

## GHNPS STAFF

### Organizational Support

**Elizabeth Beil**

*Executive Director, Ext. 201*

**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 2:00 PM  
[www.ghnpss.org](http://www.ghnpss.org)

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*Site Manager, Ext. 105*

**Gina Sergio**

*Administrative Assistant, Ext. 103*

**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](http://www.ghnpss.org)

**Alyssa Barnes**

*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](https://facebook.com/ghnpss)
-  [instagram.com/encoreandpeak](https://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.

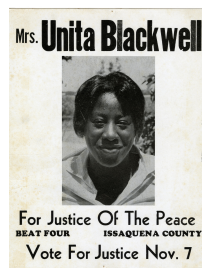


## A MESSAGE FROM THE EXECUTIVE DIRECTOR

### Happy February!!

As you read this newsletter, I hope you are warm and cozy as the cold winter weather persists and the daylight hours gradually start to lengthen. But don't hunker down for too long! Our team has a variety of engaging programs and a menu of nutritious meals planned for you at both The PEAK Center and Encore Experiences. We encourage you to come out and to keep yourself active and engaged this winter.

February is a month filled with historic, cultural, social, and religious holidays. The GHNPS team has designed some special activities around these events to complement our regular programming that you won't want to miss!



February is Black History Month, also known as African-American History Month. This month was originally chosen because it coincided with the birthdays of Abraham Lincoln and Frederick Douglass and celebrates the rich cultural heritage, triumphs and adversities that are an indelible part of our country's history. This year, Terri Lyons, a local author and actress, will bring to life the story of Unita Blackwell, a key figure in the Civil Rights movement and the first black woman to be elected mayor in the U.S. state of Mississippi in 1976. Join Terri for this immersive, historic journey on February 19th either at 10:30 am at Encore or 12:30 pm at PEAK.

Presidents' Day is a holiday in the United States celebrated on the third Monday of February for its proximity to George Washington's birthday. It is now celebrated to honor all those who served as presidents of the United States and, since 1879, has been a federal holiday. In honor of Presidents' Day, Encore will be hosting a Roundtable Retrospective on February 28th at 10:30 am focused on "Where were you when JFK was shot?" Members will have a chance to reflect, together, on that critical day in American history.



Our Special Lunches in February will celebrate two distinct holidays with religious roots that have since become more secular. The PEAK Center will celebrate Valentine's Day on 2/12 with a lunch of Italian Wedding Soup and Chicken Pesto Sandwich followed by a fun dance hosted by Neil Farber of Celebrations DJ. Encore Experiences will break out the beads for Mardi Gras or "Fat Tuesday" or "Fastnacht" on 2/15 with a lunch of New Orleans Gumbo and the traditional King Cake with entertainment by Ryan Slepian who will perform with his marionettes. Join us at one or both Centers for a delicious meal and fun with friends!

Our team has a variety of even more engaging programs and a menu of nutritious meals planned for you at both The PEAK Center and Encore Experiences. Please read on and then make a plan to visit us!

Fondly,

*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, February 8 at 12:30 pm

**PEAK:** Wednesday, February 21 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, February 27. 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. 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 enrolled in a Medicare Advantage plan that does not suit your current health needs, you have until the end of March to change to a different Medicare Advantage plan for the remainder of the year.

**Encore:** Appointments available on Wednesday, February 7. 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 will be available by early February. 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. To learn more, get an application, or get help from the GHPSS Social Services Coordinator, call 215-362-7432 ext. 203.

## Tax Preparation Service

GHPSS will host this free service at each Center starting in early February 2024 and ending by April 15. Appointments can be scheduled by calling the Center of your choice. 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.



