

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

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 Shuttles
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

Happy May, Friends!

It's hard to believe that summer is just around the corner! This Spring the energy at Encore and The PEAK Center has been amazing for me to experience. More people are attending each day, new programs are being introduced, and all around me I see GHNPS thriving. Thank you for being a special part of our community!

As a nonprofit organization, GHNPS relies on various streams of income to run our Centers. We are powered by grants, fundraisers, sponsorships, and donations. One critical fundraiser is The Pillar of the Community where we honor a local community champion. This year, we are celebrating Dr. Francis Jeyaraj for the incredible impact he has made as a local Pediatrician as well as his dedication to building the Montgomery County community with a special focus on diversity and inclusion.

There are many ways that you can participate in **The Pillar of the Community** to be held on **June 15th at Indian Valley Country Club**:

- **Attend the event on 6/15!** Did you know that GHNPS Lifetime Members can attend one special event for FREE each year? You can invite friends and family to attend as well!
- **Donate a Silent Auction item.** Have a special skill like painting or knitting? We welcome your crafts to auction off at the event. Know a business owner who may be willing to donate a gift certificate or item? Ask if they will donate to your favorite Senior Center.
- **Know a business who would sponsor The Pillar of the Community?** Don't be shy! Reach out to me for materials that you can share. Ask if they are willing to make a donation to support Encore or PEAK... be sure to share with them how much GHNPS means to you.



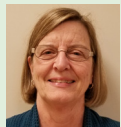
The more people we have helping spread the word about this important fundraiser, the more successful The Pillar of the Community will be! And a successful fundraising event means more resources that we can put into making GHNPS the best home away from home for you.

Continued on next page...



Our team continues to put together engaging event calendars. We welcome you to join us at both Encore and PEAK. Here are some highlights you won't want to miss:

- **Cinco De Mayo Special Lunch at ENCORE – May 5:** Chef Trish will be cooking up a delicious “almuerzo” (lunch) with a Mexican theme followed by entertainment from DJ Neil Farber.
- **Tai Chi for Arthritis at PEAK – Fridays at 9:30 am:** Are you a Tai Chi enthusiast looking for another class? Are you an active older adult with Arthritis who is looking for an evidenced-based exercise program? This program is hosted by the Montgomery County Office of Senior Services and will introduce you to gentle, restorative movements that are safe and effective for Arthritis.
- **Zumba with Lysandra at ENCORE – Wednesdays starting May 17 at 5:30 pm:** Get your heart pumping with this fun, dance-based exercise class! We are testing out this popular weekday class as an evening workshop for 6 weeks. Invite a friend and get ready to move to the beat!
- **Senior Resource Fair sponsored by UnitedHealthcare at PEAK – May 23:** Connect with local senior-serving organizations about the benefits they provide in our community to help you stay active and independent. There will be giveaways and free blood pressure checks!
- **“All Are Welcome” Open House at PEAK – May 24, 4-6 pm:** Want to learn more about all the organizations in North Penn Commons? Have friends who are interested in PEAK? Invite your friends and family and join us for an inclusive Open House hosted by The PEAK Center, Manna on Main Street, Lansdale Family YMCA, ACLAMO and Advanced Living Communities.



• **Carol Costlow, Social Worker, at ENCORE** – Looking for food stamps or SNAP benefits or help with 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 government programs? Carol can help! She is always available via phone but will now be spending some time at Encore to meet in person. Ask Mary Ellen or look for the sign-up sheet to make an appointment.

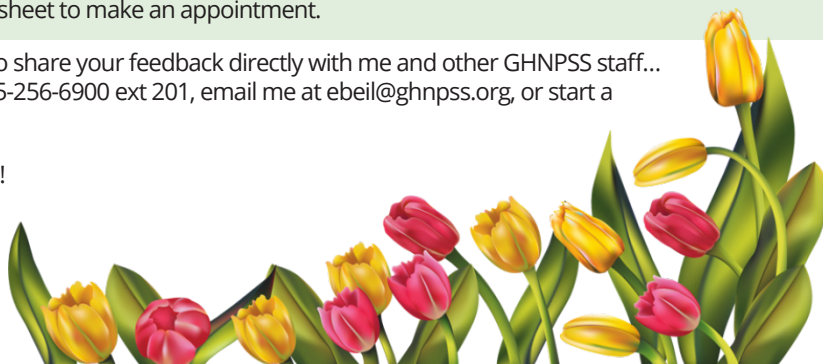
Your voice is very important to me and to GHPSS. I invite you to share your feedback directly with me and other GHPSS staff... slip a note into one of our suggestion boxes, give me a call at 215-256-6900 ext 201, email me at ebell@ghnpss.org, or start a conversation with me the next time I'm at your Center.

