



The mission of Greater Harleysville and North Penn Senior Services is to provide access to programs and resources that help older adults live independently and remain active.

Encore Experiences in Harleysville

312 Alumni Avenue, Harleysville, PA 19438

Phone: 215.256.6900 Fax: 215.256.9132

www.EncoreExperiences.org

The PEAK Center in Lansdale

North Penn Commons 606 E. Main Street,

Suite 1003 Lansdale, PA 19446

Phone: 215.362.7432; Fax: 215.368.5720

www.peakcenter.org

Encore Experiences & PEAK Center Hours

Monday – Friday 8:00 AM – 4:00 PM* Occasional evening and weekend programming

*Summer Hours: We close Fridays at 3:00

PM from Memorial Day-Labor Day

Inclement Weather Alert

Your safety is important to us.

For Encore, if Souderton Area Schools are closed due to severe weather, we are too.

www.souderton.org/schools/closings

For PEAK, if North Penn Area Schools are closed we are too. www.npenn.org

It is our policy to request that each attendee completes a participant registration form. This

helps us apply for additional funding and gives us vital information in case of incident/emergency. Thank you for your cooperation.

All speakers, products, services or advertisements which are presented as part of the Greater Harleysville and North Penn Senior Services activities at Encore Experiences in Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHNPS; nor are the opinions of speakers necessarily the opinions of GHNPS; nor are the representations and information presented tested or reviewed for accuracy or reliability by GHNPS.

2018 Pillar of the Community

Thank you to EVERYONE who supported the 2018 Pillar of the Community Event that honored Ron Geib on April 26th at the Indian Valley Country Club. Special thanks goes to Ron for his support of services for seniors in our region and for his enthusiastic participation in the evening's festivities.

54 businesses or individuals advertised or provided sponsorships that honored Ron and provided valuable services to seniors. The ballroom was filled with high energy and enthusiastic guests. Personal tributes from his colleagues, his family and the community were followed by Ron's acceptance of this honor and his comments which focused on the unlimited opportunities day by day to give back to our community and to make it a better place in which to live and work.

Special thanks is extended to Harleysville Bank, the Title Sponsor, to Clemens Food Group and PDC Machines, Inc., the Platinum Sponsors.

It was a great night to remember!

Membership!

Renew: July 2018-June 2019

It's that time again at GHNPS! Time to renew your membership for another wonderful year full of stimulating programs and great opportunities to get involved in. If you aren't a member yet, then don't delay-join us as a new member today! Our membership year runs from July 2018-June 2019 and there are plenty of perks and benefits of membership. Basic membership is only \$25 per individual, \$35 for a couple. Supporting membership is \$35 per individual, \$50 per couple. And a special Lifelong membership is available for only \$250 per individual and \$450 per couple. Your support on any level helps GHNPS remain a vibrant, essential agency that is here for you, and for all the older adults in our community. Stop in or call us for more details.

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A Unit of the National Council on Aging

NISC
ACCREDITED BY
NATIONAL INSTITUTE OF
SENIOR CENTERS



GHPSS STAFF MEMBERS

ENCORE EXPERIENCES

Kris Baker: *Administrative
Assistant*

Deb Hunsberger:
Social Services

Coordinator & Interim Lead

Barbara Moore: *Meal
Assistant*

Cindie Wood:
Meal Coordinator

THE PEAK CENTER

Becky Carver: *Administrative
Assistant/Bookkeeper*

Carol Costlow: *Social Services
Coordinator*

Margo Fine-Gabbay : *Site &
Program Director*

Joyce Helmick: *Office
Manager*

Sherry Rocchino:

Administrative Assistant

Steve Zurad: *Meal Assistant*

GHPSS Board of Directors

Mary Metz, President

Kate Moore, Interim Vice
President

Robert Schoen, Treasurer

Deb Santoro, Secretary

Dan McKee, Past President

Katie Farrell

Steven Foxman

Mark Hoffman

Shamsel Huda

Marty Miller

Sheri Strouse

Louise Shaneen,

PEAK Representative

Rosetta Troutman, Encore
Representative

Encore Members Council Notes

Our recording secretary posts a copy of our council meeting minutes on the bulletin board in the computer room available for all to read. Due to a format change of 100 words maximum per issue/600 words per year a change is necessary. You will be able to pick up a page at the greeter's desk containing the thoughts and information that would have been published. Messages may be left in my mailbox, include a phone number for a return call.

Thank you for your encouragement and continued support.

Rosetta Troutman

PEAK Members Council Notes

"Special Lunch" on May 21st, Italian Theme. Day trip the Pennypacker Mills, art show and a boxed picnic lunch on June 6, 2018.

The PEAK-a-Boo Ladies Lunch: May 1st to the Metropolitan and on June 5th to Tigers. We continue to support Manna on Main St. Non- perishable food items can be left at the Greeters Desk.

Join us for monthly meetings and bring suggestions about new activities you'd like to see at PEAK. Our next meetings are: May 15 & June 19th at 12:30. Happy and Blessed Birthday to all who are celebrating in May and June.

Louise Shaheen

Education & Services

Benefit Screenings

You may be eligible for benefits that you are not currently receiving! Come in for a quick screening to determine if you may be eligible. Don't leave money on the table that could help you. Call today for an appointment to find out.

Outreach

Are you or someone you know homebound and can benefit from services provided at our Center? We will reach out to those who may need assistance.

