: St. Patrick's Day Celebration and Inter-generational Activities with Children from Corpus Christi 12:30pm Pinochle 1:30pm Stretch & Tone (\$3)
20 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	21 9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia 11:30-1:30pm Cash for Gold (bring in your gold jewelry for cash on-the-spot) 12:00-1:00pm Lunch 1:30pm Zumba (\$3)	22 8:00 Chess 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: "Love Insurance" and Tax-Free Retirement by Bruce Hengey	23 9:00 Wood Carving 9:30 Stitch & Chat 11:00 Meditation with Lea 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$3)	24 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 12:30pm Pinochle 1:30pm Stretch & Tone (\$3) 2:30pm Happy Hour
27 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks	28 9:30 Group Trivia 12:00-1:00pm Lunch 1:30pm Zumba (\$3)	29 8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00-2:00pm Practical Matters: Voter Services and Information by Brandon Yett	30 9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$3)	31 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 12:30pm Pinochle 1:30pm Stretch & Tone (\$3)

March 2023 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 French Dip Sweet Potato Fries 1% Milk	2 Grilled Salmon Citrus Salad Wild Rice 1% Milk	3 Pierogies with Onions and Mushrooms Green Salad 1% Milk	
	6 Grilled Cheese Tomato Soup Mandarin Oranges 1% Milk	7 Crab Cake with Lettuce and Tomato on Mixed Grain Bun Fresh Fruit 1% Milk	8 Meatloaf with Mushroom Gravy Mashed Potatoes Green Beans Roll, 1% Milk	9 Grilled Chicken Salad with Onions, Feta, Candied Pecans and Cranberries Roll, 1% Milk	10 Baked Haddock Roasted Tomatoes Mac and Cheese Sliced Peaches 1% Milk
	13 Swedish Meatballs Steamed Broccoli Whole Grain Noodles 1% Milk	14 Pulled Pork Stuffed Sweet Potato Green Salad 1% Milk	15 Chicken Pot Pie Green Salad 1% Milk	16 Fish and Fries Cole Slaw 1% Milk	17 SPECIAL LUNCH Corned Beef Cabbage Potatoes Scone Slice 1% Milk
	20 Open Face Tuna Melt on Rye Bread Vegetable Soup 1% Milk	21 Taco Salad Corn Chips Pineapple 1% Milk	22 Vegetable Chili with Corn Bread Topping Mixed Fruit 1% Milk	23 Pineapple Chicken Steamed Broccoli Brown Rice 1% Milk	24 Baked Eggplant Parmesan Green Salad Roll 1% Milk
	27 French Dip Sweet Potato Fries 1% Milk	28 Pierogies with Onions and Mushrooms Green Salad 1% Milk	29 Grilled Chicken Caeser Salad Fruit Salad Roll 1% Milk	30 Sloppy Joe Sandwich Carolina Cole Slaw Mixed Fruit 1% Milk	31 Grilled Salmon Citrus Salad Wild Rice 1% Milk

To register for programs or schedule appointments call 215-256-6900.

Thursday
MARCH

2

Help Yourself to Healthy Living: Let's Cook / 11:15am Come and explore simple healthy meals and snacks that boost your energy and keep you fit. Discover 3-5 ingredient healthy meals and 2-3 ingredient, energy boosting snacks!

Friday
MARCH

3 & 10

Chair / Gentle Yoga with Jen Treichel / 1:30pm-2:30pm De-stress, relax and rejuvenate mentally, physically and emotionally! Jen Treichel from Whole Body Yoga Studio will be offering a free Chair Yoga class on March 3 and Gentle Yoga Class on March 10 at Encore Experiences. We want to determine our members' interest level in adding a yoga class (that would have a small fee) to our weekly exercise schedule.

Tuesday
MARCH

7

The HERstory of Humanity - The Underlying Female Force with Nadine Chudoba / 10:00am-11:00am This is a presentation about the history of women creating change out of chaos. From prehistoric times to Barbara Walters, Nadine will explore how the passion of a woman's heart drives humanity forward. Women hunted AND gathered; protected AND perished; raised AND wrote the HERstory of humanity

Tuesday
MARCH

7

Healthy Heart Nutrition Presentation / 1:00pm-2:00pm Join Gina Ellery, a registered dietician, for a presentation on Heart Healthy Nutrition. Gina has great tips for foods to increase and foods to decrease in your daily consumption. She will end with a demonstration on how to make Creamy Avocado Dip, which will be available for sampling!

