

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

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 September!

I don't know about you, but I love the changing of seasons here in Pennsylvania. September brings the final echoes of summer and the first glimpses of fall. One day we can enjoy a picnic in the park and the next we can throw on a sweater and enjoy a cup of coffee or tea while we watch the leaves begin to turn. It reminds me that life is ever changing and that the turning of seasons is a wonderful time to count our blessings. During this change of seasons, I feel blessed to be part of the GHNPS community and for the opportunity to build relationships with each of you. I encourage you to take a moment during this seasonal transition to count your blessings... I hope that being a member of GHNPS is on that list!

This September, we have a variety of fun and engaging programs at both Encore and PEAK. Here are some highlights for you to check out:

- Chair Yoga at Encore on 9/6
- Shiatsu Massage appointments at PEAK on 9/6
- Help Yourself to Healthy Living: Breathe Easy! at Encore on 9/7
- Vaccinations at PEAK on 9/7 – Shingles (1st and 2nd dose), Flu, COVID-19, and Pneumonia Immunizations will be available
- Music Therapy at PEAK on 9/13
- Hepatitis B Screening Clinic with Flu and COVID-19 vaccinations at PEAK on SATURDAY 9/16
- Wedding Dance Exercise with Nadine
 - At PEAK on 9/11 and 9/25
 - At Encore on 9/20
- Peter Wentz Farmstead: History of Pennsylvania at Encore on 9/22
- Special Lunch with Oldies but Goodies Singalong at PEAK on 9/27
- Soup in a Jar with Terri Wassel at Encore on 9/27
- Special Lunch celebrating Hispanic Heritage Month at Encore on 9/29

More details can be found under Special Programs. Your regular favorites are on the calendar as well. I encourage you to try something new to celebrate the change of seasons!

Both Encore Experiences and The PEAK Center will be closed on Monday, September 4th in observance of Labor Day. For many, Labor Day signifies "Back to School" and backyard barbecues. But did you know that Labor Day has been a national holiday since 1894, when President Grover Cleveland signed the law designating the first Monday in September a holiday to honor the social and economic achievements of American workers? Pennsylvania was one of the "early adopters" of the Labor Day holiday, signing a state law in 1890 to recognize Labor Day as a public holiday. The majority of those who attend GHNPS are now retired after having contributed significantly to the fabric of American society. And let's not forget those who chose not to enter the paid workforce but dedicated themselves to raising a family or those who contributed to our communities through volunteer service. On Labor Day, we celebrate all of you and thank you for the impact you have had throughout your lifetime.

With gratitude,

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 September 14 at 12:30pm.

PEAK: Meets on September 20 at 1:00pm.

Farmers' Market Vouchers

Farmer stands have delicious fruits and vegetables available for sale. Remember to use your vouchers. They are good through November 30.

Legal Counseling

Encore: Free legal consultations are available by phone between 9:30am and 10:30am on Thursday, Sept. 21. Call 215-256-6900 to schedule.

PEAK: Free legal consultations are available Tuesday, Sept. 26. 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. This program will be 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 September 6.

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://mypath.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 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 GHPSS Social Service Coordinator for help at 215-362-7432 ext. 203.

Do You Need A Ride To Encore or PEAK?

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

Encore: 215-256-6900 **PEAK:** 215-362-7432



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!

