

GHNPS STAFF

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Harleysville, PA 19438
215-256-6900, press 1 and 1 again
M-F: 8:00 AM to 4:00 PM
www.ghnps.org

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Administrative Assistant, Ext. 103

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Meal Coordinator, Ext. 102

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Meal Assistant, Ext. 102

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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

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-  <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 April!!

Spring is officially here! You can see it in the tulips and crocuses peeking through the dirt and the smell of mulch as local gardeners begin to prepare for the growing season. April is a month where we see our physical environment changing around us as nature brings us new growth and new potential. With all the amazing things the team at GHNPS is doing, I hope that you will join us and seek out new potential for yourself! It may be a new meal you want to enjoy, testing out a fitness class, trying a new game or picking up an old favorite again, or engaging with friends new and old. **We are here for you and look forward to helping you "Spring" into new adventures.**

There are many people who contribute to making Encore and PEAK places where you can enjoy activities that nourish the mind, body, and spirit. **This month we celebrate National Volunteer Appreciation Month!** Our volunteers are truly amazing. There is no volunteer task too small that doesn't warrant a huge thank you from our staff and community. From assembling these newsletters that arrive in your mailbox each month or giving tours to visitors; from serving meals in our dining rooms or wrapping silverware and setting tables; from facilitating Bingo, game groups, and craft classes or answering phones; these are just some of the many tasks that our volunteers tackle each and every day. Some volunteers you see and interact with on a daily basis. Others, like our Board of Directors, work "behind the scenes" to support our operations and fiscal health.

Last year, we had close to 150 registered volunteers who contributed over 10,000 hours to GHNPS! And we know that there are additional people who donate their time and talents whose names and hours didn't make our official list.

So, to our volunteers, **"THANK YOU"** on behalf of the GHNPS community! Your dedication is priceless and this month we celebrate the gifts you give to us.

Read on and find out more about the wonderful calendar of events scheduled this month!

Happy Spring!

Elizabeth Beil

Elizabeth Beil



GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

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

Encore: Thursday, April 11 at 12:30 pm

PEAK: Wednesday, April 17 at 12:30 pm

Legal Counseling

Encore: Free legal consultations are available by appointment. Call 215-256-6900 to schedule.

PEAK: Free legal consultations are available Tuesday, April 23. 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. Applications and help are available at each Center from the Social Services Coordinator until April 5, 2024 or until funds run out. You can also apply online at

<https://www.compass.state.pa.us/Compass.Web/Public/CMPHome>.

PA MEDI Medicare Counseling

Free, unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers. If you are turning 65 this year and becoming eligible for Medicare, this is a valuable resource of reliable information.

Encore: Appointments available on Wednesday, April 3. 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 2023 tax year are now being accepted.

New rules apply to applicants for the 2023 tax year: **both** homeowners and renters can have income up to **\$45,000** and the rebate amounts will increase over previous years. More information about this rebate can be found at <https://www.revenue.pa.gov/IncentivesCreditsPrograms/PropertyTaxRentRebateProgram/Pages/default.aspx>. 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**. You can apply to the District for their rebate through June 2024. The District is currently deciding what their rebate program will be after that. To learn more, to get applications for both rebates, or to get help from the GHPSS Social Services Coordinator, call 215-362-7432 ext. 203.

Tax Preparation Service

GHPSS hosts this free service at each Center weekly, ending on April 15. Call the Center of your choice to learn of available appointments. Generally, this service is open to low- to moderate-income households under \$60,000/year.

Do You Need A Ride To Encore or PEAK?

For reservations on TransNet to and from our Centers, please call Encore at 215-256-6900 or PEAK at 215-362-7432.

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 the GHPSS Social Service Coordinator at 215-362-7432, ext. 203.

Rest Easy in Retirement

Ice Cream Social & Seminar

Wednesday, April 24, 2024

12:30pm at Encore Senior Center



Bring a
friend or
family
member!

Presenting local experts to help you take the
guesswork out of your Golden Years!