Have a wonderful month and I'll see you at Encore or PEAK!

Appreciatively,

Elizabeth Beil

Elizabeth Beil



GHPSS EDUCATIONAL PROGRAMS 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 May 11 at 1:00pm.

PEAK: Meets on May 31 at 1:00pm.

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

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 \$26,976/ yr. for a single person and \$3,040/mo. or \$36,480 for a couple.

Legal Counseling

Encore: Free legal consultations are available by phone between 9:30am and 10:30am on Thursday, May 18. Call 215-256-6900 to schedule.

PEAK: Free legal consultations are available Tuesday, May 23. Call 215-362-7432 to schedule.

Low Income Heating Assistance Programs (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, May 3 starting at 1:00pm. Call 215-256-6900 to schedule.

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

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 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.

May 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 |
|---|--|---|--|--|
| 1 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks | 2 9:00-10:20 Haircuts (by appointment only) 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 1:00pm Truth About Sweeteners with Gina Ellery 1:30pm Zumba (\$3) | 3 8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Medicare Counseling (by appt.) 1:00pm YWCA Foster Grandparents Presentation | 4 8:00 Breakfast Club: Ralph's Corner Diner 9:00 Wood Carving 9:30 Stitch & Chat 10:00-11:00 Free Blood Pressure Screenings 11:00-12:00pm Help Yourself to Healthy Living: B.E.F.A.S.T. and Strike Out STROKE 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3) | 5 10:00 Wii Sports or Jeopardy 12:00-1:30pm Special Lunch: Cinco de Mayo with DJ Neil Farber (\$8) 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$3) |
| 8 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks | 9 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Storytime with Josephine 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3) | 10 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 1:00pm Practical Matters: Helpful Steps to Selling Your Home | 11 9:00 Wood Carving 9:30 Stitch & Chat 11:00 Meditation with Lea 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Advisory Council 1:30pm Tone & Balance (\$3) | 12 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) 2:30pm Happy Hour |
| 15 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks | 16 9:00-10:20 Haircuts (by appointment only) 9:15 Walking with Weights (\$3) 9:30 Group Trivia VOTING DAY / POLLING CENTER — NO LUNCHES OR AFTERNOON CLASSES BEING HELD | 17 8:00 Chess 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00-2:00pm Staying Social: How To Do It Right! 5:30-6:15pm Night Zumba with Lysandra (Prepaid Fee) | 18 8:30-12:30pm AARP Driver Refresher Course (Fee) 9:00 Wood Carving 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) 4:15pm Encore Explorers: Dinner Outing to Bella Fiona Ristorante | 19 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) |
| 22 9:15 Tai Chi (\$4) 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks | 23 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) | 24 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 5:30-6:15pm Night Zumba with Lysandra (Prepaid Fee) | 25 9:00 Wood Carving 9:30 Stitch & Chat 10:00-2:00pm Social Services with Carol Costlow 11:00 Meditation with Lea 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$3) | 26 9:30 Veterans' Coffee Hour 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) 2:30pm Happy Hour |
| 29 CLOSED Memorial Day | 30 9:15 Walking with Weights (\$3) 9:30 Group Trivia 11:30am-1:30pm Cash for Gold 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$3) | 31 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 Ice Cream Social with Arbour Square & Art Exhibit 5:30-6:15pm Night Zumba with Lysandra (Prepaid Fee) |  <p>Night Zumba is Back! Starting May 17 from 5:30pm to 6:15pm Prepay by 5/16: \$30 for 6 weeks.</p> | |