Veterans Service

A Montgomery County Office of Veterans Affairs representative will meet with veterans and/or spouses to discuss opportunities and claims upon request.

Property Tax/Rent Rebate

PA Property Tax/Rent Rebate applications for 2017 are available. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by December 31, 2017, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Only 50% of Social Security benefits are counted. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. The application deadline is June 30, 2018. Property owners in the North Penn School District who qualify for the PA Property Tax rebate can apply for an additional rebate from the school district. Applications are available at PEAK and online at www.npenn.org/Page/24592. Applications can be submitted from July 1, 2018 until June 30, 2019. Call Carol at 215-362-7432.

Farmer's Market Vouchers

The annual Farmers' Market checks or vouchers can be used at local farmers' markets to purchase fresh produce grown in PA from June through Nov. 2018. Eligibility requirements: 1) you must be 60 years of older, and 2) a Montgomery County resident, and 3) you must be living on limited income. This year's income limits will be \$22,459/yr. or \$1,872/mo. for a single person and \$30,451/yr. or \$2,538/mo. for a couple. If you qualify, each person will receive \$20 worth of vouchers. Bring proof of your age and residency in Montgomery County, such as a current driver's license or photo ID. The initial distribution will be 1:30-4 PM on Monday, June 4 and Tuesday, June 5. Thereafter, it will be every Wednesday, 8 AM-4 PM, while supply lasts.

In Memoriam

Bob White

Ruth Kinsey

Katherine Joan Pistoria

Dorothy Mostowtt

George Murphy

Anita Sedley

Lorraine Unger

Robert White



PEAK SERVICES

AARP Driving Courses:

\$15 AARP Members, \$20 Non-members. Checks made out to AARP. Register by calling the PEAK Center at 215-362-7432. Please bring AARP membership card with you. 8-hour training on May 17 & 18. Refresher 4 hour course on June 8.

APPRISE Medicare Counseling:

APPRISE counseling for Medicare benefits, medigap insurance, and Medicaid is offered by Pam Quatraro & Krista Decembrino. Tuesdays 9:30-11:30. Call 215-362-1076 to request an appointment.

Legal Counseling:

Legal Counseling for PEAK Members: Attorney Jack Dooley provides free legal consultations. Schedule an appointment at the office or call the PEAK Center. Available 5/22 & 6/26; Noon.

Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following (Updated 4/2018).

Family Size	Annual	Monthly	Weekly
1	\$15,782	\$1,316	\$304
2	\$21,398	\$1,784	\$412

ENCORE SERVICES

Social Services Coordinator:

Deb Hunsberger, our Social Service Coordinator, is available 8 AM to 4 PM on Mondays.

APPRISE Medicare Counseling:

Ed Savitsky guides you through the Medicare maze the first Tuesday of each month. Call Encore to make an appointment.

Having Difficulties using your new smart phone?

Can't quite figure out how to work your iPad or tablet? We now have available 1:1 Electronics Assistance, Contact John Matta of Interim Healthcare directly at 610-400-8765 to schedule a training at your convenience here at Encore.

TransNet

Free shared ride service to the Encore Experiences and PEAK Center is available if you are age 65 or older. Rides must be booked at least one day in advance by calling The Encore/PEAK Centers by 11:00 AM. Inquire at the office window for TransNet registration information. To cancel a TransNet ride, please call TransNet directly at 215-542-7433. If you are calling after hours, please follow the prompts to reach Mid-County Transportation, for PEAK, Valley ParaTransit for Encore.

To register for this program, please see the social services coordinator and bring with you:

Proof of Age (Driver's License);

Proof of Residency (Utility bill, Driver's License);

And Proof of Gross Income (Statement from Social Security, Pension Statement, etc.).

The monthly CSFP Food Package contains: 4 vegetables, 2 juices, 2 fruits, 1 protein, 2 cereals, 1 protein alternate, milk product, carbohydrate, and 2 lbs. cheese.

