

GHNPS STAFF

Organizational Support

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Bookkeeper

Encore Experiences

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900, press 1 and 1 again
M-F: 8:00 AM to 8:00 PM
www.ghnpss.org

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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

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Carol Costlow

Social Services Coordinator, Ext. 203

Grace Chung

Korean American Services Specialist, Ext. 212

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-  facebook.com/ghnpss
-  instagram.com/encoreandpeak
-  <https://bit.ly/GHNPSYoutube>

Our mission is to provide access to programs and resources that help older adults live independently and remain active.



A MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy January!

Welcome to 2024! Another year filled with hope and the promise of new adventures... will you try a new class, make some new friends, or learn something new at one of our resource programs? I hope that visiting Encore and PEAK made your list of New Year's Resolutions! Whatever your intentions for 2024, we at GHNPS are here to walk with you and provide healthy meals, classes to nourish the mind and the body, and a home away from home.

Each January, our country remembers the legacy of Martin Luther King, Jr. Dr. King maintained a vision for a more diverse America where all people enjoyed the benefits of equality. He led the Civil Rights Movement that forever impacted our country. He was a man of service and in his honor, we recognize January 15th as MLK Day or National Day of Service. All across our nation, people pause their daily tasks to help their community. It is an echo of Dr. King's words, "Life's most persistent and urgent question is, what are you doing for others?"

This January 15th, GHNPS will recognize MLK Day / National Day of Service at both Encore and PEAK. You can join us at Encore to do a service project with students from Corpus Christi School followed by Winter Trivia. We will be doing a project to benefit The Variety Club, a local non-profit that works to empower children and young adults with disabilities. From January 2nd through 15th, we will be collecting non-perishable food items for Manna on Main Street at PEAK. We will deliver the items to our North Penn Commons neighbor to share our gratitude for their work to combat hunger and food insecurity right here in Montgomery County. I encourage you to join GHNPS or find another community project to celebrate National Day of Service. Any gesture of kindness, no matter how small you may think it is, will have an impact.

January at GHNPS also marks the start of... TAX SEASON! Thanks to the generosity of AARP Volunteers, we are able to offer free tax preparation services at both Encore and PEAK. Generally, this service is open to low- to moderate-income households under \$60,000/year. These spots fill up fast so you are encouraged to sign up as early as possible.

**SIGN UPS FOR MEMBERS OPEN ON MONDAY, JANUARY 15.
OPEN SIGN UPS START MONDAY, JANUARY 22.**

You can sign up via phone by calling between 8 am and 4 pm:

- For Encore, dial 215-256-6900, press 1 then 1 again
- For PEAK, dial 215-362-7432, press 2 then 1

You can also sign up by stopping by the Center where you would like to have your tax preparation done. If you have questions about the service offered or if you qualify, please call our Social Service Coordinator, Carol, at 215-362-7432 ext. 203.

As we kick off 2024, I am looking forward to another amazing year with you at GHNPS. I am grateful for our members, volunteers, staff, and partners who fill our Centers with positive energy and genuinely care for each other. I hope to see you at Encore or PEAK and wish you a Happy New Year in person!

Fondly,

Elizabeth Beil

P.S. Would you prefer to receive this Newsletter in an email rather than in the mail? If the answer is yes, please email me at ebail@ghnpss.org with your name and email address.

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, January 11 at 12:30 pm

PEAK: Wednesday, January 17 at 12:30 pm

Legal Counseling

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

PEAK: Free legal consultations are available Tuesday, January 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. 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.

Encore: Appointments available on Wednesday, January 3. Call 215-256-6900 to schedule.

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

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.

PA Property Tax/Rent Rebate

Applications for the 2023 tax year will be available by early February. If you are qualified, you can receive a rebate up to \$1000 under the new rules. 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**. You can apply to North Penn School 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. Appointments can be scheduled by calling the Center of your choice. **Members of GHPSS will have priority in scheduling during the week of 1/15/24 through 1/19/24.** Starting 1/22/24 tax appointments can be scheduled by anyone who qualifies. Generally, this service is open to low- to moderate-income households under \$60,000/year.

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



When it comes to buying or selling, you want to work with a well trained, experienced, highly recommended agent. I would love to help you!