May 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 Grilled Cheese Tomato Soup Mandarin Oranges 1% Milk | 2 Crab Cake with Lettuce and Tomato on Mixed Grain Bun Fresh Fruit 1% Milk | 3 Meatloaf with Mushroom Gravy Mashed Potatoes Green Beans Roll 1% Milk | 4 Grilled Chicken Salad with Onions, Feta, Candied Pecans and Cranberries Roll, 1% Milk | 5 SPECIAL LUNCH Cinco de Mayo Chicken Enchiladas Spanish Rice Refried Beans Texas Sheet Cake 1% Milk |
| 8 Swedish Meatballs Steamed Broccoli Whole Grain Noodles 1% Milk | 9 Pulled Pork Stuffed Sweet Potato Green Salad 1% Milk | 10 Chicken Pot Pie Green Salad 1% Milk | 11 Fish and Fries Cole Slaw 1% Milk | 12 BLT Quiche Green Salad Fresh Melon 1% Milk |
| 15 Open Face Tuna Melt on Rye Bread Vegetable Soup 1% Milk | 16 NO LUNCH TODAY Voting Day Encore is Polling Station | 17 Vegetable Chili with Corn Bread Topping Mixed Fruit 1% Milk | 18 Pineapple Chicken Steamed Broccoli Brown Rice 1% Milk | 19 Baked Eggplant Parmesan Green Salad Roll 1% Milk |
| 22 French Dip Sweet Potato Fries 1% Milk | 23 Sloppy Joe Sandwich Carolina Cole Slaw Mixed Fruit 1% Milk | 24 Grilled Chicken Caesar Salad Fruit Salad Roll 1% Milk | 25 Pierogies with Onions and Mushrooms Green Salad 1% Milk | 26 Grilled Salmon Citrus Salad Wild Rice 1% Milk |
| 29 CLOSED Memorial Day | 30 Crab Cake with Lettuce and Tomato on Mixed Grain Bun Fresh Fruit 1% Milk | 31 Meatloaf with Mushroom Gravy Mashed Potatoes Green Beans Roll 1% Milk |  CINCO DE MAYO SPECIAL LUNCH May 5 from 12:00pm to 1:30pm Entertainment by DJ Neil Farber | |



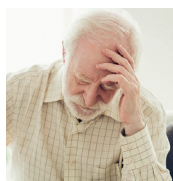
TUESDAY, MAY 2 / 12:00pm to 1:00pm

Truth about Sweeteners Join Gina Ellery, registered dietician, as she uncovers the Truth About Sugar and Sugar Substitutes. We all need a little sweetness in our life and Gina will be providing that by preparing a treat for us at the end of the presentation! **Please sign up in the binder on the greeter's desk.**



WEDNESDAY, MAY 3 / 1:00pm to 2:00pm

YWCA Foster Grandparents Program Heather DeCarlo will be presenting the details of a mutually beneficial opportunity to impact the lives of children, as well as stay engaged in the world during retirement years. Please come out to hear all about this program and the impact it has had on both children and Senior Citizens. **Please sign up in the binder on the greeter's desk.**



THURSDAY, MAY 4 / 11:00am to 12:00pm

Help Yourself to Healthy Living: B.E.F.A.S.T. and Strike Out STROKE! Stroke is the number one leading cause of disability in the U.S.! Learn how to reduce your risk, recognize the signs and symptoms, and learn about the newest treatment for stroke, Tenecteplase (TNK)! **Please sign up in the binder on the greeter's desk.**



FRIDAY, MAY 5 / 12:00pm to 1:30pm

Cinco de Mayo Special Lunch with DJ Neil Farber Encore's Chef, Trish Foley, will be preparing Chicken enchiladas, Spanish rice, Refried beans and Texas Sheet cake! Entertainment by Celebrations Disc Jockey Neil Farber with fun and dancing through the decades, including a sprinkle of Mexican flavor; plus, line dance instruction. **RSVP by Friday, April 28th to the Office; \$8 cost.**



WEDNESDAY, MAY 10 / 1:00pm to 2:00pm

Practical Matters: Helpful Hints for the Steps to 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 in the binder on the greeter's desk.**



TUESDAY, MAY 16 / 11:00am to 4:00pm

Voting Day: No Lunch or Afternoon Activities We are a polling station for the election. We will still be open from 8am – 4pm for our members, and there will be Haircuts by Robin (by appointment) that morning, Walking with Weights class at 9:15 and Group Trivia at 9:30 in the lobby. **Members are welcome to hang out here in the afternoon, but lunch and the regularly scheduled activities are cancelled.**



WEDNESDAY, MAY 17 / 1:00pm to 2:00pm

Staying Social: How to do it Right The first step is to keep an open mind and a positive attitude. Being social is so important to your quality of life and overall well-being. The second step is to come to this presentation! Tina Jackson from Humana will have tips on where to start when trying to form new friendships and valuable advice on interacting with people. **Please sign up in the binder on the greeter's desk.**

ENCORE SPECIAL PROGRAMS CONTINUED...