USDA Nondiscrimination Statement 2015

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

PEAK & Encore May 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 30</p> <p>Sliced Roast Beef Roasted Potatoes Green Beans 1 % Milk</p>	<p>1</p> <p>Roasted Vegetable Flatbread Green Salad Mandarin Oranges 1 % Milk</p>	<p>2</p> <p>Fish & Chips Cole Slaw 1 % Milk</p>	<p>3</p> <p>Chicken Enchiladas Spanish Rice Green Salad Mixed Fruit 1 % Milk</p>	<p>4</p> <p>Beef Meatball Sub Sweet Potato Bites Mixed Fruit 1 % Milk</p>
<p>7</p> <p>Cuban Sliders Black Bean Soup Fruit 1 % Milk</p>	<p>8</p> <p>Grilled Salmon Wild Rice Citrus Salad 1 % Milk</p>	<p>9</p> <p>Baked Ziti Green Salad Whole Wheat Roll 1 % Milk</p>	<p>10</p> <p>Pineapple Chicken Brown Rice Steamed Broccoli 1 % Milk</p>	<p>11</p> <p>Grilled Cheese Tomato Soup Mixed Fruit 1 % Milk</p>
<p>14</p> <p>Pulled Pork Stuffed Sweet Potato Green Salad 1 % Milk</p>	<p>15</p> <p>Potato Perogies Green Salad</p>	<p>16</p> <p>Meat Loaf W/ Mushroom Gravy Garlic Mashed Potatoes Green Beans Whole Wheat Roll 1 % Milk</p>	<p>17</p> <p>Open Faced Turkey Sandwich on Herb Flat-bread Cole Slaw Mandarin Oranges 1 % Milk</p>	<p>18</p> <p>Chicken Caesar Salad Roll Fruit</p>
<p>21</p> <p>Encore Special Lunch: Pearl's Picnic</p> <p>PEAK Special Lunch: Italian Themed</p>	<p>22</p> <p>Italian Chicken Stew Green Salad Whole Wheat Roll Pineapple 1 % Milk</p>	<p>23</p> <p>Baked Haddock W/ Tomato Wine Sauce Wild Rice Green Beans Sliced Peaches 1 % Milk</p>	<p>24</p> <p>Chicken Parm Penne Green Salad Whole Wheat Roll 1 % Milk</p>	<p>25</p> <p>Chinese Roasted Pork Asian Ginger Slaw Wild Rice Mandarin Oranges 1 % Milk</p>
<p>28</p> <p>Memorial Day Center CLOSED</p>	<p>29</p> <p>Sliced Roast Beef Roasted Potatoes Green Beans 1 % Milk</p>	<p>30</p> <p>Roasted Vegetable Flatbread Green Salad Mandarin Oranges 1 % Milk</p>	<p>31</p> <p>Fish & Chips Cole Slaw 1 % Milk</p>	<p>June 1</p> <p>Beef Meatball Sub Sweet Potato Bites Mixed Fruit 1 % Milk</p>

PEAK & Encore June 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Meatball Sub Sweet Potato Bites Mixed Fruit 1 % Milk
4 Pineapple Chicken Brown Rice Steamed Broccoli 1 % Milk	5 Baked Ziti Green Salad Whole Wheat Roll 1 % Milk	6 Grilled Salmon Wild Rice Citrus Salad 1 % Milk	7 Grilled Cheese Tomato Soup Mixed Fruit 1 % Milk	8 PEAK Special Lunch & Show Encore Lunch Cuban Sliders Black Bean Soup Fruit 1 % Milk
11 Pulled Pork Stuffed Sweet Potato Green Salad 1 % Milk	12 Meat Loaf W/ Mushroom Gravy Garlic Mashed Potatoes Green Beans Whole Wheat Roll 1 % Milk	13 French Toast Casserole Turkey Sausage Raspberry Sauce Mixed Fruit 1 % Milk	14 Potato Perogies Green Salad	15 Encore Special Lunch: Father's Day PEAK Lunch Open Faced Turkey Sandwich on Herb Flatbread Cole Slaw Mandarin Oranges 1 % Milk
18 Chicken Parm Penne Green Salad Whole Wheat Roll 1 % Milk	19 Baked Haddock W/ Tomato Wine Sauce Wild Rice Green Beans Sliced Peaches 1 % Milk	20 Stuffed Butternut Squash Quinoa & Brown Rice Ginger Butternut Squash Soup Whole Wheat Roll 1 % Milk	21 Chinese Roasted Pork Asian Ginger Slaw Wild Rice Mandarin Oranges 1 % Milk	22 Italian Chicken Stew Green Salad Whole Wheat Roll Pineapple 1 % Milk
25 Beef Meatball Sub Sweet Potato Bites Mixed Fruit 1 % Milk	26 Roasted Vegetable Flatbread Green Salad Mandarin Oranges 1 % Milk	27 Chicken Enchiladas Spanish Rice Green Salad Mixed Fruit 1 % Milk	28 Sliced Roast Beef Roasted Potatoes Green Beans 1 % Milk	29 Fish & Chips Cole Slaw 1 % Milk

Check out these new programs at GHNPS!

Encore New Programs

- ◇ **Walk with Ease!** No matter if you will need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week 'Walk with Ease' program can teach you how to safely make physical activity part of your everyday life. Mondays, Wednesdays & Fridays. May 7– June 18, 2018; 8:45-9:45 AM.



- ◇ **'Senior Safety'** Presentation by Deputy Sheriff Cavaliere, Montgomery County Sheriff Department. May 4, 2018 at 12:30-1:30 PM.

- ◇ **Master Gardener Presentation:** 'Container Gardening'; May 8, 2018 at 12:30-1:30 PM.



- ◇ **Honor Flight of Philadelphia Presentation** May 9, 2018 at 12:30-2:00 PM.

- ◇ **Spring Strawberry & Blueberry Salad in a Jar!** Only 24 spaces to sign up. May 18, 2018 at 12:30-1:30 PM.



- ◇ **Special Presentation: 'Gambling Away the Golden Years'.** June 6, 2018 at 1:00-2:00 PM.

- ◇ **Special Presentation** given by Dexter Hollenbach, Pt, DPT. 'Keep your body healthy while caring for your home and garden'. June 13, 2018 at 1:00-2:00 PM.

- ◇ **'Drug Take Back Day'** Montgomery County will be collecting medications that you need to discard. June 14, 2018 at 11:30-1:00 PM.



PEAK New Programs

- ◇ **Lunch & Learn!** Elder Law Attorney Michelle C. Berk, Esq. will discuss important information such as: living wills, advance directives, powers of attorney, wills and other documents you need! This event requires a lunch reservation ahead of time. May 30, 2018 at 11:30-1:00 PM.