September 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
Friday, Sept. 8 at 4:15pm  Dinner Club: JJ Asian Cuisine	 Breakfast Club: Ralph's Corner Diner Thursday, Sept. 14 at 9am	 Friday, September 22 at 11am Peter Wentz Farmstead: History of PA to 1800 Presentation	 Special Lunch: Hispanic Heritage Friday, Sept. 29 at 12pm (\$8)	1 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)
CLOSED Labor Day	5 9:00-10:20 Haircuts (by appointment only) 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)	6 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 Project HEARTH: Family Services Volunteer Driver Program	7 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: Breathe Easy! 11:00-12:00pm Puppy Time with Piper 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:00pm Tone & Balance (\$4)	8 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 1:30pm Stretch & Tone (\$4) 4:15pm Dinner Club: JJ Asian Cuisine
11 9:15 Tai Chi (\$5) 10:00-12:00pm Exploring ChatGPT with Tech Ed 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	12 9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Storytime with Josephine 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)	13 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 Keystone First VIP Choice Event	14 9:00 Breakfast Club: Ralph's Corner Diner 9:00 Wood Carving 9:30 Stitch & Chat 11:00-12:00pm Puppy Time with Piper 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 1:00pm Tone & Balance (\$4)	15 10:00 Wii Sports or Jeopardy 10:30 Arts & Crafts with Laura: Bookmarks (\$2) 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)
18 9:15 Tai Chi (\$5) 10:00-12:00pm Exploring ChatGPT with Tech Ed 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	19 9:00-10:20 Haircuts (by appointment only) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)	20 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)	21 9:00 Wood Carving 9:30-10:30 Legal Consultations (by appt.) 9:30 Stitch & Chat 11:00-12:00pm Puppy Time with Piper 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:00pm Tone & Balance (\$4)	22 10:00 Wii Sports or Jeopardy 11:00 Peter Wentz Farmstead: History of Pennsylvania to 1800 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)
25 9:15 Tai Chi (\$5) 10:00-12:00pm Exploring ChatGPT with Tech Ed 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	26 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:00pm-3:00pm My Life, My Health: A Chronic Disease Program 1:30pm Zumba (\$4)	27 8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 11:00 Soup in a Jar Cooking Demo with Terri Wassel 12:00-1:00pm Lunch 1:00pm Chair Bingo Exercise (\$4)	28 9:00 Wood Carving 9:30 Stitch & Chat 10:00-2:00pm Social Services with Carol Costlow 11:00-12:00pm Puppy Time with Piper 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:00pm Tone & Balance (\$4)	29 9:30 Veterans' Coffee Catch-up 10:00 Wii Sports or Jeopardy 12:00-1:30pm Special Lunch: Hispanic Heritage (\$10) 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)

September 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
				<p>1</p> <p>Apricot Glazed Salmon Broccoli Wild Rice Cookie Milk</p>
<p>4</p> <p>CLOSED Labor Day</p>	<p>5</p> <p>Grilled Ham & Cheese with Whole Grain Bread Minestrone Soup Peaches Milk</p>	<p>6</p> <p>Sliced Roast Beef & Gravy Green Beans Mashed Potatoes Dinner Roll Milk</p>	<p>7</p> <p>Sausage, Peppers & Onion on Sub Roll Pineapple Potato Chips Milk</p>	<p>8</p> <p>Baked Haddock with Lemon/Wine Sauce Vegetable Medley Macaroni & Cheese Milk</p>
<p>11</p> <p>Meatball Parmesan Sub Fruit Salad Potato Salad Milk</p>	<p>12</p> <p>Shrimp & Grape Tomato Pesto Pasta Green Salad Milk</p>	<p>13</p> <p>Sweet & Tangy Chicken Thighs Broccoli Brown Rice Vanilla Pudding Milk</p>	<p>14</p> <p>Turkey & Bean Chili Stuffed Sweet Potato with Cheddar Cheese Green Salad Milk</p>	<p>15</p> <p>Mandarin Chicken Salad Mixed Greens with Almonds, Craisins & Chow Mein Noodles Dinner Roll Milk</p>
<p>18</p> <p>Cheeseburger with Lettuce, Tomato, & Onion on Multi-grain Bun, Fruit Salad Baked Beans Milk</p>	<p>19</p> <p>Roasted Pork & Sauerkraut Mashed Potatoes with Gravy Applesauce Milk</p>	<p>20</p> <p>Crab Cake Coleslaw Sweet Potato Fries Chocolate Pudding Milk</p>	<p>21</p> <p>Chicken Ratatouille with Penne Wheat Dinner Roll Cookie Milk</p>	<p>22</p> <p>Roasted Vegetable Flat Bread Pizza Green Salad Mandarin Oranges Milk</p>
<p>25</p> <p>French Toast Casserole with Turkey Sausage Fruit Salad Milk</p>	<p>26</p> <p>Baked Ziti Green Salad Dinner Roll Applesauce Milk</p>	<p>27</p> <p>Chicken Salad Wrap Fresh Vegetable Salad Brownie Milk</p>	<p>28</p> <p>Ground Beef Stroganoff over Egg Noodles Carrots Dinner Roll Milk</p>	<p>29</p> <p>SPECIAL LUNCH (Hispanic Heritage) Chicken Quesadilla Rice and Beans Churro (Cost \$10)</p>



WEDNESDAY, SEPTEMBER 6 / 11:00am to 12:00pm

Chair Yoga Join Beth from Hopeful Healing for our new 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. Please sign up in the Office.