THURSDAY, MAY 18 / 8:30am to 12:30pm

AARP Safe Driver Refresher Course Brush up on your driving skills and save money on your insurance. The AARP Safe Driver course may teach you something new and possibly change at least one driving habit. **There is a fee to AARP for this course.**



THURSDAY, MAY 18 / 4:15pm

Encore Explorers: Dinner Outing to Bella Fiona Ristorante, 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. **RSVP May 15th.**



THURSDAY, MAY 25 / 10:00am to 2:00pm

Social Services with Carol Costlow GHNPS's Social Services Coordinator, Carol Costlow, will be available on-site to our members for support and assistance with various issues that come up in everyday life.



FRIDAY, MAY 26 / 9:30am to 10:30am

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



MONDAY, MAY 29 / 8:00am to 4:00pm

CLOSED FOR MEMORIAL DAY Encore Experiences will be CLOSED in observance of the Memorial Day holiday. No lunch or programs will be offered.



TUESDAY, MAY 30 / 11:30am to 1:30pm

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!



WEDNESDAY, MAY 31 / 1:00pm to 2:00pm

Ice Cream Social and Art Exhibit Join us for ice cream and sundae toppings provided by our friends at Arbour Square and meet some of their residents that will join us here at Encore. Our own art class, led by Pat Wilson-Schmid, will be exhibiting some of their projects for us to enjoy.

WEDNESDAYS: MAY 17 to JUNE 21 / 5:30pm to 6:15pm

6-Week Night Zumba Class Join our dedicated and experienced instructor, Lysandra, for her popular Zumba class for a 6-week program to get in shape for the summer!

The program costs only \$30 for all six classes and will be collected prior to the start of the program. Sign up in the office by May 16th.



ENCORE MEMBER OF THE MONTH

MARY JANE FERTSCH

Mary Jane is the tops when it comes to quality control in the kitchen and making sure your plates look good when they come out to you! For six years now, she has dedicated her time to Encore Experiences, always filling in when and where she is needed. She is a great Bingo supporter and helps to keep the supplies organized. We thank you, Mary Jane, for sharing your cheerful, hard-working disposition with all of our members and staff!