Shelby Leight
Realtor, SRES



Tom McKee
Financial Advisor



Robert Smyrl
Insurance Agent



Darla Pompilio
Organizer



Jeremy Mittman
Attorney



Susan Sloan
Licensed Agent



Colette Mellott
Accountant



Mike Thompson
Sales Manager



April 2024 Programs

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>1</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>2</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Stamp Club 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>3</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Medicare Counseling (by appt.)</p>	<p>4</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 9:30-10:45 Free Blood Pressure Screenings 11:00-12:00 Help Yourself to Healthy Living: "Spring Forward to Enhance your Mental Health" 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>5</p> <p>10:00 Wii Sports or Jeopardy 10:00 Prevent Type 2 Diabetes 11:00-1:00pm Shiatsu Massage by appointment (\$20) 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew: Caramel Day 1:30pm Stretch & Tone (\$4)</p>
<p>8</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>9</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:30 Scrabble 12:00-1:00pm Lunch 1:00pm InFlight Cuisine Food Samples 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>10</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 10:30 Retrospective Roundtable: "Phillies Spring Training Memories" 10:30-12:00pm Cash for Gold! 12:00-1:00pm Lunch 1:00pm Rummikub</p>	<p>11</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 11:00 Prayer Care 12:00-1:00pm Lunch 12:30pm Advisory Council Meeting 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>12</p> <p>10:00 Wii Sports or Jeopardy 10:00 Prevent Type 2 Diabetes 10:00 Live Better Hearing + Balance Audiology Talk 11:00-1:00pm State Rep. Scheuren Office Resource Table 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew: Licorice Day 1:30pm Stretch & Tone (\$4)</p>
<p>15</p> <p>9:15 Tai Chi (\$5) 9:00 Breakfast Outing: Valentino's Bistro 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>16</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Storytime with Josephine (Online & at PEAK) 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>17</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Helpful Hints for Selling Your Home with Janine Paillard</p>	<p>18</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>19</p> <p>10:00 Wii Sports or Jeopardy 10:00 Prevent Type 2 Diabetes 11:00-1:00pm State Sen. Pennycuik Office Resource Table 12:00-1:30pm Special Lunch w/ singer Patrice Hawthorne (\$10) 1:00pm The Happy? Ya! Ya! Crew: Hanging Out Day 1:30pm Stretch & Tone (\$4)</p>
<p>22</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:00pm St. John Neumann Cemetery: Ducks In A Row 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>23</p>  <p>No Lunch or Afternoon Programs</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:30 Scrabble</p>	<p>24</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 12:30pm "Rest Easy In Retirement" Seminar & Ice Cream Social 1:00pm Rummikub</p>	<p>25</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 9:00-12:00pm Shredding Event 10:00-2:00pm Carol Costlow - Social Services Appointments 11:00 Prayer Care 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 4:30pm Dinner Outing: Franconia Heritage Restaurant</p>	<p>26</p> <p>9:30 Veteran's Coffee Catch-up 10:00 Prevent Type 2 Diabetes 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew: Arbor Day 1:30pm Stretch & Tone (\$4)</p>
<p>29</p> <p>9:15 Tai Chi (\$5) 10:00-2:00pm State Sen. Pennycuik's Office: Assistance with Property Tax/Rent Rebate Forms 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>30</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:30 Crafts with Mary Caruso: Spring & May Day 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>April is Volunteer Appreciation Month! Say "Thanks" to an ENCORE Volunteer Today!</p> 		