*Shelby Leight*

Direct: 215.892.2178

Office: 267.733.0777

[www.ShelbySellsHomesPA.com](http://www.ShelbySellsHomesPA.com)



**SRES**  
Seniors Real Estate Specialist

## BACKED BY A TEAM OF EXPERTS

**When you work with me, you get access to  
an entire team of dedicated professionals such as:**  
**Estate Attorney | Financial Advisor | Professional Organizer**  
**Reverse Mortgage Lender | Senior Healthcare Advisor**

**Let us make your transaction worry-free!**  
**Reach out today to schedule a FREE consultation!**

# February 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
			<b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>9:30-10:45</b> Free Blood Pressure Screenings <b>11:00-12:00</b> Help Yourself to Healthy Living: "Do your part, care for your heart!" <b>12:00-1:00pm</b> Lunch <b>12:30pm</b> Bridge <b>12:30pm</b> Skip-Bo <b>1:30pm</b> Tone & Balance (\$4) <b>2:30pm</b> Prayer Care	<b>10:00</b> Wii Sports or Jeopardy <b>10:00</b> Arts & Crafts: Diamond Painted Bookmarks (\$2) <b>10:00</b> Tai Chi for Arthritis <b>11:00-2:00pm</b> Shiatsu Massage by appointment (\$20) <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> The Happy? Ya! Ya! Crew <b>1:30pm</b> Stretch & Tone (\$4)
<b>5</b> <b>9:15</b> Tai Chi (\$5) <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Art Class (\$4) <b>1:45pm</b> Bingo for Bucks	<b>6</b> <b>9:00-10:20</b> Haircuts (by appt.) (\$10) <b>9:15</b> Walking with Weights (\$4) <b>9:30</b> Group Trivia <b>10:00</b> Stamp Club <b>10:30</b> Scrabble <b>12:00-1:00pm</b> Lunch <b>12:30pm</b> Pinochle <b>1:00pm</b> Getting 2024 off to a good nutritional start! <b>1:00pm</b> Mahjong <b>1:30pm</b> Zumba (\$4)	<b>7</b> <b>8:00</b> Chess <b>9:15</b> Tai Chi (\$5) <b>9:30</b> Coloring for Calmness <b>10:30</b> Tech Tutoring with Ed (by appt.) <b>10:30-12:00pm</b> Cash for Gold! <b>11:00</b> Chair Yoga (\$4) <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> Rummikub <b>1:00pm</b> History of Encore: Ice Cream Social <b>1:00pm</b> Medicare Counseling (by appt.)	<b>8</b> <b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>12:00-1:00pm</b> Lunch <b>12:30pm</b> Bridge <b>12:30pm</b> Advisory Council <b>12:30pm</b> Bridge <b>12:30pm</b> Skip-Bo <b>1:30pm</b> Tone & Balance (\$4)	<b>9</b> <b>10:00</b> Wii Sports or Jeopardy <b>10:00</b> Tai Chi for Arthritis <b>11:00</b> PA State Rep. Donna Scheuren Resource Hour <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> The Happy? Ya! Ya! Crew <b>1:30pm</b> Stretch & Tone (\$4)