WEDNESDAY, SEPTEMBER 6 / 1:00pm to 2:00pm

Project HEARTH: Family Services Volunteer Driver Program Aaron Shostak of Project HEARTH will present all the details of this program that involves volunteers helping our Senior Citizens by giving them rides to doctor's appointments, shopping, or even their Senior Center. If you are still driving yourself, you can become a volunteer driver. This is a valuable service to those who have lost the independence of driving themselves around. Come see what this is all about!



THURSDAY, SEPTEMBER 7 / 11:00am to 12:00pm

Help Yourself to Healthy Living: Breathe Easy! Learn how to prevent respiratory illnesses and keep chronic respiratory diseases under control, especially Asthma and COPD! Presented by Jefferson Health.



FRIDAY, SEPTEMBER 8 / 11:00am to 12:00pm

PA State Representative Donna Scheuren Resource Hour Please join PA State Representative Donna Scheuren's Office staff 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, SEPTEMBER 8 / 4:15pm

Dinner Club: JJ Asian Cuisine Anyone is invited to meet at the restaurant at 627 Main Street, Harleysville. We ask for RSVPs on the sign-up sheet in the binder on the Greeter's desk so we can call ahead and arrange seating together, but each person will pay their own bill and supply their own transportation. **Please let us know by Friday, September 1st if you plan to join us!**



WEDNESDAY, SEPTEMBER 13 / 10:30am to 12:00pm

Cash for Gold Leave your wallet at home, but bring your old, unworn, or broken gold, silver, platinum jewelry and coins and turn it into CASH! Bring that old class ring, broken necklace, sterling silver flatware set, silver coins, even dental gold and leave with CASH in your pocket!



WEDNESDAY, SEPTEMBER 13 / 1:00pm to 2:00pm

Keystone First VIP Choice Event Join Keystone First VIP Choice representatives for a presentation on this Medicare/Medicaid insurance plan that services the older adult/disabled community living 100% below the poverty levels. Includes a game with prize winnings and snacks/refreshments.



FRIDAY, SEPTEMBER 15 / 10:30am to 11:30am

Arts & Crafts with Laura This month will be a favorite with our bookworms. We will decorate bookmarks in fun and whimsical ways to either use yourself or give as a gift! **RSVP by Friday, September 8th to the Office; \$2 cost.**



WEDNESDAY, SEPTEMBER 20 / 1:00pm to 2:00pm

Wedding Dance Exercises with Nadine Weddings have a wonderful way of getting our joy up through dance and fellowship. Nadine of Hopeful Healing will lead the dancing to Motown, Oldies and other favorites. This exercise class leaves you feeling fresh full of fun! Fee is \$4.

ENCORE SPECIAL PROGRAMS CONTINUED...



FRIDAY, SEPTEMBER 22 / 11:00am to 12:00pm

Peter Wentz Farmstead: History of Pennsylvania to 1800 This presentation explores some of the important times of our state's past: Native Americans and their contact with European settlers, the founding of a religiously free colony by William Penn, society in colonial Pennsylvania, the province's involvement in the Revolutionary War, and the creation of modern Pennsylvania in post-war years.



