

GHNPS STAFF

Organizational Support

Elizabeth Beil

Executive Director, Ext. 201

Connie Maurer

*VP of Operations, Marketing
Communications & Development, Ext. 104*

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, Ext. 105

Patricia Foley

Meal Coordinator, Ext. 102

Marcia Stoesz

Meal Assistant, Ext. 102

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

Samira Grimes

Site Manager, Ext. 204

Sabrina Davila

Administrative Assistant, Ext. 205

Carol Costlow

Social Services Coordinator, Ext. 203

Grace Chung

*Korean American Services Specialist,
Ext. 212*

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

Greetings and Happy October!

The leaves are changing and cooler weather is starting to arrive... autumn is here! No matter the season, Greater Harleysville and North Penn Senior Services is ready to welcome you to enjoy engaging workshops, fitness classes of all levels, delicious meals, and time to connect with old friends and new.

A major reason why Encore and PEAK run so smoothly is our dedicated staff. Whether they are handling operational details behind the scenes or greeting you with a warm smile, the entire GHNPS team contributes to the experience our members have when they walk through our doors. The staff names for both Centers are listed to the left if you want to check out our full roster. On a wonderful note, we have a new Site Manager at PEAK, Samira Grimes, who started in September. You can learn a little bit about her in the brief bio later on in the newsletter. Please join me in welcoming her and thanking all of our staff for their hard work and for creating spaces of care and comfort for our community.

You can see the evidence of the team's hard work and dedication in the creative menus and engaging calendars for this month. I hope that you will explore a new class or program as we celebrate the changing of seasons. Take a look at the Special Program sections for both Encore and PEAK, as well as the calendars, to explore your options.

As you are planning your calendar, please look ahead to November 9th... Greater Harleysville and North Penn Senior Services is hosting A Toast and Taste of Autumn! Tickets to this fundraiser are only **\$40 for seniors (with online code senior10)** and include 7 food stations paired with wine and beer, games, dancing, a silent auction, and FUN! Tickets can be purchased online at www.ghnpss.org/news or at either Encore or PEAK with cash, check or credit card. Raffle tickets for cash prizes are also available for purchase at both Centers. You don't have to be present to win the raffle! All funds raised at A Toast and Taste of Autumn are put into the operations of GHNPS so that we can provide you with quality services and programs. If you have any questions, don't hesitate to reach out to me.

Before I leave you to explore the rest of the October happenings at GHNPS, I'd like to remind you that Open Enrollment for Medicare starts October 15 and runs through December 7. Open Enrollment is a time the government designates for you to explore your health care options and, if you decide, to make a change to your current plan effective Jan. 1, 2024. During this time, you can:

- Join, drop, or switch to another Medicare Advantage Plan (or add or drop drug coverage).
- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare drug plan if you're in Original Medicare.
- Switch from one Medicare drug plan to another if you're in Original Medicare.

Throughout the next two months, both Encore and PEAK will have Open Enrollment education sessions. In addition, you can make an appointment with a PA MEDI representative during their scheduled times at Encore or PEAK or you can reach out to our Social Services Coordinator, Carol Costlow. I understand that health insurance decisions can be difficult, and I hope that the variety of resources available will help guide you.

I hope you have a wonderful month and enjoy all that GHNPS has to offer!

Appreciatively,

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 Thursday, October 12 at 12:30pm.

PEAK: Meets on Wednesday, October 25 at 12:30pm.

Legal Counseling

Encore: Free legal consultations are available by phone between 9:30am and 10:30am on Thursday, October 19. Call 215-256-6900 to schedule.

PEAK: Free legal consultations are available Tuesday, October 24. 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: Call 215-256-6900 to request an appointment on Wednesday, October 4.

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

PA Property Tax/Rent Rebate

Applications for the 2022 tax year have been extended to December 31, 2023. If you are qualified, you can receive a rebate up to \$650. More information on this rebate can be found at <https://my.path.pa.gov>.

The North Penn School District offers an additional rebate to its residents who have already qualified and have received the PA Property Tax/Rent Rebate for **2022**. To learn more, get an application, or get help from the GHPSS Social Services Coordinator, call 215-362-7432, ext. 203.