<b>12</b> <b>9:15</b> Tai Chi (\$5) <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Art Class (\$4) <b>1:45pm</b> Bingo for Bucks	<b>13</b> <b>9:15</b> Walking with Weights (\$4) <b>9:30</b> Group Trivia <b>10:00</b> Storytime with Josephine (Online & at PEAK) <b>10:30</b> Scrabble <b>12:00-1:00pm</b> Lunch <b>12:30pm</b> Pinochle <b>1:00pm</b> Mahjong <b>1:30pm</b> Zumba (\$4)	<b>14</b> <b>8:00</b> Chess <b>9:15</b> Tai Chi (\$5) <b>9:30</b> Coloring for Calmness <b>10:30</b> Tech Tutoring with Ed (by appt.) <b>11:30</b> Valentine's Day Sing Along and Stories with Annie <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> Rummikub <b>1:00pm</b> History of Old Goshenhoppen Church	<b>15</b> <b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>12:00-1:30pm</b> Special Lunch with Marionettes & Juggling by Ryan Slepian <b>12:30pm</b> Bridge <b>12:30pm</b> Skip-Bo <b>1:30pm</b> Tone & Balance (\$4) <b>2:30pm</b> Prayer Care	<b>16</b> <b>10:00</b> Wii Sports or Jeopardy <b>10:00</b> Tai Chi for Arthritis <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> The Happy? Ya! Ya! Crew <b>1:30pm</b> Stretch & Tone (\$4)
<b>19</b> <b>9:15</b> Tai Chi (\$5) <b>10:30</b> Unita Blackwell Black History Month presentation <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Art Class (\$4) <b>1:45pm</b> Bingo for Bucks	<b>20</b> <b>9:15</b> Walking with Weights (\$4) <b>9:30</b> Group Trivia <b>10:30</b> Scrabble <b>12:00-1:00pm</b> Lunch <b>12:30pm</b> Pinochle <b>1:00pm</b> Mahjong <b>1:30pm</b> Zumba (\$4)	<b>21</b> <b>8:00</b> Chess <b>9:15</b> Tai Chi (\$5) <b>9:30</b> Coloring for Calmness <b>10:30</b> Peter Wentz Farmstead: Slavery in Pennsylvania <b>10:30</b> Tech Tutoring with Ed (by appt.) <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> Rummikub	<b>22</b> <b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>12:00-1:00pm</b> Lunch <b>12:30pm</b> Bridge <b>12:30pm</b> Skip-Bo <b>1:30pm</b> Tone & Balance (\$4)	<b>23</b> <b>9:30</b> Veteran's Coffee Catch-up <b>10:00</b> Tai Chi for Arthritis <b>10:00-12:00pm</b> Carl Cutrone - Medicare Info Table <b>10:00</b> Wii Sports or Jeopardy <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> The Happy? Ya! Ya! Crew <b>1:30pm</b> Stretch & Tone (\$4)
<b>26</b> <b>9:15</b> Tai Chi (\$5) <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Art Class (\$4) <b>1:45pm</b> Bingo for Bucks	<b>27</b> <b>9:15</b> Walking with Weights (\$4) <b>9:30</b> Group Trivia <b>10:30</b> Scrabble <b>10:00-2:00</b> Carol Costlow - Social Services Resources <b>12:00-1:00pm</b> Lunch <b>12:30pm</b> Pinochle <b>1:00pm</b> Mahjong <b>1:30pm</b> Zumba (\$4)	<b>28</b> <b>8:00</b> Chess <b>9:15</b> Tai Chi (\$5) <b>9:30</b> Coloring for Calmness <b>10:30</b> Retrospective Roundtable: Where were you when JFK was shot? <b>10:30</b> Tech Tutoring with Ed (by appt.) <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> Rummikub <b>1:00pm</b> Brain Aerobics with Neely (\$4)	<b>29</b> <b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>12:00-1:00pm</b> Lunch <b>12:30pm</b> Bridge <b>12:30pm</b> Skip-Bo <b>1:30pm</b> Tone & Balance (\$4)	<b>Special Valentine's Lunch with</b>  <b>Marionettes &amp; Juggling!</b> <b>February 15th</b>