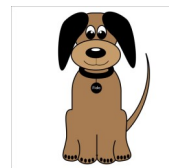


- ◇ **PEAK trip to Pennypacker Mills.** June 6, 2018 10:00-2:00 PM. Visit will include guided tour of the home, the special art exhibit of Josephine Pennypacker, and a boxed picnic lunch on the grounds. Lifelong members are FREE! Supporting members are \$22, Basic members are \$25.

Guests and Non-members are \$30. Space is very limited so please RSVP at the PEAK office by May 30, 2018.



- ◇ **Special Lunch & Show:** June 8, 2018; 11:30-1:30 PM. Presenting John Hadfield's Original One-Man (and DOG) Comedy Variety Show. Show includes comedy, funny songs, skits, juggling and an adorable piano playing dog-not to be missed! Only \$8 for a special meal and a great show! RSVP at the PEAK Center by June 1, 2018.



- ◇ **Grief & Loss Support Group** hosted by Heartland Hospice, the goal of the group is to help individuals cope with feelings of grief, loss and sadness in a safe and caring environment. June 19, 2018 at 2:00-3:00 PM.

- ◇ **Philly Trivia Slide Show.** June 26, 2018; 12:30-1:30 PM. Come view "The architecture of Philadelphia Churches" presented by our own Norm Danis.



Encore Programs

Art Class*

Mondays 1:00 PM.

Cost: \$3.00 OR \$5.00

Instructor: Pat Wilson-Schmid.

Bring your materials; easels are available.



Ballroom Dancing*

Location: Encore Experiences in Harleysville

Cost: \$3.00 OR \$5.00

Instructor: John Long

Experienced: Thursday 5:30 - 6:30

PM. Beginner: Thursday

6:45 - 7:45 PM. Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Billiards: Anytime

Bingo

2nd Saturday of each month come out and join our fabulous Encore volunteers and play some bingo. Saturday bingo is always looking to enlist additional volunteers, if interested please contact Encore Center at 215-256-6900.

Bingo for Bucks

Mondays 1:45 - 3:30 PM.

Cost: \$1.00/card (2 games/card)

Low vision Bingo cards available.

Board Games:

Anytime



Book Club

Last Thursday of every month from 7:00 to 9:00 PM.

Instructor: Beverly McPeak

May 31, 2018 *A Gentleman in Moscow* by Amor Towles.

June 28, 2018 *Killers of the Flower Moon* by David Grann.

Bowling*

Fridays at Earl Bowl, 10:00 AM.

Cost: \$3.00 OR \$5.00

Cards: Anytime

Most groups meet Thursdays at 12:30 PM.

Chair Yoga*

Thursdays 1:30 PM.

Cost: \$3.00 OR \$5.00

Instructor: Lysandra Sanchez

Chess: Anytime



Clip and Save

Mondays 10:00 AM.

Cutting coupons does not just save you money; it allows you to maintain strength by building up the tiny muscles in the palms of your hands.

Coin Club

Second Thursday of the month 2:00 PM.

Do you have some old coins that you think are valuable? Join us to discuss current coin news.

Instructor: Joe Lamack

Coloring for Calmness

Wednesdays 10:45 AM.

By request, color, relax and explore the artist inside you. This program is offered in the program room.

Computer Use

Anytime, surf the web!

Creative Writing

Wednesdays 1:30-3:00

Instructor: Creative Writing Professor Susan Buchler-Moyer of Montgomery County Community College. Join us!



NEW Drug Take

Back Day!

What is acceptable to bring: prescription tablets, over the counter tablets, liquid medications, inhalers, creams, nasal sprays and pet medications

June 14, 2018 at 11:30-1:00 PM.



NEW Gambling Away the Golden Years

Join us to learn more about risk factors related to problem gambling, especially during the retirement years. June 6, 2018 at 1:00 PM.

NEW Garden Club

We are interested in having a Garden Club here at Encore. Interested? See Kris Baker for more details.

Group Trivia

Tuesdays 10:00 AM.

This group is for anyone who loves answering or learning about trivia. If you don't know an answer, your teammates can help you.

Leaders: Naomi Griffiths & Claire Schumaker

Hair Cuts

Tuesdays with Mary.

Call the office to Schedule.

9:00 - 11:00 AM.



NEW Harleysville YMCA Early Childhood Spring Concert

Spring Concert at Encore Experiences. May 23, 2018 at 10:00 AM.

NEW Honor Flight Philadelphia

Are you a WWII or Korean War Veteran and interested in a day of honor in Washington D.C.? May 9, 2018 at 12:30 PM.

PLEASE NOTE

* Programs/events marked with * require a fee of either \$3.00 or \$5.00 depending on Membership Status.

Encore Programs



Library

A vast array of biographies, romance novels, fiction, and non-fiction work available. We accept clean, gently used hard-back books, copyright from 2000 and on; pocket books copyright from 2005 and on.

Little Studies

The 3rd Friday of the month at 2:00 PM with Mark Hoffman. Sign up in the office.
May 18 Tugrul Beg (Great Seljuk Empire)
June 15th Wilhelm Wundt (Founder of Psychology)

Mah Jong

Mondays 12:30 PM.

MERCK Fitness Room- Anytime

NEW Montgomery County Master Gardener

Special Presentation hosted by Patricia Nyce; Topic: Container Gardening
May 8, 2018 at 12:30 PM.