Do You Need Assistance?

Looking for food stamps, SNAP benefits or Medicaid applications? Do you know if you qualify for the monthly food box for seniors? Need help with all the forms or understanding the mail from these programs? Call GHPSS' Social Service Coordinator at 215-362-7432 ext. 203.

Do You Need A Ride To Encore or PEAK?

For reservations on TransNet and from our centers, call:

Encore: 215-256-6900

PEAK: 215-362-7432



Welcome PEAK's New Site Manager: **SAMIRA GRIMES**

My name is Samira Grimes. My background has always been working with seniors since 2015 when it all started, working for a senior living community. In my spare time I like to do crafts and watch old feel-good movies. My favorite holiday is Christmas. I love giving back and helping in any way I can. Most of all I enjoy spending time with my husband and children while creating more lifetime memories!



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com



SRES
Seniors Real Estate Specialist

Are you, or someone you love, an older adult who needs assistance with relocation or downsizing? As a Seniors Real Estate Specialist, I have experience and a team of experts to help you through the transition of relocating to a new home. We can provide services such as:

- ✓ **Donation Removal**
- ✓ **Creating a Digital Inventory of your Items**
- ✓ **Arranging for Shipping and/or Storage**
- ✓ **Coordinating Subcontractors (movers, cleaners, painters, etc.)**

Reach out to me today to schedule a FREE Consultation!

October 2023 Programs at Encore

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Hybrid Classes (in-person and virtual) are noted in blue. 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>3</p> <p>9:00-10:20 Haircuts (by appt.) (\$10) 9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Stamp Club 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>4</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 11:00 Chair Yoga (\$4) 12:00-1:00pm Lunch 1:00pm Medicare Counseling (by appt.) 1:00pm Shiatsu Therapy & Integrative Medicine by Kerry</p>	<p>5</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00-10:45 Free Blood Pressure Screenings 11:00-12:00pm Help Yourself to Healthy Living: Cancer Kick Down! 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>6</p> <p>10:00 Wii Sports or Jeopardy 11:00-3:00pm Shiatsu Massage (by appt.) (\$20) 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)</p>
<p>9</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:00pm Medicare 2024 Info Session with Carl Cutrone 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>10</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Storytime with Josephine (Online & at PEAK) 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>11</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30-12:00pm Cash for Gold 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:00pm Patina Health and Tri-State Senior Consultants: The Future of Medicare Primary Care</p>	<p>12</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 1:30pm Tone & Balance (\$4)</p>	<p>13</p> <p>10:00 Wii Sports or Jeopardy 11:00 PA Rep. Donna Scheuren's Office Resource Hour 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:00pm Balance Screening & Fall Prevention Presentation with Ivy Rehab 1:30pm Stretch & Tone (\$4)</p>
<p>16</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:00pm Medicare Trivia & Info Session with Lisa Huot 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>17</p> <p>9:00-10:20 Haircuts (by appt.) (\$10) 9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>18</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Wedding Dance Exercises with Nadine (\$4) 2:00pm Cooking for One with an Air-Fryer Presentation</p>	<p>19</p> <p>9:00 Wood Carving 9:30-10:30 Legal Consultations (by appt.) 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 5:00pm Dinner Club: Pizza Time Saloon</p>	<p>20</p> <p>10:00 Wii Sports or Jeopardy 10:00-12:00pm United-Healthcare Table with Charles Siniari 10:30 Arts & Crafts with Laura: Sunflower Pocket-book Hangers (\$3) 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)</p>
<p>23</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>24</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>25</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 11:00 Fall Celebration Sing-Along with Senior "DJ" Group 12:00-1:00pm Lunch 1:00pm Chair Bingo Exercise (\$4)</p>	<p>26</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00-2:00pm Social Services with Carol Costlow 12:00-1:30pm Special Lunch (\$10): Oktoberfest with Accordionist Don Bitterlich 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>27</p> <p>9:30 Veterans' Coffee Catch-up 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 (\$4)</p>
<p>30</p> <p>9:15 Tai Chi (\$5) 10:00-10:30 Puppy Time with Piper 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>31</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm-4:00pm Giant Pharmacy Vaccination Clinic 1:00pm Mahjong 1:30pm Zumba (\$4)</p>			