April 2024 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. (Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Cheese on Whole Grain Bread Tomato Basil Soup Mandarin Oranges Milk 1	Mixed Greens w/ Grilled Chicken, Cranberries, Pepitas, and Feta Pear Salad Corn Muffin Fruit Cup Milk 2	Roasted Veggie Flatbread Pizza Green Salad Vanilla Pudding Milk 3	Meatloaf with Mushroom Gravy Glazed Carrots Mashed Potatoes Dinner Roll Apple Sauce Milk 4	Fish and Chips Cole Slaw Cookie Milk 5
Open-faced Hot Turkey Sandwich on grain bread Steamed Broccoli Cranberry Sauce Chocolate Pudding Milk 8	Teriyaki Salmon Asian Vegetables Wild Rice Cookie Milk 9	Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese Caesar Salad Club Crackers Milk 10	Quiche Lorraine Green Salad Pineapple Milk 11	Meatballs with Spaghetti and Marinara Vegetable du jour Fruit Cup Milk 12
Beef Chili w/ Cheddar Cheese Tortilla Chips Mandarin Oranges Milk 15	Tuna Melt on Whole Grain English Muffin Vegetable Soup Chocolate Pudding Milk 16	Breaded Chicken Tenders w/ special dipping sauce Tuscan Veggies Cheddar Biscuit Pineapple Milk 17	Philly Cheesesteak w/ Fried Onions Marinara Sauce French Fries Fruit Cup Milk 18	Special Lunch \$10 Roast Pork & Sauerkraut Mashed Potatoes Applesauce Carrot Cake w/ Cream Cheese Frosting 19
Chicken Marsala w/ wild rice Green Beans Dinner Roll Peaches Milk 22	Election Day No Lunch  23	Chicken Pot Pie in Puff Pastry Green Salad Fruit Cup Milk 24	Sloppy Joe on Whole Grain Bun Cole Slaw Sweet Potato Fries Fruit Cup Milk 25	Baked Flounder in Citrus Sauce Roasted Tomatoes Mac & Cheese Cookie Milk 26
Grilled Cheese on Whole Grain Bread Tomato Basil Soup Mandarin Oranges Milk 29	Roasted Veggie Flatbread Pizza Green Salad Vanilla Pudding Milk 30	HELLO SPRING		



THURSDAY, APRIL 4 / 11:00am

Help Yourself to Healthy Living: "Spring Forward to Enhance your Mental Health" Join nurses from Jefferson Health to discuss how you can embrace positive thoughts and activities to improve mental health. **Get your free blood pressure check from 9:30am to 10:45am.**



TUESDAY, APRIL 9 / 1:00pm

InFlight Cuisine Food Samples At Helping Hands Warming Hearts, they are dedicated to enhancing the quality of life for their clients by offering a wide range of essential services. One of those services, Inflight Cuisine, provides well-prepared, fresh, never frozen, meals that are delicious and happen to be healthy too! They deliver daily to your door. Come taste and sample the difference for yourself. **Please sign up with Gina in the office by Friday, April 5th, so that enough samples are prepared!**



WEDNESDAY, APRIL 10 / 10:30am

Retrospective Roundtable: "Phillies Spring Training Memories" Join us for a casual group conversation sharing memories of the Phillies, whether it be at spring training or a game at the Vet or Citizens Bank Park.



WEDNESDAY, APRIL 10 / 10:30am to 12:00pm

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



FRIDAY, APRIL 12 / 10:00am

Live Better Hearing + Balance Come listen to an audiology talk given by Dr. Holly Forst. She will discuss the importance of hearing evaluations, some risks factors of hearing loss, and treatment for hearing loss. There will be a question and answer period, as well as coffee and treats provided! **Please RSVP to Gina in the office by Wednesday, April 10th.**



FRIDAY, APRIL 12 / 11:00am

State Representative Resource Table 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!



WEDNESDAY, APRIL 17 / 1:00pm

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 with Gina in the office by Friday, April 12th.**



FRIDAY, APRIL 19 / 12:00 to 1:30 pm

Special Lunch with entertainment by singer Patrice Hawthorne Chef Trish will be preparing Pork & Sauerkraut with Mashed Potatoes, Applesauce and Carrot Cake for dessert! **Cost is \$10. Please RSVP by Friday, April 12th to Gina at the front desk or by calling 215-256-6900.**



FRIDAY, APRIL 19 / 11:00am to 1:00pm

PA State Senator Resource Table Senator Tracy Pennycuick's office staff will be on-site to provide information on services offered to Seniors by the Commonwealth of Pennsylvania. This is also a time to share any feedback you have for our legislators directly to their staff members.

ENCORE SPECIAL PROGRAMS CONTINUED...



MONDAY APRIL 22 / 1:00pm

Ducks in a Row Please join Sam Formica from St. John Neumann Cemetery to hear about being prepared for one of life's highest probabilities. This talk will provide information that will empower you to make your own decisions.