TUESDAYS, SEPTEMBER 26 - OCTOBER 31 / 1:00pm to 3:00pm

My Life, My Health: A Chronic Disease Program Join us for this 6-week program run by Claire Kuzmicki where you will make a weekly action plan and share your experiences with chronic disease/pain. Topics include techniques to deal with problems, appropriate exercises and use of medications, communicating effectively, nutrition, decision making and how to evaluate new treatments. **Spaces are limited so please sign up with Mary Ellen by September 19.**



WEDNESDAY, SEPTEMBER 27 / 11:00am to 12:00pm

Soup in a Jar Cooking Demo Chilly nights are on the way! Come and learn how to create a hearty dry soup mix with Teri Wassel, MS, RD. This easy to prepare soup mix in a jar recipe is easy to put together and will store for quick weeknight meals. All participants will be able to bring home a jar of soup mix. **Pre-registration is required by September 22. Space is limited so sign up early!**



WEDNESDAY, SEPTEMBER 27 / 1:00pm to 2:00pm

Chair Bingo Exercise Join Neely Steich from Forever Fit & Wellness for chair exercises in conjunction with Bingo and snacks and prizes. Fee is \$4. Please sign up in the Office.



THURSDAY, SEPTEMBER 28 / 10:00am to 2:00pm

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



FRIDAY, SEPTEMBER 29 / 9:30am

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!



FRIDAY, SEPTEMBER 29 / 12:00pm to 1:30pm

Special Lunch: Hispanic Heritage Month Join us for our Special Luncheon to celebrate Hispanic Heritage! Our own Chef Trish will be preparing Chicken Quesadillas with Beans & Rice with Churros for dessert. Lysandra Sanchez-Gurung will share Hispanic history & music with us. **RSVP by Friday, September 22 at the Office; \$10 cost.**



ENCORE MEMBER OF THE MONTH SHIRLEY EVANS

Shirley is consistently seen around Encore working in the kitchen, doing some gardening, or enjoying our Coloring for Calmness activity with her friends. She comes out of nowhere to trim unruly bushes off our walkways, or jumps in on different tasks in the kitchen without having to be asked. She instinctively knows what needs to get done, and she just takes care of it. You are a blessing to us here at Encore, Shirley, and we are very thankful!



September 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.** **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
 <p>Shingles, Flu, COVID-19, & Pneumonia Immunization Clinic Thursday, Sept 7 11am-1pm</p>	<p>Friday, Sept. 8 at 4:15pm</p>  <p>Dinner Club: JJ Asian Cuisine</p>	<p>Music Therapy & Refreshments</p>  <p>Wed. Sept. 13 12:30pm</p>	 <p>Breakfast Club: Ralph's Corner Diner Thursday, Sept. 14 at 9am</p>	<p>1</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 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</p>
<p>CLOSED Labor Day</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 10:00-12:30pm PA State Rep. Steve Malagari Office 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p> <p>5</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00-3:00pm Shiatsu Appointments 10:00 Wii Bowling 11:30-12:30pm Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class</p> <p>6</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess 11:00-1:00pm Shingles, Flu, COVID-19 & Pneumonia Immunization Clinic 11:30-12:30pm Lunch 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p> <p>7</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 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 4:15pm Dinner Club: JJ Asian Cuisine</p> <p>8</p>
<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Whist Card Club 11:30-12:30pm Lunch 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Korean Bong Sul</p> <p>11</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Storytime with Josephine 10:00 Tai Chi (\$4) 10:00-12:00pm United-Healthcare Resource Table 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p> <p>12</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 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 Music Therapy & Refreshments 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class</p> <p>13</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Breakfast Club: Ralph's Corner Diner 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess 11:30-12:30pm Lunch 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p> <p>14</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 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</p> <p>15</p>
<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Whist Card Club 11:30-12:30pm Lunch 2:00pm Korean Bong Sul</p> <p>18</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p> <p>19</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00-12:00pm Maria Collette Office Resource Table 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:45pm Pinochle 1:00pm Advisory Council 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class</p> <p>20</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess 11:30-12:30pm Lunch 12:30-2:30pm Montco Association for the Blind 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p> <p>21</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 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</p> <p>22</p>
<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Crochet Club 10:00 Fit for the Future (\$4) 10:00 Whist Card Club 11:30-12:30pm Lunch 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Korean Bong Sul</p> <p>25</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 12:00pm Legal Consultations (by appt.) 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p> <p>26</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-1:30pm Special Lunch: Oldies but Goodies Sing-along (\$10) 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class</p> <p>27</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess 11:30-12:30pm Lunch 12:30 Norm Danis: Holistic Stress Management 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p> <p>28</p>	<p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 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</p> <p>29</p>