October 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
2 Grilled Ham & Cheese with Whole Grain Bread Minestrone Soup Peaches Milk	3 Sliced Roast Beef & Gravy Green Beans Mashed Potatoes Dinner Roll Milk	4 Tuna-stuffed Tomato Four Bean Salad Crackers Milk	5 Sausage, Peppers & Onion on Sub Roll Pineapple Potato Chips Milk	6 Baked Haddock with Lemon/Wine Sauce Vegetable Medley Macaroni & Cheese Milk
9 Meatball Parmesan Sub Fruit Salad Potato Salad Milk	10 Shrimp & Grape Tomato Pesto Pasta Green Salad Milk	11 Sweet & Tangy Chicken Thighs Broccoli Brown Rice Vanilla Pudding Milk	12 Turkey & Bean Chili Stuffed Sweet Potato with Cheddar Cheese Green Salad Milk	13 Mandarin Chicken Salad Mixed Greens with Almonds, Craisins & Chow Mein Noodles Dinner Roll Milk
16 Cheeseburger with Lettuce, Tomato, & Onion on Multi-grain Bun, Fruit Salad Baked Beans Milk	17 Roasted Pork & Sauerkraut Mashed Potatoes with Gravy Applesauce Milk	18 Crab Cake Coleslaw Sweet Potato Fries Chocolate Pudding Milk	19 Chicken Ratatouille with Penne Wheat Dinner Roll Cookie Milk	20 Roasted Vegetable Flat Bread Pizza Green Salad Mandarin Oranges Milk
23 Baked Ziti Green Salad Dinner Roll Applesauce Milk	24 Chicken Salad Wrap Fresh Vegetable Salad Brownie Milk	25 Ground Beef Stroganoff over Egg Noodles Carrots Dinner Roll Milk	26 SPECIAL LUNCH Oktoberfest with Don Bitterlich Bratwurst, Spaetzle Sauerkraut German Dessert (Cost \$10)	27 Apricot Glazed Salmon Broccoli Wild Rice Cookie Milk
30 Grilled Ham & Cheese with Whole Grain Bread Minestrone Soup Peaches Milk	31 Sliced Roast Beef & Gravy Green Beans Mashed Potatoes Dinner Roll Milk			



WEDNESDAY, OCTOBER 4 / 11:00am to 12:00pm / *Presented by Beth from Hopeful Healing*
Chair Yoga Join us for our Chair Yoga class. Enjoy these modified movements and positions based upon yoga philosophy. Each person will receive individualized attention, adjustments, and compassionate guidance to reach their highest health potential. Fee is \$4.



WEDNESDAY, OCTOBER 4 / 1:00pm to 2:00pm / *Presented by Kerry Palanjan*
Shiatsu Therapy & Integrative Medicine Join us for a free lecture and demonstration to learn about the therapeutic benefits of Shiatsu massage. Shiatsu has been shown to improve circulation, reduce stress and tension as well as anxiety and depression, reduce muscle stiffness and pain, increase range of movement, and promote generalized feelings of relaxation and improved wellbeing. Find out if this is for you plus get a \$2 massage coupon for attending!



THURSDAY, OCTOBER 5 / 11:00am to 12:00pm / *Presented by Sue Lamar from Jefferson Health*
Cancer Kick Down! Kick down cancer with prevention and early detection! Come hear about the latest cancer breakthroughs! Get your free blood pressure check from 10:00am to 10:45am.



FRIDAY, OCTOBER 6 / 11:00am to 3:00pm / *Performed by Kerry Palanjan*
Shiatsu On-Site Acupressure Chair Massage Appointments Shiatsu Massage is \$20 for 15 minutes. Please sign up for an appointment in the Office, and use your \$2 discount coupon from attending the October 4 presentation.



MONDAY, OCTOBER 9 / 1:00pm to 2:00pm / *Presented by Carl Cutrone from Covenant Insurance*
Medicare 2024 Informational Session Join us for a presentation on Medicare 2024 – new costs, new benefits, how to choose a plan type and what to watch out for to stay within your medical budget.