NEW Phoenix Rehabilitation & Health Services

Topic: 'Keep your body healthy while caring for your home and garden'.
June 13, 2018 at 1:00 PM.

Ping Pong: Anytime

NEW Senior Safety Presentation

Presentation by Deputy Sheriff Cavaliere
May 4, 2018 at 12:30 PM.

NEW Senior Spelling Bee Practice Sessions

Practice spelling in preparation for the May 16, 2018 Spelling Bee Championship. Wednesdays 1:00-2:00 PM.



NEW Shuffleboard League

When the weather turns nice this league will be offered Wednesdays at 6:45 PM.

NEW Spring Strawberry & Blueberry Salad in a Jar!

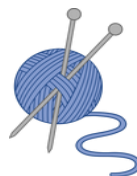
Only 24 spaces to sign up. May 18, 2018 at 12:30-1:30 PM.

Stamp Club

First Tuesday of the month 10:00 AM.
Embrace the opportunity to gather and talk stamps, trade stamps and in general, share a common interest. Individual consultations are available.
Instructor: Robert Moe

Stitch and Chat

Thursdays 9:30 AM.
Join others who enjoy quilting, knitting, crocheting, or other needle work, and meet for friendship and fun.



Stretch and Tone

Mondays, Wednesdays, & Fridays at 9:45 AM.
Cost: \$3.00 OR \$5.00

Tai Chi*

Mondays & Wednesdays 10:45 AM.
Cost: \$3.00 OR \$5.00
Instructor: Mark Cashatt

NEW Walk with Ease

6 week course with Paula Klauger.
May 7-June 18, 2018.
Monday, Wednesdays, & Fridays at 8:45-9:45 AM.



PLEASE NOTE

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Wellness Screenings & Other Fun Activities

Blood Pressure Checks and Help Yourself to Healthy Living (HYTHL)
First Thursday of the month.
Blood Pressure Checks will be from 9:30 to 11:30 AM.
HYTHL will be from 12:30 to 1:30 PM.
Join us in May for 'Check. Change. Control! The American Heart Association and American Stroke Association have recently released New Evidence Based Blood Pressure Categories! Where does your blood pressure fit into the new categories and what does it mean? Join us in June for 'Memory Fitness!' What is Memory Fitness and what can you do to exercise your brain to keep it healthy! Provided by Jane Cero of Abington Health.



Woodcarving Class

Thursdays 9:30 AM.
Donations accepted for materials as needed.
Instructor: Robert Moe

Yoga*

Wednesdays 9:30 AM.
Cost: \$3.00 OR \$5.00
Instructor: Terri Kuenzer
A mind, body and soul experience you will not want to miss! No prior experience needed.

Zumba Gold*


Thursdays 9:15 AM.
Cost: \$3.00 OR \$5.00
Instructor: Lynn Klein

Zumba Gold*

Tuesdays 1:30 PM.
Wednesdays 6:00 PM.
Fridays 10:30 AM.
Cost: \$3.00 OR \$5.00
Instructor: Lysandra Sanchez.



Monday	Tuesday	Wednesday	Thursday	Friday
ENCORE PROGRAMS MAY 2018	<div>1</div> 9:00 Hair Cuts 10:00 Group Trivia 10:00 Stamp Club 12:30 Council Meeting 1:30 Zumba GOLD <i>Medicare Counseling: Call for Appointment</i>	<div>2</div> 9:00 Walk Aerobics 9:30 Yoga 9:45 Stretch & Tone 10:45 Tai Chi 10:45 Coloring for Calmness 1:00 Spelling Bee Practice 1:30 Creative Writing 6:00 Zumba GOLD 6:45 Shuffleboard League	<div>3</div> 9:15 Zumba GOLD 9:30 Blood Pressure Checks 9:30 Stitch & Chat 9:30 Woodcarving 12:30 HYTHL 1:30 Chair Yoga Ballroom Dancing 5:30 Experienced & 6:45 Beginner	<div>4</div> 9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Zumba GOLD 12:30 Senior Safety Presentation
<div>7</div> 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Clip & Save 10:45 Tai Chi 12:30 Mah Johng 1:00 Art Class 1:45 Bingo for Bucks	<div>8</div> 9:00 Hair Cuts 10:00 Group Trivia 12:30 Special Presentation: Master Gardener 1:30 Zumba GOLD	<div>9</div> 8:45 Walk with Ease 9:30 Yoga 9:45 Stretch & Tone 10:45 Tai Chi 10:45 Coloring for Calmness 12:30 Special Presentation : Honor Flight Philadelphia 1:30 Creative Writing 6:00 Zumba GOLD 6:45 Shuffleboard League	<div>10</div> 9:15 Zumba GOLD 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga 2:00 Coin Club Ballroom Dancing 5:30 Experienced & 6:45 Beginner	<div>11</div> 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Zumba GOLD
<div>14</div> 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Clip & Save 10:45 Tai Chi 12:00 Pearl's Picnic 12:30 Mah Johng 1:00 Art Class 1:45 Bingo for Bucks	<div>15</div> 9:00 Hair Cuts 10:00 Group Trivia 1:30 Zumba GOLD	<div>16</div> 8:45 Walk with Ease 9:30 Yoga 9:45 Stretch & Tone 10:45 Tai Chi 10:45 Coloring for Calmness 1:30 Creative Writing 6:00 Zumba GOLD 6:45 Shuffleboard League	<div>17</div> 9:15 Zumba GOLD 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga Ballroom Dancing 5:30 Experienced & 6:45 Beginner	<div>18</div> 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Zumba GOLD 12:30 Salad in a Jar! 2:00 Little Studies
<div>21</div> 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Clip & Save 10:45 Tai Chi 12:30 Mah Johng 12:00 Pearl's Picnic 1:00 Art Class 1:45 Bingo for Bucks	<div>22</div> 9:00 Hair Cuts 10:00 Group Trivia 1:30 Zumba GOLD	<div>23</div> 8:45 Walk with Ease 9:30 Yoga 9:45 Stretch & Tone 10:00 Harleysville YMCA Children's Spring Concert 10:45 Tai Chi 10:45 Coloring for Calmness 1:30 Creative Writing 6:00 Zumba GOLD 6:45 Shuffleboard League	<div>24</div> 9:15 Zumba GOLD 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga Ballroom Dancing 5:30 Experienced & 6:45 Beginner	<div>25</div> 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Zumba GOLD
<div>28</div> Memorial Day Center Closed	<div>29</div> 9:00 Hair Cuts 10:00 Group Trivia 1:30 Zumba GOLD	<div>30</div> 8:45 Walk with Ease 9:30 Yoga 9:45 Stretch & Tone 10:45 Tai Chi 10:45 Coloring for Calmness 1:30 Creative Writing 6:00 Zumba GOLD 6:45 Shuffleboard League	<div>31</div> 9:15 Zumba GOLD 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga Ballroom Dancing 5:30 Experienced & 6:45 Beginner 7:00 Book Club	<div>Jun. 1</div> 