September 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 Baked Mac & Cheese Stewed Tomato Green Beans Whole Fresh Fruit 1% Milk
4 CLOSED Labor Day	5 Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce 1% Milk	6 Open Faced Turkey Burger with Roasted Corn and Mango Salsa Wild & Brown Rice Pilaf Broccoli Whole Fresh Fruit 1% Milk	7 Chicken Sausage Pears Collard Greens Mini Waffle Syrup 1% Milk	8 Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts 1% Milk
11 Roasted Herb Chicken with Beans and Sun Dried Tomatoes Broccoli with Cheese Sauce Mixed Vegetables 1% Milk	12 Meatloaf with Gravy Mashed Potatoes California Vegetables Fudge Cookie 1% Milk	13 Sweet Italian Sausage Roasted Potatoes with Rosemary Steamed Peas 1% Milk	14 Eggplant Parmesan Steamed Green Beans with Carrots Cinnamon Peaches 1% Milk	15 Turkey Thyme Risotto Steamed Carrots Broccoli 1% Milk
18 Chickpea Curry Stew with Brown Rice Peas and Confetti Vegetables Apple Cobbler 1% Milk	19 Herbed Chicken with Tomato Coulis over Polenta Broccoli Poached Pear Orange 1% Milk	20 Cheese Stuffed Shells with Tomato Basil Sauce Steamed Carrots Steamed Green Beans 1% Milk	21 Swedish Meatballs over Noodles Peas Applesauce 1% Milk	22 Roast Pork Au Jus with White Beans and Spinach Cauliflower with Cheese Sauce Peach Cobbler 1% Milk
25 Roasted Tilapia with Lemon over Rice Capri Vegetables Apple Cobbler 1% Milk	26 Baked Mac & Cheese Stewed Tomato Green Beans Whole Fresh Fruit 1% Milk	27 SPECIAL LUNCH French Dip Au Jus Roast Beef Sandwich with Provolone Green Beans Almondine Mashed Potatoes with Jus Sweet Potato Pie with Whipped Cream (Cost \$10)	28 General Tso Chicken with Fried Rice Broccoli Confetti Vegetables with Dumpling 1% Milk	29 Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce 1% Milk

SPECIAL PROGRAMS

*To sign up for programs, please see the Greeter or Sabrina.
You may also sign up for programs and schedule appointments by calling 215-362-7432.*

MONDAYS / 10:00am / Whist Card Club

Whist is a trick-based card game similar to Euchre, Hearts, Spades or Pinochle. Originally developed in 18th century English social circles, it quickly became one of the most popular games in the American colonies. No matter if you're already a pro or a novice wanting to learn, you can join the club for some socialization and fun!



TUESDAY, SEPTEMBER 5 / 10:00am to 12:30pm / Rep. Steve Malagari

WEDNESDAY, SEPTEMBER 20 / 10:00am to 12:00pm / Senator Maria Collett

Resource Hour 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.



WEDNESDAY, SEPTEMBER 6 / 10:00am to 3:00pm

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.



THURSDAY, SEPTEMBER 7 / 11:00am to 1:00pm

Vaccine Clinic The Montgomery County Immunization Coalition is sponsoring a vaccination clinic in partnership with Giant. Shingles (1st and 2nd dose), Flu, COVID-19, and Pneumonia immunizations will all be available. Please bring your medical and/or prescription insurance cards as well as your CDC card if you need your COVID booster.



MONDAY, SEPTEMBER 11 AND 25 / 12:30pm to 1:30pm

Wedding Dance Exercises ****NEW DAY & TIME**** Join Nadine to dance along to choreographed wedding favorites like the Electric Slide and create your own moves to top hits. Want to groove but prefer to do so seated or with chair assistance? No problem! Nadine can accommodate all levels in this upbeat exercise class.