WEDNESDAY, OCTOBER 11 / 10:30am to 12:00pm / *Presented by Carol Hoy*
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!



WEDNESDAY, OCTOBER 11 / 1:00pm to 2:00pm / *Presented by Tina Garrity, Kristin McGuire & Valerie Williams*
Patina Health and Tri-State Senior Consultants: The Future of Medicare Primary Care Join us for a presentation on the basics of how Medicare insurance works. See what opportunities there are for adjustments during the Open Enrollment Period (10/15 – 12/7) and hear about anticipated 2024 changes. Find out about assistance in obtaining primary care for Medicare beneficiaries.



FRIDAY, OCTOBER 13 / 11:00am to 12:00pm / *Presented by PA State Rep. Donna Scheuren's Office Staff*
PA State Representative Donna Scheuren Resource Hour Please stop by for information on services offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property and more!



FRIDAY, OCTOBER 13 / 1:00pm to 2:00pm / *Presented by Matthew Tammaro from Ivy Rehab*
Balance Screening & Fall Prevention Presentation Did you know that every second of every day an older adult (65+) suffers a fall in the US – making falls the leading cause of injury in this age group? Join us for a balance/dizziness screening to see if you are a fall risk and to learn steps you can take to prevent them.



MONDAY, OCTOBER 16 / 1:00pm to 2:00pm / *Presented by Lisa Huot from Peace of Mind Insurance Services*
Medicare Trivia & Informational Session Join Lisa Huot from Peace of Mind Insurance Services for an informational presentation on Medicare, along with Medicare trivia and prizes!



WEDNESDAY, OCTOBER 18 / 1:00pm to 2:00pm / *Presented by Nadine Chudoba from Hopeful Healing*
Wedding Dance Exercise Come and exercise to Motown, Oldies and other favorite wedding music. Fee is \$4.

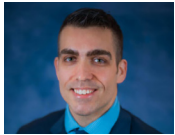
ENCORE SPECIAL PROGRAMS CONTINUED...



WEDNESDAY, OCTOBER 18 / 2:00pm to 3:00pm / *Presented by Trish Foley, Encore Chef*
Cooking for One with an Air-Fryer Join us for a presentation on how to prepare two different healthy meals for one. This class is for those who struggle with ideas for cooking smaller portions.



THURSDAY, OCTOBER 19 / 5:00pm
Dinner Outing: Pizza Time Saloon Join us at PizzaTime Saloon, 1900 W. Point Pike, West Point. Please RSVP by Friday, October 13. Each person will pay their own bill and supply their own transportation.



FRIDAY, OCTOBER 20 / 10:00am to 2:00pm / *Presented by Charles Siniari from UnitedHealthcare*
Open Enrollment Presentation Sponsored by UnitedHealthcare Charles will provide an overview of Medicare Open Enrollment and the plans available to you. He aims to look at your needs, explore your choices and help you decide on a plan with confidence.



FRIDAY, OCTOBER 20 / 10:30am to 11:30am / *Presented by Laura Ragus*
Arts & Crafts with Laura: Pocketbook Hangers Join us to decorate pocketbook hangers. Please RSVP by Friday, October 13th to the Office; \$3 cost.



WEDNESDAY, OCTOBER 25 / 11:00am to 12:00pm / *Presented by the Senior "DJ" Group*
Fall Celebration Sing-Along Join us in celebrating the fall season by singing your hearts out! Come before lunch and enjoy this free entertainment!



WEDNESDAY, OCTOBER 25 / 1:00pm to 2:00pm / *Presented by Neely Steich from Forever Fit & Wellness*
Chair Exercise Bingo Enjoy low impact chair exercises in conjunction with Bingo and snacks and prizes. Fee is \$4.



THURSDAY, OCTOBER 26 / 10:00am to 2:00pm
Social Services with Carol Costlow Carol can offer support and assistance with understanding community resources, applying for benefits, or finding solutions to common problems.