Monday
MARCH

13

Univest Planned Giving Seminar / 10:30am-11:30am Did you know there are planned giving options that provide you with income at the same time you're supporting Seniors at GHNPS? Learn more about how these options can benefit you while you support vital programs and services for older adults. **RSVP to Connie Maurer, 215-256-6900, x104.**

Tuesday
MARCH

14

Cooking Demo with Teri Wassel / 11:00am to 12:00pm Join Montgomery County's Teri Wassel, a registered dietician, for a cooking demonstration with an Irish theme – Stuffed Cabbage Soup! RSVP by March 10.

Wednesday
MARCH

15

Practical Matters: Power of Attorney / 1:00pm to 2:00pm Please join Wendy Ashby, Esquire for a presentation on the importance of having a Power of Attorney document, as well as a Medical Power of Attorney document and understanding the difference between them. RSVP by March 13.

Friday
MARCH

17

Special Lunch: St. Patrick's Day / 12:00pm to 2:00pm Our Special Lunch for March will be in celebration of St. Patrick's Day, so wear your green! Encore's Chef, Trish Foley, will be preparing a savory corned beef and cabbage lunch with potatoes and scone. She will also have an activity after lunch showing us how to make Irish Potatoes! We will have an Outreach group from Corpus Christi School to provide some intergenerational games and Irish-themed activities. RSVP by March 10. Cost \$8.

Tuesday
MARCH

21

Cash for Gold / 11:30am to 1:30pm 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!

Wednesday
MARCH

22

Practical Matters: "Love Insurance" and Tax-Free Retirement / 1:00pm to 2:00pm Come to a conversation-style presentation by independent broker Bruce Hengey on Life Insurance and Tax-Free Retirement. Bruce talks about "Love Insurance" which is about planning for your future with your loved ones' best interests in mind. Bruce wants you to bring your own questions to this presentation as well! RSVP by March 20.

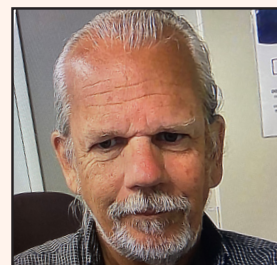
Wednesday
MARCH

29

Practical Matters: Voter Services and Information / 1:00pm to 2:00pm Please join Brandon Yett, the Elections Communications Manager for Montgomery County Voter Services. He will cover topics such as how to register to vote, how to update your voter registration, and highlight the different ways ballots are cast. He will provide an overview of how Absentee and Mail-in ballots are processed and what happens after Election Day. RSVP by March 27.

ENCORE MEMBER OF THE MONTH: ED SELLERS

Ed Sellers is our "go-to" guy when it comes to tutoring for our members and staff on various technology issues. He keeps our shared computer area organized and running for us! Ed is also seen concentrating away at our chess table every Wednesday morning and he welcomes new chess players to join the club. We are thankful for all the ways Ed jumps in to help out and we have named him as Encore's March Member of the Month!



SPECIAL PROGRAMS

To register for programs or schedule appointments call 215-362-7432.

Wednesday

MARCH

8

Special Bingo Sponsored by the Foster Grandparent Program / 10:30am The Foster Grandparent Program will be hosting BINGO for us! Please RSVP to 215-362-7432 by March 6.

Monday

MARCH

13

Univest Planned Giving Seminar / 12:30pm-1:30pm Did you know there are planned giving options that provide you with income at the same time you're supporting Seniors at GHNPS? Learn more about how these options can benefit you while you support vital programs and services for older adults. **RSVP to Connie Maurer, 215-256-6900, x104.**

Monday

MARCH

15

Special Lunch with JL Duo! / 11:30pm to 1:30pm Join us for special entertainment by JL Duo after our March Special Lunch. RSVP by Monday, March 13. Cost is \$8 per person.

Wednesday

MARCH

22

Wedding Dance Exercise / 3:00pm Nadine is back for this fun exercise once a month at The PEAK Center. We'll dance to Motown, Oldies, and even try the Chicken dance once in a while. This exercise class leaves you feeling fresh full of fun! Feel like you've had the best time of your life even while you exercise! Fee \$3.00.

Monday

MARCH

27

Create Easter Baskets with Lillian / 12:30pm-1:30pm Get in the holiday spirit by joining Lil in making Easter Baskets. We will be making the actual baskets using string and glue! Get ready to have some fun! Cost is \$3.00. Please RSVP to 215-362-7432 by March 23.