WEDNESDAY, APRIL 24 / 12:30pm

Rest Easy in Retirement: Ice Cream Social and Seminar Join us for this free event with local experts to help you take the guesswork out of your Golden Years! **Please RSVP with our Greeters by April 19th so that we have enough ice cream to serve to the crowd!**



THURSDAY, APRIL 25 / 9:00am – 12:00pm

Shredding Event sponsored by Nationwide Insurance Protect yourself against Identity Theft and have your obsolete sensitive documents shredded by the experts. Shredding services are provided by JK Secure Shredding, LLC. A nominal donation to Greater Harleysville and North Penn Senior Services per box/bag is suggested. No batteries, newspapers, books, magazines, cardboard, X-rays, CDs, floppy discs or miscellaneous household items can be accepted!



MONDAY, APRIL 29 / 10:00am to 2:00 pm

Property Tax or Rent Rebate Program Assistance PA State Senator Tracy Pennycuik's office staff will be onsite to assist with filing your PTRR form. **Please sign up with Gina in the office and she will inform you of what you need to bring.**



TUESDAY, APRIL 30 / 10:30am

Crafts with Mary Caruso Spring and May Day. Come exercise your decorating creativity as we prepare bright, fresh spring decorations! **Please sign up with Gina in the office by Friday, April 26th.**

Greater Harleysville and North Penn Senior Services ~ Honoring Douglas Gifford



PILLAR
OF THE COMMUNITY

WEDNESDAY
MAY 29, 2024
5:30 - 8:30 PM
Indian Valley Country Club

We are thrilled to announce that the GHNPS 2024 Pillar of the Community will honor Doug Gifford, a long-time supporter of what was once known as the "Harleysville Senior Adult Activity Center" and has evolved into Greater Harleysville and North Penn Senior Services. Doug served as a Supervisor for Lower Salford Township for over 30 years and ran a successful law practice, Clemens, Nulty and Gifford, serving our local area. You can read more about Doug's accomplishments and community service at www.ghnpss.org/news.

We invite our community to attend this year's Pillar event on May 29 at 5:30pm at Indian Valley Country Club. Tickets are \$120 and include an hors d'oeuvre reception and 3-course meal. Members can access a discounted ticket (\$110) at <https://givebutter.com/pillar2024> by using promo code: **member**. You can also purchase tickets at either Encore or PEAK, or mail a check to us at 312 Alumni Ave., Harleysville, PA 19438. If you are a Lifetime Member, you can attend one of our two fundraising events free of charge. Please email (ebeil@ghnpss.org) or call (215-256-6900 ext.201) to reserve your spot.

Please don't hesitate to reach out to me with any questions! All proceeds raised go directly to supporting the programs and services offered at Encore and PEAK to help our community thrive.

April 2024 Programs

Programs shown were scheduled at the time of printing and are subject to change. **In-person classes are noted in black. Hybrid classes (in-person and virtual) are noted in blue. Special programs are noted in gold.** You must make an appointment where indicated on the calendar and register for lunches as well as hybrid classes and special programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Special Easter Lunch 2:00pm Korean Bong Sul	2 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Crafts with Friends (\$3) 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 12:30pm "What is Ramadan" by Manny 1:00pm Games 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class	3 8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10am-3pm Shiatsu Appointments (\$20) 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)	4 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 11:30-12:30pm Lunch - Celebrating April Birthdays! 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Music Therapy	5 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm Tech Appointments or Notary Public Services with Les 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
8 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 12:00pm Movie Matinee 2:00pm Korean Bong Sul	9 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Storytime with Josephine (Online & at PEAK) 10:00 Tai Chi (\$4) 10:00-12:30pm PA State Rep. Steve Malagari Resource Table 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class	10 8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:30pm Life in 18th Century PA 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)	11 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 11:30-12:30pm Lunch 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Music Therapy	12 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm Tech Appointments or Notary Public Services with Les 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
15 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Breakfast Club: Valentino's Bistro 10:00 Fit for Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 12:30pm Boomers are Heroes 2:00pm Korean Bong Sul	16 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:30 Fraud Presentation with local Law Enforcement 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class	17 8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:30pm Advisory Council Meeting 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)	18 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 11:30-12:30pm Lunch 12:30pm Montco. Association for the Blind 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Music Therapy	19 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 10:30 Let Gun Safety Be Your Target 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
22 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 12:30pm Elvis Impersonator 12:00pm Book Club 2:00pm Korean Bong Sul	23 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:30 PT Solutions Discussion: Exercising with Arthritis 11:30-12:30pm Lunch 12:00pm Legal Consultations (by appt.) 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class	24 8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:30pm VMSC: Learn About Your Local 911 Service 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)	25 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 11:30-12:30pm Lunch 12:30 pm Free Blood Pressure Checks 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Music Therapy	26 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
29 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 12:30 Exploring Philadelphia's Historic Area Virtually with Norm Danis 2:00pm Korean Bong Sul	30 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 8:30 AARP Safe Driver Refresher Course 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class	April is Volunteer Appreciation Month! Say "Thanks" to a PEAK Volunteer Today! <div>    </div>		