THURSDAY, OCTOBER 26 / 12:00pm to 1:30pm
Special Lunch: Oktoberfest Chef Trish will be preparing Bratwurst, spaetzle and sauerkraut, plus a special German dessert. We will have entertainment by the superb accordionist, Don Bitterlich. RSVP by Friday, October 20; \$10 cost.



FRIDAY, OCTOBER 27 / 9:30am to 10:30am
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!



TUESDAY, OCTOBER 31 / 1:00pm to 4:00pm / *Presented by Giant Pharmacy*
Giant Pharmacy Vaccination Clinic Bring your health insurance card and receive all recommended adult vaccines, including influenza, COVID-19, shingles, pneumococcal & tetanus.



MONDAYS / 10:00am to 10:30am
Puppy Time with Piper (New day and time) Join us in our lobby and melt your cares away by petting our calm and reassuring Encore mascot, Piper. No appointment necessary!

ENCORE MEMBER OF THE MONTH

CHARLIE GARDNER

Charlie sports two green thumbs here at Encore! He supervised our group of Nationwide volunteers for a major spring clean-up and planting session, and he maintained the gardens all summer long. His sunflowers grew taller than our building! Charlie has a great sense of humor and many interests. He is frequently seen at our shared computers, studying up on some topic or other. He has handcrafted items for our Silent Auctions at our fundraisers. We appreciate your presence at Encore, Charlie, and we thank you for all that you do!



October 2023 Programs at PEAK

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Hybrid Classes (in-person and virtual) are noted in blue. 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
2 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 2:00pm Korean Bong Sul	3 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Crafts with Suzanne 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	4 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (Beginner) 3:30pm Korean Drawing Class (Beginner) 3:30pm Korean Saxophone Class (Beginner) 4:30pm Korean Saxophone Class	5 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 12:30 Patina Health and Tri-State Senior Consultants: The Future of Medicare Primary Care 2:00pm Korean Line Dancing 3:00pm Taekwondo 3:30pm ESL for Koreans	6 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm My Life, My Health: A Chronic Pain Self-Management Program 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
9 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Korean Bong Sul	10 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00-12:00pm Charles Siniari Open Enrollment Presentation UHC 10:00-12:30pm PA State Rep. Steve Malagari Office Hours 10:00 Storytime with Josephine 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	11 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00-3:00pm Shiatsu Appts. 10:00 Wii Bowling 11:30-12:30pm Lunch 12:30pm Chair Exercise Bingo (\$4) 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (Beginner) 3:30pm Korean Drawing Class (Beginner) 3:30pm Korean Saxophone Class (Beginner) 4:30pm Korean Saxophone Class	12 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:00-12:00pm Hispanic Cooking Demonstration with Liz Vasquez 11:30-1:30pm Special Lunch: Celebrating Hispanic Heritage Month with Food and Cultural Presentations 2:00pm Korean Line Dancing 3:00pm Taekwondo 3:30pm ESL for Koreans	13 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm My Life, My Health: A Chronic Pain Self-Management Program 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
16 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 2:00pm Korean Bong Sul	17 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	18 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:30pm Lost Ark of the Covenant 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (Beginner) 3:30pm Korean Drawing Class (Beginner) 3:30pm Korean Saxophone Class (Beginner) 4:30pm Korean Saxophone Class	19 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 8:30-12:30pm AARP Driver Refresher Course 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 12:30-2:30pm Montco Association for the Blind 2:00pm Korean Line Dancing 3:00pm Taekwondo 3:30pm ESL for Koreans 5:00pm Dinner Club: Pizza Time Saloon	20 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:00-12:00pm Senior Expo and Vaccination Clinic 10:00-12:00pm My Life, My Health: A Chronic Pain Self-Management Program 9:30 PEAK Pinochle 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
23 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Korean Bong Sul	24 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 12:00pm Legal Consultations (by appt.) 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	25 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00-12:00pm Maria Collett Office Resource Table 10:00 Medicare Counseling (by appt. only) 10:00 Stretch & Tone (\$4) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:45pm Pinochle 12:30pm Halloween Party with DJ Milton 2:30pm Korean Drawing Class (Beginner) 3:30pm Korean Drawing Class (Beginner) 3:30pm Korean Saxophone Class (Beginner) 4:30pm Korean Saxophone Class	26 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 2:00pm Korean Line Dancing 3:00pm Taekwondo 3:30pm ESL for Koreans	27 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm My Life, My Health: A Chronic Pain Self-Management Program 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
30 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Stretch & Tone (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 12:00pm Book Club 2:00pm Korean Bong Sul	31 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:30-11:30am Autumn Salad cooking class with Teri Wassel 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class			
				Fridays 10:00am to 12:00pm My Life, My Health: A Chronic Pain Self-Management 6-Week Program Presented by the Montgomery County Health Dept.