Tuesday

MARCH

28

The HERstory of Humanity - The Underlying Female Force with Nadine Chudoba / 10:30am-11:30am This engaging presentation will focus on the history of women who created change out of chaos. From prehistoric times to Barbara Walters we will explore how the passion of a woman's heart drives humanity forward. Women hunted AND gathered; protected AND perished; raised AND wrote the HERstory of humanity. Please RSVP to 215-362-7432 by Friday, March 24.

Join us on **Tuesdays at 1:00pm starting in March for fun Games!** Some are old and some are new. If you like Checkers, Scrabble or Dominoes, then you will want to join us.

Look for our special Raffle Baskets each month. Each one is filled with fun, exciting and useful items! If you would like a chance to win one of the raffle baskets, all you have to do is buy tickets. For more information, ask one of the staff or greeters next time you are at The PEAK Center!

PEAK MEMBER OF THE MONTH: DOO SEU PARK

Mr. Doo Seu Park is our member of the month for March. Mr. Park volunteers teaching Bong Sul three times a week at The PEAK Center. Along with supporting the Korean programs at The PEAK Center, Mr. Park eats lunch regularly with his friends in the café.

Because of his leadership and his dedication to engaging Korean Seniors, we have named Mr. Park PEAK's March Member of the Month.



March 2023 Program Calendar

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
				
		8:00 Creative Coloring 1 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	8:00 Creative Coloring 2 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	8:00 Creative Coloring 3 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
6 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	7 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	8 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 10:30 Special Bingo Sponsored by The Foster Grandparent Program 11:30-12:30 Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing	9 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	10 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
13 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 11:30-12:30 Lunch 12:30-1:30pm Univest Planned Giving Seminar 2:00pm Korean Bong Sul	14 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 10:00 Storytime with Josephine 11:30-12:30 Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	15 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 11:30-1:30pm Special Lunch with JL Duo (\$8) 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing	16 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	17 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
20 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	21 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	22 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 3:00pm Wedding Dance Exercises with Nadine 3:30pm Korean Drawing	23 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	24 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
27 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 11:30-12:30 Lunch 12:00pm Book Club 12:30-1:30pm Create Easter Baskets with Lillian 2:00pm Korean Bong Sul	28 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 10:30-11:30am The HERstory of Humanity 11:30-12:30 Lunch 12:00pm Legal Consult. (by appt. only) 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	29 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 3:30pm Korean Drawing	30 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	31 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

March 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 Chicken Parmesan Penne Pasta with Olive Oil & Parsley Green Beans Roll 1% Milk	2 Baked Fish with Lemon Pepper and Orzo Steamed Carrots Broccoli 1% Milk	3 Crabby Patty Old Bay Potatoes Oregon Vegetable Blend Pudding 1% Milk
6 Meat Loaf with Gravy Mashed Potatoes Green Beans 1% Milk	7 Roast Pork with White Beans and Spinach Cauliflower with Cheese Sauce Peaches 1% Milk	8 BBQ Pulled Pork and Brown Rice Mixed Vegetables Fruit Cobbler 1% Milk	9 PEAK Pizza Bar Tossed Salad Dressing Vegetable Blend 1% Milk	10 Manicotti with Crushed Tomatoes and Basil Broccoli Wax Beans 1% Milk
13 Chicken Pan Pie Green Beans Applesauce 1% Milk	14 Sweet and Sour Chicken with Fried Rice Broccoli Egg Roll 1% Milk	15 SPECIAL LUNCH Roast Beef with Gravy Mashed Potatoes Mixed Vegetables Apple Pie 1% Milk	16 Chicken Tenders Baked Beans Fruit Cobbler Dipping Sauce and Baby Carrots 1% Milk	17 Happy St. Patrick's Day Corned Beef with Cabbage, Carrots and Potatoes Green Peas with Mint Corn Cob 1% Milk
20 Salisbury Steak with Gravy Mashed Potatoes Green Peas 1% Milk	21 Tai Beef with Rice Pacific Vegetables Dumplings 1% Milk	22 Turkey Thyme Risotto with Mushrooms Brussel Sprouts Carrots 1% Milk	23 Sweet and Sour Turkey Meatballs with Confetti Vegetables Rice Broccoli 1% Milk	24 Baked Macaroni and Cheese Stewed Tomatoes Green Beans 1% Milk
27 Vegetable Lasagna Carrots Roasted Potatoes 1% Milk	28 Pollock Florentine with Orzo Brussel Sprouts Carrots 1% Milk	29 Mini Waffles with Chicken Sausage Collard Greens Pears 1% Milk	30 Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes Green Beans Bread and 1% Milk	31 Stuffed Shells with Tomato Sauce Steamed Carrots Asparagus 1% Milk