May 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 |
|--|--|---|--|--|
| 8:00 Creative Coloring 1 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 10:00 Learn Crocheting with Elizabeth 11:30-12:30 Lunch 1:00pm Nutrition Meeting 2:00pm Korean Bong Sul | 8:00 Creative Coloring 2 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 | 8:00 Creative Coloring 3 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 Breakfast Club: Ralph's Corner Diner 4 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 | 8:00 Creative Coloring 5 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 9:30 Tai Chi for Arthritis 10:30 Reading to YMCA Kids with Guest Author 11:30-12:30 Lunch 12:30pm Bingo with PHW 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club |
| 8 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 11:30-12:30 Lunch 12:30pm Crafts with Lil 2:00pm Korean Bong Sul | 9 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 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 12:30pm Healthy & Easy to Make Sweet Treats 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class | 10 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 11:30-12:30pm Special Lunch with Fred Hall (\$8) 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing | 11 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 Heart Healthy Eating with Gina 1:30pm Korean Line Dancing 3:30pm ESL for Koreans | 12 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 9:30 Tai Chi for Arthritis 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 |
| 15 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Learn Crocheting with Elizabeth 11:30-12:30 Lunch 2:00pm Korean Bong Sul | 16 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 | 17 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 Crystal Singing Bowls for Sound Healing 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing | 18 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 Abraham Lincoln Visits Philadelphia by Mike Jessberger 1:30pm Korean Line Dancing 3:30pm ESL for Koreans 4:15pm Encore Explorers: Dinner Outing to Bella Fiona Ristorante | 19 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 |
| 22 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 | 23 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) 12:30-2:30pm Senior Resource Fair 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class | 24 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 4:00-6:00pm Inclusive Open House | 25 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00am-2:00pm Blood Drive 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 | 26 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 9:30 Tai Chi for Arthritis 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 |
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May 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 Breast with Roasted Red Pepper Sauce over Parmesan Orzo Vegetable Confetti Italian Vegetables 1% Milk | 2 BBQ Pulled Pork & Brown Rice Mixed Vegetables Apple Cobbler 1% Milk | 3 Pollock Florentine with Tomato Basil Rice Wax Beans Brussel Sprouts 1% Milk | 4 Chicken Fried Steak Beef with Gravy Mashed Potatoes Mixed Vegetables 1% Milk | 5 Baked Macaroni and Cheese Green Beans Stewed Tomatoes 1% Milk |
| 8 Chicken Madras with Apples and Raisins Orzo with Peas Roasted Summer Squash 1% Milk | 9 Turkey Thyme Risotto Brussel Sprouts Steamed Carrots 1% Milk | SPECIAL LUNCH 10 <i>Entertainment by Fred Hall</i> Chicken Enchilada Refried Beans & Cheese Roasted Corn, Beans & Vegetables Cinnamon Churros & Ice Cream 1% Milk | 11 Chicken Alfredo Carrots Pears 1% Milk | 12 Vegetable Cheese Omelet with Turkey Sausage Spiced Apples Potatoes Bagel 1% Milk |
| 15 General Tso Chicken with Fried Rice Broccoli Egg Roll 1% Milk | 16 Italian Platter with Chicken and Meatball Pasta with Pesto Flat Green Beans 1% Milk | 17 Salmon Patty Parsley Potatoes Vegetable Blend 1% Milk | 18 Vegetable Lasagna Roasted Potatoes Italian Blend Vegetables 1% Milk | 19 Stuffed Shells Steamed Carrots Vegetable Blend 1% Milk |
| 22 Roast Pork with Sauerkraut & Apples Mashed Potatoes Mixed Vegetables 1% Milk | 23 Bagel, Egg, Cheese and Turkey Sausage Sandwich Roasted Potatoes Apple Wedges 1% Milk | 24 Chicken Tender Meal Baked Beans Green Beans Baby Carrots 1% Milk | 25 Salisbury Steak with Gravy Mashed Potatoes Green Peas 1% Milk | 26 Nacho Beef Supreme Over Rice Roasted Vegetables Topper Refried Beans Chips & Sour Cream 1% Milk |
| 29 CLOSED Memorial Day | 30 Meat Loaf with Gravy Mashed Potatoes Mixed Vegetables 1% Milk | 31 Turkey Chili Con Carne Roasted Vegetables Corn Bread 1% Milk |  | |

SPECIAL PROGRAMS

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



MONDAY, MAY 1 / 10:00am to 11:00am

Learn to Crochet with Elizabeth She will be teaching beginners to crochet, but all levels are welcome. Come join us to stitch and chat!



MONDAY, MAY 1 / 1:00pm to 2:00pm

Nutrition Meeting with Ed from Manna Join us for our quarterly nutrition meeting with Chef Ed to go over the menu items.



THURSDAY, MAY 4 / 8:00am

Breakfast Club The Breakfast Club returns! Join us at Ralph's Corner Diner in Lansdale for a delicious breakfast with friends. **Please RSVP by May 1.**



FRIDAY, MAY 5 / 10:30am to 11:30am

YMCA Kids Book Reading The YMCA Kids will be visiting The PEAK Center for a book reading. The author of the book will be there also. **Please RSVP by May 1.**



FRIDAY, MAY 5 / 12:30pm

Bingo with Pa Health and Wellness, Insurance Company (PHW) Join us for our regular bingo with an extra special treat. PHW will be supplying prizes to win that are sure to please.