Monday	Tuesday	Wednesday	Thursday	Friday	
<div>Encore Programs</div> <div>JUNE 2018</div>				1 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Zumba GOLD	
	4 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Clip & Save 10:45 Tai Chi 12:30 Mah Johng 1:00 Art Class 1:45 Bingo for Bucks	5 9:00 Hair Cuts 10:00 Group Trivia 10:00 Stamp Club 12:30 Member Council Meeting 1:30 Zumba GOLD <i>Medicare Counseling: Call for Appointment</i>	6 8:45 Walk with Ease 9:30 Yoga 9:45 Stretch & Tone 10:45 Tai Chi 10:45 Coloring for Calmness 1:00 Gambling away the Golden Years 1:30 Creative Writing 6:00 Zumba GOLD 6:45 Shuffleboard League	7 9:15 Zumba GOLD 9:30 Stitch & Chat 9:30 Blood Pressure Checks 9:30 Woodcarving 12:30 HYTHL 1:30 Chair Yoga Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	8 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Zumba GOLD
	11 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Clip & Save 10:45 Tai Chi 12:30 Mah Johng 1:00 Art Class 1:45 Bingo for Bucks	12 9:00 Hair Cuts 10:00 Group Trivia 1:30 Zumba GOLD	13 8:45 Walk with Ease 9:30 Yoga 9:45 Stretch & Tone 10:45 Tai Chi 10:45 Coloring for Calmness 1:00 Phoenix Rehabilitation & Health Services 1:30 Creative Writing 6:00 Zumba GOLD 6:45 Shuffleboard League	14 9:15 Zumba GOLD 9:30 Stitch & Chat 9:30 Woodcarving 11:30 Drug Take Back Day! 1:30 Chair Yoga 2:00 Coin Club Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	15 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Zumba GOLD 12:00 Special Lunch 2:00 Little Studies
	18 8:45 Walk with Ease 9:45 Stretch & Tone 10:00 Clip & Save 10:45 Tai Chi 12:30 Mah Johng 1:00 Art Class 1:45 Bingo for Bucks & Ice cream Party!	19 9:00 Hair Cuts 10:00 Group Trivia 1:30 Zumba GOLD	20 9:00 Walk Aerobics 9:30 Yoga 9:45 Stretch & Tone 10:45 Tai Chi 10:45 Coloring for Calmness 6:00 Zumba GOLD 6:45 Shuffleboard League	21 9:15 Zumba GOLD 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner 6:00 Book Club	22 9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Zumba GOLD
	25 9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Clip & Save 10:45 Tai Chi 12:30 Mah Johng 1:00 Art Class 1:45 Bingo for Bucks	26 9:00 Hair Cuts 10:00 Group Trivia 1:30 Zumba GOLD	27 9:00 Walk Aerobics 9:30 Yoga 9:45 Stretch & Tone 10:45 Tai Chi 10:45 Coloring for Calmness 1:30 Creative Writing 6:00 Zumba GOLD 6:45 Shuffleboard League	28 9:15 Zumba GOLD 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner 7:00 Book Club	29 9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Zumba GOLD

PEAK Programs

Ballroom Dancing*

Location: Encore Experiences in Harleysville

Cost: \$3.00 OR \$5.00

Experienced: Thursday Evenings 5:30 - 6:30 PM; Beginner: Thursday Evenings 6:45 - 7:45 PM.

Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Bingo

Fridays 12:30 PM. \$1.00 per card.



Bridge

Thursdays 1:00 PM.