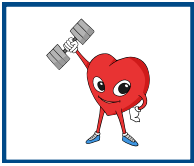
# February 2024 Lunch Menu

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. Take-out lunches are \$4.

(Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Enjoy a Mardi Gras Themed Special Lunch on February 15th!</b></p> 			<p>Sloppy Joe on Whole Grain Bun Cole Slaw Sweet Potato Fries Fruit Cup Milk <b>1</b></p>	<p>Baked Flounder in Citrus Sauce Roasted Tomatoes Mac &amp; Cheese Cookie Milk <b>2</b></p>
<p>Grilled Cheese on Whole Grain Bread Tomato Basil Soup Mandarin Oranges Milk <b>5</b></p>	<p>Roasted Veggie Flatbread Pizza Green Salad Vanilla Pudding Milk <b>6</b></p>	<p>Meatloaf with Mushroom Gravy Glazed Carrots Mashed Potatoes Dinner Roll Apple Sauce Milk <b>7</b></p>	<p>Mixed Greens w/ Grilled Chicken, Cranberries, Pepitas, and Feta Pear Salad Corn Muffin Fruit Cup Milk <b>8</b></p>	<p>Fish and Chips Cole Slaw Cookie Milk <b>9</b></p>
<p>Open-faced Hot Turkey Sandwich on grain bread Steamed Broccoli Cranberry Sauce Chocolate Pudding Milk <b>12</b></p>	<p>Quiche Lorraine Green Salad Pineapple Milk <b>13</b></p>	<p>Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese Caesar Salad Club Crackers Birthday Celebration Milk <b>14</b></p>	<p><b>Special Lunch \$10</b> New Orleans Style Gumbo with Chicken, Shrimp, &amp; Andouille Sausage over Rice Mixed Greens Salad King Cake Milk <b>15</b></p>	<p>Teriyaki Salmon Asian Vegetables Wild Rice Cookie Milk <b>16</b></p>
<p>Beef Chili w/ Cheddar Cheese Tortilla Chips Mandarin Oranges Milk <b>19</b></p>	<p>Breaded Chicken Tenders w/ special dipping sauce Tuscan Veggies Cheddar Biscuit Pineapple Milk <b>20</b></p>	<p>Tuna Melt on Whole Grain English Muffin Vegetable Soup Chocolate Pudding Milk <b>21</b></p>	<p>Philly Cheesesteak w/ Fried Onions Marinara Sauce French Fries Fruit Cup Milk <b>22</b></p>	<p>Crab Cake Platter Veggie Medley Herbed Quinoa Seasonal Dessert Milk <b>23</b></p>
<p>Chicken Marsala w/ wild rice Green Beans Dinner Roll Peaches Milk <b>26</b></p>	<p>Baked Eggplant Parmesan Caesar Salad Dinner Roll Mandarin Oranges Milk <b>27</b></p>	<p>Chicken Pot Pie in Puff Pastry Green Salad Fruit Cup Milk <b>28</b></p>	<p>Sloppy Joe on Whole Grain Bun Cole Slaw Sweet Potato Fries Fruit Cup Milk <b>29</b></p>	





**THURSDAY, FEBRUARY 1 / 11:00am to 12:00pm**

**Help Yourself to Healthy Living: Do Your Part, Care For Your Heart!!** Take control and learn about heart disease, heart health, and understanding the Lipid Panel (Cholesterol, HDL, LDL, non-HDL, Triglycerides). **Get your free blood pressure check from 9:30am to 10:45am.**



**THURSDAY, FEBRUARY 1 and FEBRUARY 15 at 2:30pm**

**Prayer Care Group** Join this newly formed opportunity for those wanting to pray with someone else for whatever issue needs to be addressed. We will pray for people who are grieving the loss of a friend or relative, those with family problems, and those with illnesses. We can pray for world events, wisdom, comfort, and direction. Also, to praise God for his faithfulness and to give Him glory for who He is.



**EVERY FRIDAY, FEBRUARY 2 THRU MARCH 22 / 10:00am**

**Tai Chi for Arthritis and Fall Prevention.** Join this Montgomery County Office of Senior Services evidence-based, 8-week program that utilizes the Sun Style for relaxation, balance and ease of movement. Each class is led by a certified instructor and lasts up to an hour. The movements can be done standing or sitting. Increase your strength, balance and flexibility while improving your mind, body, and spirit! **RSVP required. No cost.**



**FRIDAY, FEBRUARY 2 / 11:00 am to 2:00pm**

**Shiatsu On-Site Acupressure Chair Massage by Kerry Palanjian** Relax and refresh your muscles with a shiatsu-style, fully-clothed, chair massage. **\$20 for a 15 minute session...Discount coupons included in the December mailing are valid thru March. Please sign up for an appointment in the office or by calling 215-256-6900.**



**FRIDAY, FEBRUARY 2 / 10:00am**

**Arts & Crafts with Laura** This month will be a favorite with our bookworms. We will decorate bookmarks in the diamond painting technique taught by Laura! **RSVP by Friday, January 26th to the Office; \$2 cost.**



**TUESDAY, FEBRUARY 6 / 1:00pm**

**Jump Start Your Nutrition** Get your 2024 off to a good nutritional start. Join Barbara MacFarland, a Registered Dietician and Nutritionist, for a health presentation focused on breaking the bad eating habits you may have developed over the holidays.