"Shelby was wonderful! She was available when we needed her, AND with a big smile, even though our schedules were hectic and we often had to request showings at the last minute! She really knows real estate, and also has a strong team. My husband and I highly recommend her!"

- Roberta W.



5-STAR
Customer Rating

"After Shelby showed us a home in 2017, we kept in contact and, when we were finally ready 6 years later, she was there for us. She helped us both to sell our home and buy our new one. Shelby is enthusiastic throughout the entire process and I am grateful for her patience and professionalism!"

- Mary T..

January 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>CLOSED Happy New Year</p> 	<p>2</p> <p>9:00-10:20 Haircuts (by appt.) (\$10) 9:30 Group Trivia 10:00 Stamp Club 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Stretch and Tone (\$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.) 11:00 Chair Yoga (4\$) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Medicare Counseling (by appt. only)</p>	<p>4</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00-10:45 Free Blood Pressure Screenings 11:00-12:00 Help Yourself to Healthy Living: Slips, Trips and Falls! Don't Do It! 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 2:30pm Prayer Care</p>	<p>5</p> <p>10:00 Wii Sports or Jeopardy 11:00-2:00pm Shiatsu Massage by appointment (\$20) 11:45 Classical Piano Entertainment by Chris Antis 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 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>9:30 Group Trivia 10:00 Storytime with Josephine (Online & at PEAK) 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>10</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30-12:00 pm Cash for Gold 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Rummikub</p>	<p>11</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>12</p> <p>10:00 Wii Sports or Jeopardy 11:00 PA State Rep. Donna Scheuren Resource Hour 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>15</p> <p>9:15 Tai Chi (\$5) 11:00 MLK Day of Service: Project and Winter Trivia with Corpus Christi School 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks *Members Only - Tax Sign Ups Begin*</p>	<p>16</p> <p>9:00-10:20 Haircuts (by appt.) (\$10) 9:30 Group Trivia 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.) 10:30 Retrospective Roundtable: Where did you work? 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Home Health Care Fair</p>	<p>18</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 9:30-10:30 Legal Consultations (by appt.) 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 2:30pm Prayer Care</p>	<p>19</p> <p>10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>22</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks *Open Tax Sign Ups Begin*</p>	<p>23</p> <p>9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</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 1:00pm Rummikub</p>	<p>25</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00-2:00pm Social Services with Carol Costlow 12:00-1:30pm Special Lunch: Traditional Turkey Dinner with Celebrations Disc Jockey (\$10) 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>26</p> <p>9:30 Veteran's Coffee Catch-up 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>29</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>30</p> <p>9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:00pm Multi-generational Living Talk 1:30pm Zumba (\$4)</p>	<p>31</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 Brain Aerobics with Neely (\$4)</p>	 <p>Did you make a New Year's Resolution to stay healthy and strong? Try out one of our fitness classes to jump start your wellness journey!</p>	

January 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
CLOSED 1 	2 Baked Eggplant Parmesan Caesar Salad Dinner Roll Mandarin Oranges Milk	3 Chicken Pot Pie in Puff Pastry Green Salad Fruit Cup Milk	4 Sloppy Joe on Whole Grain Bun Cole Slaw Sweet Potato Fries Fruit Cup Milk	5 Baked Flounder in Citrus Sauce Roasted Tomatoes Mac & Cheese Cookie Milk
8 Grilled Cheese on Whole Grain Bread Tomato Basil Soup Mandarin Oranges Milk	9 Roasted Veggie Flatbread Pizza Green Salad Vanilla Pudding Milk	10 Meatloaf with Mushroom Gravy Glazed Carrots Mashed Potatoes Dinner Roll Apple Sauce Milk	11 Mixed Greens w/ Grilled Chicken, Cranberries, Pepitas, and Feta Pear Salad Corn Muffin Fruit Cup Milk	12 Fish and Chips Cole Slaw Cookie Milk
15 Open-faced Hot Turkey Sandwich on grain bread Steamed Broccoli Cranberry Sauce Chocolate Pudding Milk	16 Quiche Lorraine Green Salad Pineapple Milk	17 Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese Caesar Salad Club Crackers Birthday Celebration Milk	18 Teriyaki Salmon Asian Vegetables Wild Rice Cookie Milk	19 Meatballs with Spaghetti and Marinara Vegetable du jour Fruit Cup Milk
22 Beef Chili w/ Cheddar Cheese Tortilla Chips Mandarin Oranges Milk	23 Breaded Chicken Tenders w/ special dipping sauce Tuscan Veggies Cheddar Biscuit Pineapple Milk	24 Philly Cheesesteak w/ Fried Onions Marinara Sauce French Fries Fruit Cup Milk	25 Special Lunch Traditional Turkey Dinner \$10 	26 Crab Cake Platter Veggie Medley Herbed Quinoa Seasonal Dessert Milk
29 Chicken Marsala w/ wild rice Green Beans Dinner Roll Peaches Milk	30 Baked Eggplant Parmesan Caesar Salad Dinner Roll Mandarin Oranges Milk	31 Chicken Pot Pie in Puff Pastry Green Salad Fruit Cup Milk		