Bowling*

Thursdays at Earl Bowl, Souderton, 12:15 PM sign-up; bowl at 12:30 PM
Cost: \$3.00 OR \$5.00

Computer Center Time

Mondays 9:00 - 4:00 PM.

Tuesdays 9:00 AM - 11:30 AM.

Wednesdays 9:00 AM - 1:00 PM.

Thursdays 9:00-4:00 PM.

Fridays 9:00 AM - 4:00 PM.

PEAK Center's Computer Center is equipped with laptops and iPads for your personal use. Topic courses!

Computer Tutors

Tutors are available to help you with any smart phone/laptop/iPad issues. Bring your own device or use ours. Hours are Mondays 1-4pm, Tuesdays 10-11:30, Wednesdays 11-12, Thursdays 10-12. Tutors are subject to change-please call PEAK for updates.

De-Stress Coloring

Wednesdays 12:30 PM.
FREE; Call PEAK for more information.



Fit for the Future I*

Tuesdays & Fridays 9:00 AM.

Cost: \$3.00 OR \$5.00

Instructor: Kim Zimmerman

Fit for the Future II*

Tuesdays 12:45 & Fridays 10:30

Cost: \$3.00 OR \$5.00

Instructor: Kim Zimmerman

Expertly designed routines which are specific to the participants includes, stretching, walking, flexibility and strength training. Join us to exercise with this friendly group.

NEW Grief & Loss Support Group

Heartland Hospice will be hosting a Grief Support Group for adults, the goal is to help individuals cope with feelings of grief, loss and sadness in a safe and caring environment. June 19, 2:00-3:00 PM.

Growing Stronger*

Mondays & Wednesdays: 9:00 AM.

Please see calendar for specific dates.

Fee: \$45.00 per 6-week session

This program is a safe, effective strength-training and nutrition program for individuals who have been active or sedentary for the past few years and are interested in improving their health.

NEW Healthy Salad in a Jar

Join Teri Wassel and create your own salad to take home to enjoy. FREE program, space is limited. May 21 at 10:00-11:00 AM. Must sign up at PEAK office by May 14, 2018.



Lansdale Area Book Club

At the PEAK Center-Join other avid readers for lively discussion and conversation of selected books. Group will meet once a month at PEAK Center on the last Monday of each month 12:00 - 1:00 PM.

June 4, *In the Dead of Summer* by Amanda Pepper

June 25, *The Immoralists* by Chole Benjamin

Let's Get Crafty with Mags*

Let's get crafty with Mags. Paint/decorate your own mini-bird house to hang in or outside. \$2 to cover materials. Sign up at the PEAK Office, space is limited. June 13, 2018 at 10:00 AM.

Line Dancing*

Thursdays 1:00

Cost: \$3.00 OR \$5.00

Instructor: John Long

John Long teaches all, from beginner to advanced, even those with multiple left feet!

NEW Lunch & Learn with Elder Law Attorney

Michelle C. Berk, Esq. Learn all about living wills, advance directives, etc. Sign up at the office. May 30, 2018 11:30-1:00 PM.

Mahjong

Thursdays at 1:00 PM.



PEAK Programs

PEAK-A-Boo's Ladies'

Luncheon Gatherings

All gatherings will be at 11:30 AM.
Call the office at 215-362-7432 or Louise
at 215-368-2618 for reservations. Let us
know if you need transportation.

May 1: Metropolitan Restaurant ;750
Upper state Road North Wales, PA.
June 5: Tigers; 1031 N. Broad Street
Lansdale, PA.

NEW PEAK trip to Pennypacker Mills*

June 6 from 10:00-2:00 PM. Visit in-
cludes guided tour of the home, spe-
cial art exhibit of Josephine Penny-
packer, and a boxed picnic lunch on
the grounds. Lifelong members are
FREE! Supporting members are \$22,
Basic members are \$25. Guests/Non-
members are \$30. Space is very lim-
ited so please RSVP at the PEAK of-
fice by May 30, 2018.

NEW Philly Trivia Slide Show

"The architecture of Philadelphia
Churches" presented by our own Norm
Danis. Travel all the way to Philly with-
out leaving the PEAK Center! A FREE,
entertaining and educational program.
June 26, 2018; 12:30-1:30 PM.

Progressive Pinochle

Wednesdays 12:45 PM.

Rummikub

Everyday 10:00 AM.



NEW Special Lunch & Show*

June 8, 2018; 11:30-1:30 PM. Pre-
senting John Hadfield's Original
One-Man (and DOG) Comedy Va-
riety Show. Show includes come-
dy, funny songs, skits, juggling and
an adorable piano playing dog-not
to be missed! Only \$8 for a special
meal and a great show! RSVP at
the PEAK Center by June 1, 2018.

Studio Art Class - Painting*

Tuesdays 9:30 AM .
Cost: \$3.00 OR \$5.00
Instructed by Louisa Wismer

Tap Dancing*

Thursdays 11:30 AM .
Cost: \$3.00 OR \$5.00
This class is energetic and fast moving.
Join John Long and our PEAK Tappers.
Beginners are welcome to come the first
half hour, stay to observe the "pros" or
just jump in.

Tai Chi*

Tuesdays 10:15 AM.
Cost: \$3.00 OR \$5.00
Instructor: Darryl Bryant
Tai Chi movements' rein- force balance,
coordination, flexibility, muscle relaxa-
tion, body awareness & mental concentra-
tion.