**WEDNESDAY, FEBRUARY 7 / 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!



**WEDNESDAY, FEBRUARY 7 / 1:00pm**

**Ice Cream Social, plus the History of Encore!** Join us for a sweet treat and meander around the displays of old pictures and write-ups about the Senior Center in Harleysville throughout the ages.



**FRIDAY, FEBRUARY 9 / 11:00am to 12:00pm**

**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!

# ENCORE SPECIAL PROGRAMS CONTINUED...



**WEDNESDAY, FEBRUARY 14 / 1:00pm**

**Old Goshenhoppen Church: A Journey Through Time** This program, using historical photographs, will follow the history of Old Goshenhoppen Church, in Woxall, PA., from its beginnings in 1732 right up to the present day. This will include the current restoration of the 1732 Log Gemeinhaus to the thriving church of today. This program is presented by the Old Goshenhoppen Reformed Church Historian, Bruce Stocking, and will last about an hour.



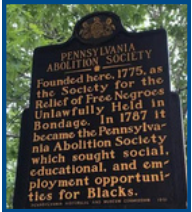
**THURSDAY, FEBRUARY 15 / 12:00pm – 1:30pm**

**Special Lunch with Entertainment by Ryan Slepian of Unplugged Entertainment** Enjoy New Orleans Style Gumbo with Chicken, Shrimp and Andouille Sausage over rice and a Mixed Green Salad with King Cake. Following lunch, Ryan will perform with his marionettes and show off his juggling skills. He will also provide demonstrations of proper techniques and let us try out our own skills. **Cost is \$10. Please RSVP by February 9th to Gina at the front desk or by calling 215-256-6900.**



**MONDAY, FEBRUARY 19 / 10:30am**

**Black History Month Presentation: Unita Blackwell** Come join Terri Lyons for her character performance of the life of Unita Blackwell, an American civil rights activist who was the first black woman to be elected mayor in the U.S. state of Mississippi in 1976. Unita was a project director for the Student Nonviolent Coordinating Committee and helped organize voter drives across Mississippi. You will be carried back in time by Terri's dynamic presentation.



**WEDNESDAY, FEBRUARY 21 / 10:30am**

**Peter Wentz Farmstead Presentation: Slavery in Pennsylvania** Honor Black History Month with a presentation on the history of the institution of slavery in Pennsylvania. The first enslaved individuals arrived in the territory prior to Pennsylvania's filing as a colony and, soon thereafter, abolitionists began to speak out. Explore the life of Pennsylvania's enslaved people, the passing of the Gradual Abolition Act of 1780 and its results, and civil rights issues in the decades before the Civil War.



**FRIDAY, FEBRUARY 23 / 9:30am**

**Veteran's Coffee Catch-up** Come on in and "catch up" with other Veterans in a relaxing environment. Let's celebrate the upcoming New Year together!



**FRIDAY, FEBRUARY 23 / 10:00am – 12:00pm**

**Get Your Medicare Questions Answered!** Carl Cutrone of Covenant Insurance will be available for questions at his Medicare Informational Table in our lobby.



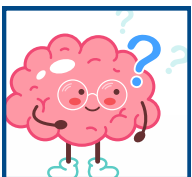
**TUESDAY, FEBRUARY 27 / 10:00am – 2:00pm**

**Social Services with Carol Costlow** New day, same time for Carol's expertise on issues such as LIHEAP, Rental Rebates, SNAP benefits and more. **Call Mary Ellen for an appointment 215-256-6900.**



**WEDNESDAY, FEBRUARY 28 / 10:30am**

**Retrospective Roundtable: "Where Were You When JFK Was Shot?"** Join us for casual question/answer presentations from some of our members on their personal experience on the day the news was broadcast that our President, John F. Kennedy, was shot. Contact Mary Ellen in the office if you are interested in being one of our lead presenters about your own memories!