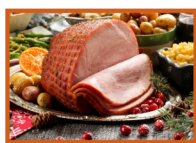
April 2024 Lunch Menu

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
Special Lunch Baked Ham & Apples w/ Raisin Sauce Potatoes au Gratin Brussels Sprouts Apple Pie Milk 1	Pasta with Meatballs Peas Poached Pear Milk 2	Korean Style BBQ Beef Fried Rice Roasted Peppers and Onions Milk 3	April Birthday Celebration! Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts Milk 4 	Western Frittata Breakfast Potatoes Spinach Milk 5
Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Milk 8	Chicken Salad on Lettuce w/ Grape Tomatoes Three Bean Salad Tapioca Pudding Milk 9	Paprika Chicken Wild & Brown Rice Pilaf Peas & Carrots Poached Pear Milk 10	Turkey Thyme Risotto Steamed Carrots Broccoli Milk 11	Chickpea Curry Stew w/ Brown Rice Confetti Vegetables Apple Crumble Milk 12
Herb Chicken with Tomato-Basil Coulis over Creamy Parmesan Polenta Broccoli Apple Crumble Milk 15	Gingered Mustard Pork Brussel Sprouts Sweet Potatoes Milk 16	Swedish Meatballs over Egg Noodles Peas Applesauce Milk 17	Ham & Swiss Cheese Sandwich Macaroni Salad Poached Pears Milk 18	Roasted Tilapia w/ Lemon over Rice Capri Vegetable Blend Stewed Tomatoes Milk 19
Tortellini Primavera Salad Grilled Marinated Chicken Peaches Milk 22	Cheesy Stuffed Shells w/ Crushed Tomato Sauce Steamed Carrots Steamed Green Beans Milk 23	Korean Roast Pork Fried Rice Capri Vegetables Milk 24	Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce Milk 25	French Toast Sticks Scrambled Eggs w/ Cheese Peaches w/ Granola Milk 26
Asian Salad Grilled Chicken Mandarin Oranges Milk 29	Pasta with Meatballs Peas Poached Pear Milk 30	  		

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.



MONDAY, APRIL 1 / 11:30am to 12:30pm

Special Easter Lunch Enjoy a traditional Easter meal of Baked Ham & Apples with Raisin Sauce, Potatoes au Gratin, Brussel Sprouts, and Apple Pie. There is no charge for Special Lunch this month. **Please RSVP to Sabrina when reserving your meals for the week.**



TUESDAY, APRIL 2 / 12:30pm

What is Ramadan? PEAK volunteer, Manny, will share a presentation about Ramadan and facilitate a discussion around this month of fasting, prayer, reflection, and community observed by Muslims around the world.



FRIDAY, APRIL 5 & 12 / 10:00am to 12:00pm

Tech Appointments with Les Need assistance with your computer, phone, or tablet? Schedule an appointment with Les to get help navigating in this digital world. Les is also able to provide Notary Public Services. **To make an appointment, see Sabrina in person at PEAK or call 215-362-7432.**



WEDNESDAY, APRIL 10 / 12:30pm

Peter Wentz Farmstead: Life in the 18th Century PA This presentation explores various facets of life in eighteenth-century Pennsylvania, including social classes, the lives of women and children, fashion and dress, religion, cooking and food, and other topics. The presentation is accompanied with a "traveling trunk" of reproduced eighteenth-century articles of clothing and food utensils.