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

Help Yourself to Healthy Living: Slips, Trips, and Falls! Don't do it! Safety is key to maintaining independence as you age. Join our friends from Jefferson Health to learn about how you can prevent a fall. **Get your free blood pressure check from 10:00am to 10:45am.**



THURSDAY, JANUARY 4th and JANUARY 18th 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.



FRIDAY, JANUARY 5 / 11:45am

Classical Piano Entertainment Sign up for the Baked Flounder Congregate Meal (on the weekly RSVP lunch slip) and come early to enjoy some relaxing classical music played by Chris Antis on our Encore piano!



FRIDAY, JANUARY 5 / 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.**



WEDNESDAY, JANUARY 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, JANUARY 12 / 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!



MONDAY, JANUARY 15 / 11:00am to 12:00pm

Martin Luther King, Jr. Day of Service Our friends from Corpus Christi School will join us for a Service Project to benefit The Variety Club to thank them for the volunteer help they provide Encore. The Service Project will be followed by Winter Trivia.



WEDNESDAY, JANUARY 17 / 10:30am

Retrospective Roundtable: Where Did You Work? Join us for casual question/answer presentations from some of our members on their personal history of where they spent their career, what their field was, what a day at work looked like, and their thoughts on how work then compares to work today.



WEDNESDAY, JANUARY 17 / 1:00pm

Home Health Fair Come get your questions about both medical and non-medical home assistance answered here at Encore. There will be several local agencies here for you to gather information to make informed decisions on services and pricing, etc. There will be hot chocolate and winter treats provided too!

ENCORE SPECIAL PROGRAMS CONTINUED...



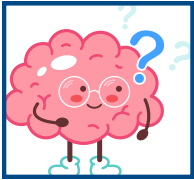
THURSDAY, JANUARY 25 / 12:00 - 1:30pm

Traditional Turkey Special Lunch with all the fixings! No one prepares it like our Chef Trish! We'll have musical entertainment with Celebrations Disc Jockeys! **Fee \$10. RSVP by Friday, January 19 to Gina at the front desk or by calling 215-256-6900.**



TUESDAY, JANUARY 30 / 1:00pm

Multi-Generational Living Come hear about this growing trend among families who have aging parents that choose to combine households with their adult children. This arrangement can improve the parents' quality of life and minimize the cost of purchasing a new home or moving into a retirement community. Join Sarah Gabriel, Seniors Real Estate Specialist® at Keller Williams Real Estate and Samantha Hainer, owner of AgeWise Concierge Solutions, for an informative discussion about the pros and cons of a multigenerational household and how to leverage the knowledge of real estate and seniors' services professionals when considering this type of living arrangement for your family.



WEDNESDAY, JANUARY 31 / 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.**

At Option Companion Care, we go beyond basic patient care. We are dedicated advocates who understand the importance of exceptional care. Our mission is to enhance our patients' lives by providing comprehensive services for any short- or long-term disability, daily activities, and home care needs. Whether you require hourly, daily, weekend, overnight, or live-in assistance, our flexible system can accommodate your schedule. Our wide range of home services includes medication reminders, meal preparation, hygiene and grooming assistance, errand-running, light housekeeping, transportation, and companionship. Our primary goals are to ensure your loved ones remain socially engaged and safe in their home environment.