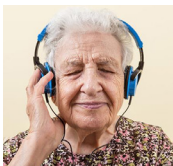
TUESDAY, SEPTEMBER 12 / 10:00am

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 "Strange Jest" by Agatha Christie, "The Virgin and the Bull" and "How Mr. Smith Traced His Ancestors" by Peter Lovesey. Sign up with Sabrina or by calling 215-362-7432 ext. 205.



WEDNESDAY, SEPTEMBER 13 / 12:30pm to 1:30pm

Music Therapy & Refreshments Passionate and dedicated Board-Certified Music Therapist Hannah Phillips shares her expertise from years of working in hospice care on how music therapy brings comfort and healing. Refreshments will be served. Sponsored by Traditions of Lansdale and Suncrest Hospice



THURSDAY, SEPTEMBER 14 / 9:00am

Breakfast Club Join your friends and meet some new ones at the Breakfast Club! We will meet at Ralph's Corner Diner in Lansdale. Each person will pay their own bill and supply their own transportation. **Please sign up by September 11th so we know how many to expect.**



PEAK SPECIAL PROGRAMS CONTINUED...



SATURDAY, SEPTEMBER 16 / 10:00am to 1:00pm

Health Screening and Vaccine Event The Hepatitis B Foundation, Senator Maria Collett, Representative Steve Malagari, 21 AKC Leaders Society and the Korean American Association of Greater Philadelphia are sponsoring this important health care event. Free screenings for Hepatitis B will be offered along with vaccinations against Hepatitis B, Flu, and COVID-19. No RSVP necessary.



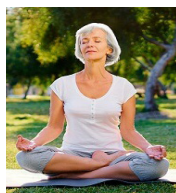
THURSDAY, SEPTEMBER 21 / 12:30pm to 2:30pm

Montgomery County Association for the Blind Life Skills Class 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.



WEDNESDAY, SEPTEMBER 27 / 11:30am to 1:30pm

Special Lunch: Oldies but Goodies Sing-along Enjoy a scrumptious meal of French Dip Au Jus Roast Beef Sandwich with Provolone, Green Beans Almondine, Mashed Potatoes with Jus, and Sweet Potato Pie with whipped cream for dessert. After lunch we will enjoy a fun sing-along led by "Senior DJ Group" of Oldies but Goodies. Don't be shy, all voices are beautiful! Cost: \$10.



THURSDAY, SEPTEMBER 28 / 12:30pm to 1:30pm

Holistic Stress Management In this practical class, we will share and learn useful tips and strategies for creating more balance in our lives and lessen stress. By doing a self evaluation and brainstorming healthy ideas, we can establish our own plan. We will play a fun game 'Relaxation Bingo', share our own tips, and learn some ways to put this useful information into our lives. Bring friends! The more the merrier! This class is led by Norm Danis MS, former Counselor at Drexel University.

PEAK MEMBER OF THE MONTH

HWANG JAE HWAN

Hwang Jae Hwan has a strong inclination towards assisting others. This has led him to form close bonds with many Korean elderly members, and he genuinely enjoys extending his help to them. His dedication is evident through his almost daily commitment to aiding in Korean classes. At The PEAK Center, you will find him most afternoons helping set up for classes, taking pictures to promote programming, playing Go, or helping new visitors find their way around our Center.



CULTURAL CELEBRATIONS IN SEPTEMBER!



¡Feliz Mes de la Herencia Hispana! September 15 to October 15 is Hispanic Heritage Month, a time for recognizing the contributions and influence of Hispanic Americans to the history, culture, and achievements for the United States. Encore will be celebrating on September 29th with a Hispanic-themed Special Lunch and Entertainment. Stay tuned for details of a Special Lunch and cultural activities in October at PEAK!

Happy Thanksgiving to our Korean friends! Chuseok, or Korean Thanksgiving, is celebrated on September 29. Chuseok is based on the lunar calendar and offers the opportunity to witness the full moon during the night. Historically rooted in agricultural practices, the lunar phases guided farming activities. At the heart of Chuseok festivities is the special rice cake known as Songpyun. Crafted from freshly harvested rice, Songpyun is meticulously shaped into rounds, mirroring the graceful contour of the moon. Chuseok is one of the biggest and most important holidays in Korea. Family members from near and far come together to share food and stories and to give thanks to their ancestors.