MONDAY, APRIL 15 / 12:30pm

BOOMERS 'R' HEROES This workshop will help caregivers find their way through the caregiving maze while maintaining their own health and wellness. This workshop led by Boomers 'R' Heroes is for you! Sponsored by UnitedHealthcare and Patina.



TUESDAY, APRIL 16 / 10:30 am 16 / 10:30 am

Fraud Presentation Join local law enforcement and the Office of the Attorney General Elder Fraud Department for a presentation on how to handle scams and fraud.



FRIDAY, APRIL 19 / 10:30am

Let Gun Safety Be Your Target This presentation from the Montgomery County Office of Senior Services explores the issues that affect seniors and how those issues play a role in gun safety. The goal of this presentation is to present the best and safest practices for any senior who may find themselves in close proximity to a gun.



MONDAY, APRIL 22 / 12:30pm

Elvis Presley Impersonator Join us for a performance by Jeff Krick, an award winning Elvis tribute artist. If you are an Elvis fan, come out for some great music and memories of the one and only Elvis.



TUESDAY, APRIL 23 / 10:30am

PT Solutions: Exercising with Arthritis This is a presentation on exercising with arthritis that has the most current evidence to help you learn how to stay active safely. The presentation will provide specific exercises for the most common joints affected by arthritis. There will be plenty of time for questions and answers.



WEDNESDAY, APRIL 24 / 12:30pm

Learn more about your local 911 Service The VMSC of Lansdale will provide an interactive presentation on 911 services in our community and how the systems work regarding calling 911 and other services that are offered in the community. They will also introduce and explain the upcoming annual subscription drive that helps with the cost of 911 services.

PEAK SPECIAL PROGRAMS CONTINUED...



MONDAY, APRIL 29 / 12:30 pm

Exploring Philadelphia's Historic Area Virtually Join Philadelphia tourist and local historian, Norm Danis, for a virtual exploration of Philadelphia's Historic area.



TUESDAY, APRIL 30 / 8:30 am

AARP Refresher Course This single day 4-hour course is open to participants who have successfully completed their eight-hour driver safety program within 36 months prior to registering for participation in the refresher course. This course provides comprehensive classroom instruction focusing on the effects of aging on driving. Upon successful completion of the course, each participant will receive a certificate. Participants 55 years of age or older, may qualify for a state mandated discount on their automobile insurance premium. Participants should contact their insurance company to determine their eligibility. Please bring your driver's license to class. **The fee for the course is \$20 for AARP members and \$25 for non-members. Please bring a check payable to AARP to class. Please register by calling Sabrina at 215-362-7432.**

FOOD WITH FRIENDS - ALL ARE WELCOME!

MONDAY, APRIL 15 / 9:00am

Breakfast Club Join your friends at Valentino's Bistro (518 N Broad St, Lansdale) for a delicious breakfast and great conversation. Each person will pay their own bill and supply their own transportation. **Please RSVP with Sabrina in person at PEAK or by calling 215-362-7432 by Friday, April 12 so we can arrange seating together.**

THURSDAY, APRIL 25 / 4:30pm

Dinner Outing Dinner Outings have returned and this month we will visit Franconia Heritage Restaurant (508 Harleysville Pike, Telford). All are invited to meet at the restaurant. Each person will pay their own bill and supply their own transportation. **Please RSVP to Gina in person at Encore or by calling 215-256-6900 by Monday, April 22nd so we can call ahead and arrange seating together.**

MEMBERS OF THE MONTH

ENCORE MEMBER OF THE MONTH

Kathy Leibowitz

Kathy has such an infectious laugh that brings much joy to those around her! She is a shuffleboard regular and likes to jump in on different activities we have at the Center. She helped create our new Raffle Basket committee and has joined our kitchen serving team, covering two days a week. She is willing to pitch in wherever the help is needed. Kathy, all of your efforts are very much appreciated by our members and staff!



PEAK MEMBER OF THE MONTH

Carol Luehrs

Carol may have one of the shortest commutes to The PEAK Center, but she doesn't just attend because of the convenience. Carol enjoys visiting with her friends and attending special events. Recently, she jumped in to join our Cafe team as a volunteer. Her infectious smile and willingness to lend a hand where needed are a blessing to The PEAK Center.

Thank you, Carol, for all you do for our community!