안녕하세요! 현재 노인 또는 장애인 가족을 돌보고 계신가요? 우리는 돌보기 서비스에 대한 보상을 받을 수 있는 기회를 제공하고 있습니다. Medicaid는 가족이나 친구를 간병인으로 고용할 수 있도록 허용하며, 저희 회사에서 이 서비스를 제공합니다. 언제든지 저희에게 연락 주시면 프로세스 전반에 대한 안내를 제공해 드립니다. 저희는 심지어 가임 보너스도 제공합니다! 옵션 컴패니언 케어로 전환하려면 사무실 번호 (610) 885-0400으로 전화 주시기 바랍니다.



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and third party insurance



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January 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>1</p> <p>CLOSED</p>	<p>2</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 & Drumming 3:30pm Korean Smart Phone Class</p>	<p>3</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 10am-3pm Shiatsu Appointments (\$20) 11:30-12:30pm Lunch 12:45pm Pinochle 12:45pm Music & Art Therapy Presentation 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>4</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 January Birthdays! 12:30pm Dance Fit (\$4) 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Taekwondo</p>	<p>5</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 11:30-12:30pm Lunch 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>8</p> <p>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 2:00pm Korean Bong Sul</p>	<p>9</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:00 Storytime with Josephine (Online & 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 & Drumming 3:30pm Korean Smart Phone Class</p>	<p>10</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 12:45pm 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>11</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 1:00pm Volunteer Meeting 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Taekwondo</p>	<p>12</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>15</p> <p>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 2:00pm Korean Bong Sul *Members Only - Tax Sign Ups Begin*</p>	<p>16</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 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</p>	<p>17</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 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>18</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</p>	<p>19</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00 Peter Wentz Farmstead: Life in 18th Century Pennsylvania 11:30-12:30pm Lunch 12:30pm Bingo 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>22</p> <p>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 12:45 pm Medicare Advantage Plans with DelVal Senior Advisors 2:00pm Korean Bong Sul *Open Tax Sign Ups Begin*</p>	<p>23</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 & Drumming 3:30pm Korean Smart Phone Class</p>	<p>24</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 10:00-12:30pm PA State Senator Maria Collette Resource Table 10:30-12:30pm Special Brunch at Elm Terrace 11:30-12:30 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>25</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 10:30 Italian Wedding Soup Cooking Class with Terri Wassel 11:30-12:30pm Lunch 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Taekwondo</p>	<p>26</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>29</p> <p>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 12:00pm Book Club 2:00pm Korean Bong Sul</p>	<p>30</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 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</p>	<p>31</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 11:30-12:30pm Lunch 12:45pm Pinochle 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)</p>		<p>Join the GHNPS community as we honor the legacy of Martin Luther King Jr. by collecting donations of non-perishable food items for Manna on Main Street. Bring any donations to PEAK through January 15th.</p>

January 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
CLOSED 1 <i>Happy New Year 2024</i>	2 Gingered Mustard Pork Brussel Sprouts Sweet Potatoes Milk	3 Korean Roast Pork Fried Rice Capri Vegetables Milk	January Birthday Celebration! 4 Tossed Salad with Italian Dressing Cottage Cheese Macaroni Salad Baby Carrots Milk 	5 French Toast Sticks Scrambled Eggs with Cheese Peaches w/ Granola Milk
8 Turkey Patty with Corn & Mango Salsa Wild & Brown Rice Pilaf Steamed Broccoli Milk	9 Pasta with Meatballs Peas Roasted Pear Milk	10 Chicken Caesar Hoagie California Vegetable Vinaigrette Tapioca Pudding Milk	11 Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts Milk	12 Roasted Chicken with Beans and Sundried Tomatoes Quinoa Pilaf with Riced Vegetables Broccoli with Cheese Sauce Milk
15 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Milk	16 Sweet Italian Sausage, Peppers, & Onions Marinara Sauce Roasted Potatoes Steamed Peas Milk	17 Paprika Chicken Wild & Brown Rice Pilaf Peas & Carrots Milk	18 Turkey Thyme Risotto Steamed Carrots Broccoli Milk	19 Mini Pancakes Turkey Sausage Links Spinach Maple Syrup Milk
22 Herb Chicken with Tomato-Basil Coulis over Creamy Parmesan Polenta Broccoli Apple Crumble Milk	23 Cheese Stuffed Shells with Crushed Tomato Sauce Steamed Carrots and Green Beans Milk	24 Special Brunch at Elm Terrace* OR Lunch at PEAK: Turkey Sandwich Three Bean Salad Orange Slices Milk <i>*see Special Programs pg. 11 for details</i>	25 Roast Pork Au Jus with White Beans and Spinach Cauliflower with Cheddar Sauce Peach Crumble Milk	26 Roasted Tilapia w/ Lemon over Rice Tartar Sauce Capri Vegetable Blend Stewed Tomatoes Milk
29 Tortellini Primavera Salad w/ Light Italian Dressing Grilled Marinated Chicken Peaches Milk	30 BBQ Pulled Pork Wrap Carolina Slaw Apple Sauce Milk	31 Korean Roast Pork Fried Rice Capri Vegetables Milk		