**WEDNESDAY, FEBRUARY 28 / 1:00pm**

**Brain Aerobics with Neely from Forever Fit and Wellness** Build your mental fitness through multiple cognitive abilities which challenge your brain and improve processing speed and memory. This class engages attention and breaks routine action in an unexpected way. You will work on long term memory, working memory, short term memory and executive function memory. **Fee \$4.**



# February 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
 <p><b>Celebrating Black History Month</b></p>	<p><b>Special Lunch &amp; Valentine's Day Dance Party February 12th!</b></p>	 <p><b>HAPPY PRESIDENTS DAY</b></p>	<p><b>1</b></p> <p>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 February Birthdays! 12:30pm Dance Fit (\$4) 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Taekwondo</p>	<p><b>2</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm Tech Appointments with Les 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p><b>5</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist &amp; Other Games 11:00 Stitch &amp; Chat 11:30-12:30pm Lunch 12:30 pm Fraud Bingo 2:00pm Korean Bong Sul</p>	<p><b>6</b></p> <p>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 1:00pm Games 1:00pm Korean Computer Class 1:00pm Korean Dance &amp; Drumming 3:30pm Korean Smart Phone Class</p>	<p><b>7</b></p> <p>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 12:00-1:30pm Senior Expo 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)</p>	<p><b>8</b></p> <p>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 Taekwondo</p>	<p><b>9</b></p> <p><b>Spirit Day! Wear your favorite sports team apparel!</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm Tech Appointments 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</p>
<p><b>12</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist &amp; Other Games 11:00 Stitch &amp; Chat 11:30-1:30pm Special Lunch and Valentine's Day Dance Party (\$10) 2:00pm Korean Bong Sul</p>	<p><b>13</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 8:30-12:30pm AARP Refresher Course \$ 10:00 Tai Chi (\$4) 10:00 Storytime with Josephine (Online &amp; at PEAK) 10:00-12:30pm PA State Rep. Steve Malagari Resource Table 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance &amp; Drumming 3:30pm Korean Smart Phone Class</p>	<p><b>14</b></p> <p>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 with special volunteers from Mater Dei 12:30pm Chair Exercise Bingo (\$4) 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)</p>	<p><b>15</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 11:30-12:30pm Lunch 12:30-2:30pm Montco Association for the Blind 12:30pm Zumba (\$4) 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Taekwondo</p>	<p><b>16</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p><b>19</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist &amp; Other Games 11:00 Stitch &amp; Chat 11:30-12:30pm Lunch 12:30 pm Unita Blackwell Black History Month presentation 2:00pm Korean Bong Sul</p>	<p><b>20</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:30 Balance Screenings 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance &amp; Drumming 3:30pm Korean Smart Phone Class</p>	<p><b>21</b></p> <p>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 11:30-12:30 Lunch 12:30pm Advisory Council 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)</p>	<p><b>22</b></p> <p>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 Taekwondo</p>	<p><b>23</b></p> <p>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</p>
<p><b>26</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist &amp; Other Games 11:00 Stitch &amp; Chat 11:30-12:30pm Lunch 12:00-1:30pm Movie Matinee 12:00pm Book Club 2:00pm Korean Bong Sul</p>	<p><b>27</b></p> <p>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 Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance &amp; Drumming 3:30pm Korean Smart Phone Class</p>	<p><b>28</b></p> <p>8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 10:00-12:00pm PA Senator Maria Collett Resource Table 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)</p>	<p><b>29</b></p> <p>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 Taekwondo</p>	 <p><b>New Class Alert! Chair Yoga Thursdays at 10am</b></p>