October 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
<p>2</p> <p>Chicken Madras with Orzo with Peas Zucchini with Tomatoes Yellow Squash 1% Milk</p>	<p>3</p> <p>Open Faced Turkey Burger with Roasted Corn & Mango Salsa Wild & Brown Rice Pilaf Broccoli Whole Fresh Fruit 1% Milk</p>	<p>4</p> <p>Vegetable Lasagna Pesto Cauliflower Roasted Potatoes with Rosemary Fudge Round 1% Milk</p>	<p>5</p> <p>Chicken Sausage Pears Collard Greens Mini Waffle Syrup 1% Milk</p>	<p>6</p> <p>Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts 1% Milk</p>
<p>9</p> <p>Roasted Herb Chicken with Bean Casserole Broccoli with Cheese Sauce Quinoa Pilaf with Riced Vegetables 1% Milk</p>	<p>10</p> <p>Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Fudge Cookie 1% Milk</p>	<p>11</p> <p>Sweet Italian Sausage Roasted Potatoes with Rosemary Steamed Peas 1% Milk</p>	<p>12</p> <p>SPECIAL LUNCH Chicken Burritos with Guacamole Chips Tres Leches Cake</p>	<p>13</p> <p>Turkey Thyme Risotto Steamed Carrots Broccoli 1% Milk</p>
<p>16</p> <p>Chickpea Curry Stew with Brown Rice Peas and Confetti Vegetables Apple Cobbler 1% Milk</p>	<p>17</p> <p>Herbed Chicken with Tomato Coulis over Polenta Broccoli Poached Pear Orange 1% Milk</p>	<p>18</p> <p>Cheese Stuffed Shells with Tomato Basil Sauce Steamed Carrots Steamed Green Beans 1% Milk</p>	<p>19</p> <p>Swedish Meatballs over Noodles Peas Applesauce 1% Milk</p>	<p>20</p> <p>Roast Pork Au Jus with White Beans and Spinach Cauliflower with Cheese Sauce Peach Cobbler 1% Milk</p>
<p>23</p> <p>Roasted Tilapia with Lemon over Rice Capri Vegetables Apple Cobbler 1% Milk</p>	<p>24</p> <p>Baked Mac & Cheese Stewed Tomato Green Beans Whole Fresh Fruit 1% Milk</p>	<p>25</p> <p>Gingered Mustard Pork Brussel Sprouts Sweet Potatoes Oatmeal Cookie 1% Milk</p>	<p>26</p> <p>General Tso Chicken with Fried Rice Broccoli Confetti Vegetables with Dumpling 1% Milk</p>	<p>27</p> <p>Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce 1% Milk</p>
<p>30</p> <p>Chicken Madras with Orzo with Peas Zucchini with Tomatoes Yellow Squash 1% Milk</p>	<p>31</p> <p>Open Faced Turkey Burger with Roasted Corn & Mango Salsa Wild & Brown Rice Pilaf Broccoli Whole Fresh Fruit 1% Milk</p>			

SPECIAL PROGRAMS

*Please sign up for all programs in the binder on the Greeter's Desk at PEAK.
You may also sign up for programs and schedule appointments by calling 215-362-7432.*



THURSDAY, OCTOBER 5 / 12:30pm / *Presented by Patina Health and Tri-State Senior Consultants*

Presentation: The Future of Medicare Primary Care

Learn about Patina, a new Primary Care Provider for adults that are 65 years and older. Patina puts their patients at the center of a care team devoted to helping them live and age well. In addition, Tri-State Senior Insurance and Health Insurance Enrollment Center will present the basics of how Medicare insurance works. They will review the opportunities for Medicare beneficiaries to make adjustments to their plans during the Annual Election Period which is from October 15 until December 7, 2023. They will also discuss the anticipated changes to Medicare health benefits for 2024.