TUESDAY, JANUARY 2 through MONDAY, JANUARY 15

Donation Box for Manna on Main Street In observance of Martin Luther King, Jr. Day we will be collecting non-perishable food items for Manna on Main Street. Please bring in donations to the front-desk until Martin Luther King, Jr. Day on January, 15th.



TUESDAY, JANUARY 2 / 10:00-11:00am

Crafts with Friends Join Suzanne for a snowy January craft. We will be making snowflakes with painted pasta shells. **Cost \$3.**



WEDNESDAY, JANUARY 3 / 10:00am to 3:00pm

Shiatsu On-Site Acupressure Chair Massage by Kerry Palanjan 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, JANUARY 3 / 12:45pm

Music & Art Therapy Presentation Through lecture, interactive fun, and hands-on experiences, you will be introduced to the benefits of artistic therapy. Our presenters from Therapeutic Arts Group will be Kathy Purcell, MT-BC, music therapist and Director of TAG and Hannah Stevens, MT-BC, music therapist at TAG. This presentation is sponsored by Traditions of Lansdale.



THURSDAY, JANUARY 4 / 11:30am

Monthly Birthday Celebration Join Peak your friends to celebrate our January Birthdays. This celebration will take place during our regular congregate meal. If your birthday is in January, please let Sabrina know when registering for lunch in January.



THURSDAY, JANUARY 4 / 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**



WEDNESDAY, JANUARY 10 / 11:30pm

Lunch Served By Mater Dei Students Our neighbors from Mater Dei School will be lending a helping hand by serving our congregate meal. Come enjoy Chicken Caesar Hoagie, California Vegetable Vinaigrette, and Tapioca Pudding served with love by the Mater Dei Students.



THURSDAY, JANUARY 18 / 12:20pm

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. Zumba Gold is designed specifically for the physical needs of seniors so lace up your sneakers and get ready to move! **Cost \$4**



FRIDAY, JANUARY 19 / 10:00 am

Peter Wentz Farmstead: Life in 18th Century Pennsylvania LeAnne Sykes will explore various facets of this past era, including social classes, the lives of women and children, fashions and dress, religion, cooking and food, and other topics. Enjoy the "traveling trunk" of reproduced articles of clothing and food utensils to see and hold.



MONDAY, JANUARY 22 / 12:45 pm

Medicare Advantage Plans with DelVal Senior Advisors This seminar will be given by Terry Ann Smerling and Linda Kennedy, licensed brokers with DelVal Senior Advisors. The seminar will answer questions regarding Medicare Advantage Plans, enrollment, and how to make changes at this time of year. **Please RSVP with Sabrina at the front desk or by calling 215-362-7432 by January 15th.**

PEAK SPECIAL PROGRAMS CONTINUED...