# February 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
<p>Join us for <b>Special Lunch</b> and <b>Valentine's Dance</b> on February 12th!</p> 			<p><b>February Birthday Celebration!</b> Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce Milk</p> 	<p>Chicken Madras Roasted Zucchini and Squash Orzo with Peas Milk</p>
<p>Asian Salad Grilled Chicken Mandarin Oranges Milk</p>	<p>Pasta with Meatballs Peas Poached Pear Milk</p>	<p>Korean Style BBQ Beef Fried Rice Roasted Peppers and Onions Milk</p>	<p>Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts Milk</p>	<p>Roasted Chicken with Beans and Sundried Tomatoes Quinoa Pilaf with Riced Vegetables Broccoli with Cheese Sauce Milk</p>
<p><b>Special Lunch \$10</b> Italian Wedding Soup Pesto Chicken Sandwich with Mild Provolone and Roasted Peppers Milk</p>	<p>Sweet Italian Sausage, Peppers, &amp; Onions Marinara Sauce Roasted Potatoes Steamed Peas Milk</p>	<p>Paprika Chicken Wild &amp; Brown Rice Pilaf Peas &amp; Carrots Milk</p>	<p>Roast Beef Sandwich Carolina Coleslaw Fruit Salad Milk</p>	<p>Mini Pancakes Turkey Sausage Links Spinach Maple Syrup Milk</p>
<p>Herb Chicken with Tomato-Basil Coulis over Creamy Parmesan Polenta Broccoli Apple Crumble Milk</p>	<p>Gingered Mustard Pork Brussel Sprouts Sweet Potatoes Milk</p>	<p>Swedish Meatballs over Egg Noodles Peas Applesauce Milk</p>	<p>Roast Pork Au Jus with White Beans and Spinach Cauliflower with Cheddar Sauce Peach Crumble Milk</p>	<p>Roasted Tilapia w/ Lemon over Rice Tartar Sauce Capri Vegetable Blend Stewed Tomatoes Milk</p>
<p>Tortellini Primavera Salad w/ Light Italian Dressing Grilled Marinated Chicken Peaches Milk</p>	<p>BBQ Pulled Pork Wrap Carolina Slaw Apple Sauce Milk</p>	<p>Korean Roast Pork Fried Rice Capri Vegetables Milk</p>	<p>Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce 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.



## EVERY THURSDAY / 10:00 am

**Chair Yoga** Welcome to your new health. Chair Yoga for Wellbeing modifies traditional yoga poses to fit YOU! This class will consist of 45 minutes of movement, stillness, and awareness that will create space in your body, calm in your mind, and peace in your heart. Join Nadine Chudoba from Hopeful Healing on an exploration of the health within. Yoga, by nature, aids in the healing process while simultaneously inviting health in strength, length, and overall well being. Walkers, canes, and wheelchairs are all welcome here. Never think that one movement can't change your life; when you find it, you will know it, and never be the same. **Cost \$4.**



## THURSDAY, FEBRUARY 1 / 12:30pm

**Dance Fit** Have fun getting fit while you move to this toe-tapping, shoe shuffling dance workout. This is a light to moderate intensity 45 minute class that will target the whole body. Easy to follow moves are choreographed to all genres of music including some of your old favorites. Designed for the person who simply loves to dance. Come Join Kristin Messina for a fun time. **Cost \$4.**



## FRIDAY, FEBRUARY 2 and FEBRUARY 9 / 10:00am to 12:00pm

**Tech Appointments with Les** Need assistance with your phone, tablet, or computer? Les is available to assist with issues such as downloading apps, email correspondence, using a web browser, searching the internet, updating settings, and more. **Please make an appointment with Sabrina at the front desk or by calling 215-362-7432.**



## MONDAY, FEBRUARY 5 / 12:30 pm

**Fraud Bingo** Scam Artists rob hard-working families and senior citizens of billions of dollars each year! Join George Dillman with the PA Department of Banking and Securities for this fun, interactive presentation that teaches consumers how to protect themselves from scams and fraud by playing a familiar game: BINGO! **Please RSVP with Sabrina at the front desk or by calling 215-362-7432.**



## TUESDAY, FEBRUARY 6 / 10:00am

**Crafts with Friends** Join Suzanne and friends to create a special craft for Valentine's Day. We will be making Beaded Heart Suncatchers. **Cost \$3.**