TUESDAY, OCTOBER 10 / 10:00am to 12:00pm / *Presented by Charles Sinari from UnitedHealthcare*

Open Enrollment Presentation Sponsored by UnitedHealthcare Charles will provide an overview of Medicare Open Enrollment and the plans available to you. He aims to look at your needs, explore your choices and help you decide on a plan with confidence.



TUESDAY, OCTOBER 10 / 10:00am to 12:30pm / **Rep. Steve Malagari**

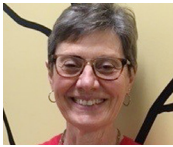
WEDNESDAY, OCTOBER 25 / 10:00am to 12:00pm / **Senator Maria Collett**

Resources Office Hours with State Legislators As a benefit to their constituents, Rep. Malagari and Sen. Collett will have staff on site at The PEAK Center to provide information on services offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property and more! This is also a time to share any feedback you have for our legislators directly to their staff members.



TUESDAY, OCTOBER 10 / 10:00am / *Presented by Josephine Smith*

Storytime with Josephine Storytime with Josephine is hybrid! This month you can either join Josephine at The PEAK Center or from the comfort of your own home, online. Josephine will be reading "Death at the Excelsior" by P.D. Wodehouse and "The Bitter Truth" by Peter Lovesey. **Sign up with Sabrina or by calling 215-362-7432 ext. 205.**



WEDNESDAY, OCTOBER 11 / 10:00am to 3:00pm / *Performed by Kerry Palanjan*

Shiatsu Appointments Kerry Palanjan, an experienced Shiatsu practitioner, will be offering 15 minute appointments for a fully clothed chair massage. Shiatsu has a number of health benefits and is shown to improve relaxation and wellbeing. The cost is \$20 for 15 minutes paid to Kerry via cash, check, Venmo, or Zelle. **To schedule, you can call Kerry directly at 215-622-4359, see Sabrina at the front desk or call 215-362-7432.**



WEDNESDAY, OCTOBER 11 / 12:30pm / *Presented by Neely Steich from Forever Fit & Wellness*

Chair Exercise Bingo Do you like Bingo? Do you want to learn some stretches and exercises you can do safely while seated? Then Chair Exercise Bingo is for you! Join Neely from Forever Fit & Wellness to win some bingo prizes, work on your wellness, and have fun with friends. This class is \$4. **Please RSVP with Sabrina or the PEAK Greeter or by calling 215-362-7432.**



THURSDAY, OCTOBER 12 / 11:00am to 1:30pm / *Presented by Liz Vasquez, ArcoNet, & Alfredo Linares*

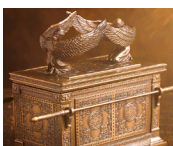
Celebrando el Mes De Herencia Hispana (Celebrating Hispanic Heritage Month)

Celebrate and learn about the Hispanic culture with various programs and delicious food.

11:00am: Join Liz Vasquez for a cooking demonstration of Rellenos de Papa (stuffed potato balls).

11:30am to 12:30pm: FREE Special Lunch (Chicken Burritos with Guacamole, Chips, and Tres Leches Cake)

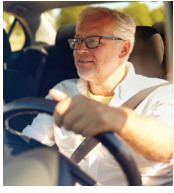
12:30pm: Cultural presentations highlighting Latin America including ArcoNet musicians playing Latin Fiesta, poetry from PEAK member, Alfredo Linares, and more!



WEDNESDAY, OCTOBER 18 / 12:30pm / *Presented by Jay from TriCounty Active Adult Center of Pottstown*

Lost Ark of the Covenant Jay from the TriCounty Active Adult Center of Pottstown will present the story of the Lost Ark of the Covenant including what it is, who built it, when it was built, what the purpose of the Ark was, and where it is now. Join in on this intriguing historical presentation and expect a lively discussion to follow.