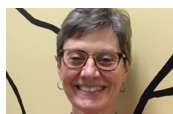
MONDAY, MAY 8 / 12:30pm to 1:30pm

Crafts with Lil Join Lil for craft time. The craft will be a summertime plate. Come for the fun and the laughs! **Cost is \$3.00 Please RSVP by May 5.**



TUESDAY, MAY 9 / 10:00am to 12:00pm

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



TUESDAY, MAY 9 / 10:00am to 11:00am

Storytime with Josephine This is a virtual class. Join Josephine who will be reading "Ghosted" and "Monologue for Mystery Lovers" By Peter Lovesey.



TUESDAY, MAY 9 / 12:30pm to 1:30pm

Cooking Demonstration: Healthy and Easy to Make Sweet Treats Teri Wassel, Registered Dietician from Montgomery County Office of Public Health will be here for her "Healthy and Easy to Make Sweet Treats." She will be sharing simple, delicious, 5 ingredient recipes. **Please RSVP by May 6.**



WEDNESDAY, MAY 10 / 11:30am to 12:30pm

Special Lunch with Fred Hall Join us for our Special lunch with entertainment by Fred Hall. The menu includes Chicken Enchilada, Refried Beans with Cheese, Roasted Corn, Beans and Vegetables, and Cinnamon Churros with Ice Cream. **Cost is \$8.00 Please RSVP by May 8.**



THURSDAY, MAY 11 / 12:30pm to 1:30pm

Heart Healthy Eating with Gina Join Gina Ellery, registered dietician, who will be presenting "Heart Healthy Eating". **Please RSVP by May 8.**

PEAK SPECIAL PROGRAMS CONTINUED...



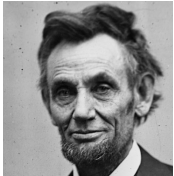
MONDAY, MAY 15 / 10:00am to 11:00am

Learn to Crochet with Elizabeth Whether you are a beginner or have been crocheting for years, come join us to stitch and chat!

WEDNESDAY, MAY 17 / 12:30pm to 1:30pm



Crystal Singing Bowls for Sound Healing with Jackie The Crystal Singing Bowls are instruments used for sound healing. They are typically made of 99.9 percent crushed crystal quartz that is heated under high temperatures and formed into different bowl shapes. One of the reasons for the use of crystal singing bowls is the belief that our bodies are made of crystalline structures. It is believed that crystal singing bowls significantly affect all the organs and cells of your body. In addition, some alternative health practitioners believe that your brainwave frequency and state of consciousness can be positively charged by the vibrations that are created during sound bowl mediation. Join us for this afternoon of positive energy. **Please RSVP by May 15.**



THURSDAY, MAY 18 / 12:30pm to 1:30pm

Abraham Lincoln Visits Philadelphia Presentation Michael Jesberger will be here to give his presentation on "Abraham Lincoln Visits Philadelphia". Join the historical lecturer and tour guide for a presentation on the President's time in Philadelphia before, during and after the American Civil War. **Please RSVP by May 15.**



TUESDAY, MAY 23 / 12:30pm to 2:30pm

Senior Resource Fair UnitedHealthcare will be sponsoring this free event that will have vendors and resources of all types that help seniors.



WEDNESDAY, MAY 24 / 4:00pm to 6:00pm

Inclusive Open House All are welcome! Bring a friend and join us for an open house of North Penn Commons. The PEAK Center will be giving tours and answering any questions you may have. You can also learn more about friends in the Commons: Manna on Main Street, the YMCA, ACLAMO, and Advanced Living Communities.



THURSDAY, MAY 25 / 9:00am to 2:00pm

Blood Drive Give blood and help save a life! American Red Cross is hosting the Blood Drive. **To make an appointment please visit redcrossblood.org, email kaitlyn.guldin@redcross.org, or call 800-733-2767 and use sponsor code: PEAK.**



MONDAY, MAY 29 / 8:00am to 4:00pm

CLOSED FOR MEMORIAL DAY The PEAK Center will be CLOSED in observance of the Memorial Day holiday. No lunch or programs will be offered.

PEAK MEMBER OF THE MONTH

MARY HEINRICHS

Our Member of the Month for May is Mary Heinrichs. Mary has been coming to The PEAK Center for over 20 years. You can find Mary playing Rummikub, taking the exercise classes and partaking in all the programs. Mary always has a smile on face and is always engaging in conversation. We thank you, Mary, for always smiling and sharing your cheerful personality with all of our members and staff!