WEDNESDAY, JANUARY 24 / 10:30am to 12:30pm

Elm Terrace Brunch Elm Terrace Gardens will be hosting the members of The Peak Center for brunch. Elm Terrace will offer a bus for anyone who does not have their own transportation to and from The Peak Center starting at 10:30am. The bus will return participants back to The Peak Center between 12:30 pm and 1pm. Brunch will be offered from 11am to 12:30pm. If you register for brunch at Elm Terrace this will be in lieu of Lunch at The Peak Center. Elm Terrace's brunch menu will consist of the following items: eggs, bagels, danishes, breakfast meats, waffles etc. Elm Terrace's Activity Department will offer an activity at the conclusion of brunch. **Limited spots available. Please RSVP with Sabrina at the front desk or by calling 215-362-7432.**



THURSDAY, JANUARY 25 / 10:30am

Italian Wedding Soup with Teri Wassel Join Montgomery County's Registered Dietitian, Teri Wassel, for a cooking demonstration. Learn how to prepare Teri's Italian Wedding Soup to keep you warm on winter's chilly days. Sign up for an entertaining morning of cooking, healthy tips and laughter. **Registration required by January 22nd. Please RSVP with Sabrina at the front desk or by calling 215-362-7432.**

MEMBERS OF THE MONTH

Our members are the heart of GHNPS! Each month, our staff chooses a special individual or couple to highlight. From dedicated volunteers, to members who lend a helping hand to their neighbors; from members who always have a smile and a kind word, to new members who have found comfort and new friends by attending our Centers... there are so many stories we look forward to sharing. If you want to nominate someone to be recognized as the MEMBER OF THE MONTH, please see Mary Ellen at Encore or Alyssa at The PEAK Center. You can also make an anonymous recommendation by dropping a note in the suggestion box at either Center.

ENCORE MEMBER OF THE MONTH

Jack Bazik

Jack is a jovial and enthusiastic volunteer during our lunchtime and keeps us all on our toes with his quick wit! He is always very quietly looking out for everyone here, staff and members alike, and he will check in to make sure you are having a good day. He looks for different ways to keep us happy. Everything you do for us is most appreciated. Keep up the good work, Jack!



PEAK MEMBER OF THE MONTH

Bernice Montgomery

Bernice is our January member of the month at The PEAK Center. Bernice joins in on Friday bingo. She looks out for everyone and is especially welcoming to newer members; greeting them with a kind word and a smile. Bernice says that she loves the inclusive and welcoming environment here at The PEAK Center. Congratulations Bernice!!!

GHPSS 2023 IN PICTURES





A Special Message and Request

This time of year, GHPSS reaches out to our network requesting continued support for the programs and services that make our Centers so special. As we reflect on 2023 and look forward to 2024 and beyond, we recognize that our Congregate Meal program is a critical resource as food insecurity and costs of basic needs are on the rise.

Will you help us grow and sustain our meal program this year?

According to research from Meals on Wheels in America, **1 in 2 seniors living alone lack the income to pay for basic needs**. This results in seniors skipping or scrimping on meals leading to malnutrition which can lead to decreased independence and increased health care costs. Our daily Congregate Meals are designed and approved by a Registered Dietician to follow PA Department of Aging nutritional guidelines. While there is a suggested \$2 donation, seniors are not required to pay anything to access our meal program.

Our Congregate Meal program welcomes adults ages 60+ and their spouses of any age to enjoy a nutritionally balanced midday meal. Access to nutritionally balanced meals helps improve our seniors' diets and overall health; putting them at lower risk of food insecurity which can alleviate concerns related to aging and poor health. In 2022, we served over 16,500 meals. In 2023, we are on track to serve over 20,000 meals. This increase in need and the rising cost of food and related items has stretched our budget. We need your help!

Our average cost per meal is \$5. For a donation of just \$25, your gift can ensure that one senior receives a delicious, nutritionally balanced meal each weekday for one week!

Of course, your gift means more than just the food on the plate! In the words of one of our members, Jimmy, **"people are in need of exactly what these Centers are offering - companionship, something to do, and a great meal at a great price."**

Please join GHPSS this year with a donation to show seniors in our community that you support them and their continued independence. Together, we can provide seniors with the dignity they deserve through healthy meals, classes to nourish the mind and the body, and a home away from home.

Donations can be mailed to GHPSS at 312 Alumni Ave., Harleysville, PA 19438, dropped off at either Center, or made online at www.bit.ly/2023-YEA.

We understand that not everyone is in a position to donate. Perhaps a friend or family member would donate in your honor if you ask! We are grateful for any gifts that we receive.

Thank you!