PEAK SPECIAL PROGRAMS CONTINUED...



THURSDAY, OCTOBER 19 / 8:30am to 12:30pm / Presented by AARP

AARP Safe Driver Refresher Course The AARP Smart Driver™ course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for drivers aged 50 and older. Even the most experienced drivers can benefit from refreshing their driving skills and learning proven safety strategies so they can continue driving safely for as long as possible. Plus, you may be eligible to receive an insurance discount upon completing the course. You do not have to be an AARP member to attend this course. **There is a fee for this class.**



THURSDAY, OCTOBER 19 / 12:30pm to 2:30pm / Presented by Montgomery County Assoc. for the Blind

Montgomery County Association for the Blind Life Skills Classes The PEAK Center is hosting the Montgomery County Association for the Blind's Life Skills Classes on a monthly basis. If you or someone you know is facing vision loss or low vision, this class will help you to learn to adapt and cope with vision loss, and to find out about services that are available in our community. Classes are led by Mary Brucker, BSW. For more information on this class or for other services offered, call MCAB at 215-661-9800. No RSVP is needed for this class.



FRIDAY, OCTOBER 20 / 9:00am to 12:00pm / Presented by the Mont. Cty. Immunization Coalition & Giant

Senior Expo and Vaccine Clinic The Montgomery County Immunization Coalition is sponsoring a vaccination clinic in partnership with Giant. The Flu, COVID-19, RSV, and Shingles vaccines will be available. Please bring your medical and/or prescription insurance cards as well as your CDC card if you need your COVID booster. The North Penn Commons is also hosting a Senior Expo on this day. Visit with a variety of senior-serving organizations focused on health and wellness, and community resources.



WEDNESDAY, OCTOBER 25 / 12:30pm to 3:00pm / Performance by DJ Milton

Halloween Party Join DJ Milton for a ghoulish Halloween Party! This event is being organized by PEAK volunteers and we hope you will join in the fun. There will be something for everyone whether you want to dance, sing, play games, do crafts, or just chat with friends. Costumes are highly recommended... there will be prizes!

My Life, My Health: A Chronic Pain Self Management Program This 6 week, evidenced-based class brought to The PEAK Center by Montgomery County Office of Senior Services will introduce techniques to deal with symptoms of chronic pain conditions, such as fatigue, sleeplessness, stress, and emotional problems such as depression, anger, fear, and frustration, with emphasis on cognitive behavioral therapy techniques for managing pain. This class is 6 sessions with each lasting 2 to 2.5 hours. **Classes will be held on Fridays starting October 6th with the final class on Wednesday, November 8.** RSVP required. See Sabrina or call 215-362-7432.

Stitch and Chat: Mondays at 11:00am Bring some yarn, your favorite needles, and a sense of humor! Stitch and Chat is designed for anyone interested in crochet, knitting, needlepoint, or other sewing techniques. All levels are welcome to join and gab while working on a project of your choice. Please keep an eye on the flyers at PEAK for days when volunteers will specifically be available to teach crochet. This month, it is the 2nd and 9th.

Special Note: Fit For the Future will be replaced by Stretch and Tone from October 25 thru November 8 due to our instructor's vacation. Join Jane Evans for Stretch and Tone, a seated exercise class focusing on building strength and flexibility. For regular, Fit for the Future attendees, you will see similar exercises in Jane's interactive class.

PEAK MEMBER OF THE MONTH SUZANNE ZIAJAK

Suzanne joined GHNPS in March of 2022 with the goal of socializing with more people in her community. Our team quickly recognized her enthusiasm as she attended various activities at The PEAK Center. Suzanne's excitement has a significant impact on everyone around her. She enjoys lunch with her friends, Fit for the Future fitness class, and many of The PEAK Center special events. As a former art teacher, her favorite activity is arts and crafts. Suzanne never hesitates to volunteer her time and will be starting to host monthly craft classes. In addition, she has helped with tax preparation services, farmer's market voucher distribution, the greeter's desk, and GHNPS fundraisers. Her positivity is contagious!