## WEDNESDAY, FEBRUARY 7 / 10:00am to 3:00pm

**Shiatsu On-Site Acupressure Chair Massage by Kerry Palanjian** Relax and refresh your muscles with a shiatsu-style, fully-clothed, chair massage. **\$20 for a 15 minute session...Discount coupons included in the December mailing are valid thru March! Please sign up for an appointment in the office or by calling 215-362-7432.**



## WEDNESDAY, FEBRUARY 7 / 12:00 to 1:30pm

**Senior Expo** Join The PEAK Center's Senior Expo to get answers to your questions about a variety of senior services. Local organizations and businesses will be present to help you make informed decisions.



## FRIDAY, FEBRUARY 9

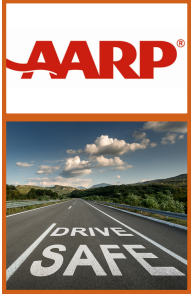
**Spirit Day** In celebration of Super Bowl Sunday, join your PEAK friends and wear your favorite sports team apparel.



## MONDAY, FEBRUARY 12 / 11:30 am

**Special Lunch and Valentine's Dance Party** Enjoy a delicious meal of Italian Wedding Soup and Pesto Chicken Sandwich followed by entertainment by Neil Farber of Celebrations Disc Jockeys. Neil will be here to celebrate Valentine's Day with music and entertainment. Join your friends for an afternoon filled with grooves and moves. **Cost \$10.**

# PEAK SPECIAL PROGRAMS CONTINUED...



**TUESDAY, FEBRUARY 13 / 8:30 am**

**AARP 4 Hour Refresher Class** 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 4 hours of comprehensive classroom instruction focusing on the effects of aging on driving. Upon successful completion of the AARP SMART DRIVER REFRESHER Program, 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 \$15 for AARP members and \$20 for non-members. Please bring a check payable to AARP to class. Please register at 267-263-2424.**



**WEDNESDAY, FEBRUARY 14 / 12:30pm**

**Chair Exercise Bingo** Chair exercise Bingo is a seated, all level bingo game that is like regular bingo only you are putting bingo chips on different exercises and doing them. It is a FUN way to exercise! Prizes for winners are provided and popcorn. **Cost \$4**



**THURSDAY, FEBRUARY 15 / 12:30**

**Zumba Gold** Zumba Gold is for active adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. **Cost \$4**



**MONDAY, FEBRUARY 19 / 12:30 pm**

**Black History Month Presentation by Terri Lyons** Take a journey down the back roads of civil rights history where unsung heroes live. Walk with Unita Blackwell during her struggle to break free from the plantation, to fight for the right to vote, and years later become the first black female mayor in the state of Mississippi.



**TUESDAY, FEBRUARY 20 / 10:30am**

**Balance Screenings** Join PT Solutions Physical Therapist Samantha Mullin for general information regarding fall risks and exercises to decrease fall risk. Participants will have the opportunity to be screened to determine their fall risk using standardized assessment tools.



**MONDAY, FEBRUARY 26 / 12:00 pm**

**Monday Matinee** Join us for an afternoon movie. Concessions will be available for purchase. Please contact Sabrina at 215-362-7432 for details.

## MEMBERS OF THE MONTH

### ENCORE MEMBER OF THE MONTH

#### Karen Cameron

Karen is a warm and welcoming presence here every Thursday, bopping around the dining hall with her witty personality, always smiling and willing to do anything to help us. You are an absolute sweetheart, Karen, and we enjoy working with you. We all thank you for sharing your time and talents with us here at Encore!



### PEAK MEMBER OF THE MONTH

#### Shirley Pistilli

Shirley can be found dancing whenever and wherever there is music. She is full of energy and brings so much FUN to The PEAK Center. She encourages everyone she encounters with her consistent positivity. Shirley is a true gem. We are so grateful for the joy and friendship she brings to all of us at The PEAK Center!