Wii Bowling

Wednesdays at 10:00 AM.
Experience the health and social benefits
of this fun program. Standing or seated no
heavy ball or strange shoes.

Woodcarving

Mondays 9:00 AM.
Come and work on your projects.
Newcomers are welcome too.

PLEASE NOTE

Programs/events marked with * require a fee
of either \$3.00 or \$5.00 depending on
Membership Status.

Yoga (Chair)*

Thursdays 10:30 AM..
Cost: \$3.00 OR \$5.00
Instructor: Terri Kuenzer
All in a chair, these 22-simple
yoga posture-based exercises help to loos-
en all the joints, from toes to the head.
Learn this beautiful and GENTLE ancient
practice from India.



Yoga*

Thursdays 9:00 AM.
Cost: \$3.00 OR \$5.00
Instructor: Terri Kuenzer
Improve your posture, increase your flexi-
bility, build strength,
and reclaim your ability
to balance. Please bring
a yoga mat.



Zumba Chair*

Wednesdays 12:45 PM.
Cost: \$3.00 OR \$5.00
Instructor: Mary Ellen Meehan
If you love Latin and Middle Eastern
sounds, but the motion seems too risky...
Zumba Chair is the exercise class for you!

Zumba Gold*

Mondays 1:15 PM.
Cost: \$3.00 OR \$5.00
Instructor: Mary Ellen Meehan. Enjoy
this aerobic exercise class conducted to
the sounds of the Caribbean with a bit of
the Mediterranean thrown in.

Y Program Member for PEAK Members

Joining the PEAK Center allows you a free YMCA
PROGRAM membership. If you choose to take a
program/class, you still pay for that program/class
BUT at the PROGRAM MEMBER PRICE.

** Being a PEAK Center member DOES NOT allow a
free full membership to use the facility, pool or gym.

** If you bring your insurance card to the Y Member-
ship Desk, they will be happy to see if your insurance
will help pay for the membership or reimburse you.
They honor insurances including Silver Sneakers and
Silver and Fit. Please check with Y Membership for
other participating insurance companies.

Monday	Tuesday	Wednesday	Thursday	Friday	
PEAK PROGRAMS MAY 2018	1 9:00 Computer Lab 9:00 Fit For the Future I 9:30 Studio Art Class 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi 11:30 PEAK-A-Boo Lunch 12:45 Fit For the Future II	2 9:00 Computer Lab 9:00 Growing Stronger 10:00 Rummikub 10:00 Wii Bowling 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair	3 9:00 Computer Lab 9:00 Yoga 10:00 Rummikub 10:30 Chair Yoga 11:30 Tap Dancing 12:30 Bowling-Earl bowl 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	4 9:00 Computer Lab 9:00 Fit For the Future I 10:00 Rummikub 10:30 Fit For The Future II 12:30 Bingo	
	7 9:00 Computer Lab 9:00 Growing Stronger 9:00 Woodcarving 10:00 Rummikub 1:15 Zumba GOLD	8 9:00 Computer Lab 9:00 Fit For the Future I 9:30 Studio Art Class 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi 12:45 Fit For the Future II	9 9:00 Computer Lab 9:00 Growing Stronger 10:00 Rummikub 10:00 Wii Bowling 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair	10 9:00 Computer Lab 9:00 Yoga 10:00 Rummikub 10:30 Chair Yoga 11:30 Tap Dancing 12:30 Bowling-Earl bowl 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing Ballroom Dancing @ Encore: 5:30 Experienced & 6:45 Beginner	11 9:00 Computer Lab 9:00 Fit For the Future I 10:00 Rummikub 10:30 Fit For The Future II 12:30 Bingo
	14 9:00 Computer Lab 9:00 Growing Stronger 9:00 Woodcarving 10:00 Rummikub 1:15 Zumba GOLD	15 9:00 Computer Lab 9:00 Fit For the Future I 9:30 Studio Art Class 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi 12:30 Member Council 12:45 Fit For the Future II	16 9:00 Computer Lab 9:00 Growing Stronger 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair	17 9:00 Computer Lab 9:00 AARP 9:00 Yoga 10:00 Rummikub 10:30 Chair Yoga 11:30 Tap Dancing 12:30 Bowling-Earl bowl 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	18 9:00 Computer Lab 9:00 AARP 9:00 Fit For the Future I 10:00 Rummikub 10:30 Fit For The Future II 12:30 Bingo
	21 9:00 Computer Lab 9:00 Growing Stronger 9:00 Woodcarving 10:00 Rummikub 10:00 Salad in a Jar! 11:30 Special Italian Themed Lunch 1:15 Zumba GOLD	22 9:00 Computer Lab 9:00 Fit For the Future I 9:30 Studio Art Class 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi 12:00 Legal Counseling 12:45 Fit For the Future II	23 9:00 Computer Lab 9:00 Growing Stronger 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair	24 9:00 Computer Lab 9:00 Yoga 10:00 Rummikub 10:30 Chair Yoga 11:30 Tap Dancing 12:30 Bowling-Earl bowl 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	25 9:00 Computer Lab 9:00 Fit For the Future I 10:00 Rummikub 10:30 Fit For The Future II 12:30 Bingo
28 Memorial Day Center CLOSED	29 9:00 Computer Lab 9:00 Fit For the Future I 9:30 Studio Art Class 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi 12:45 Fit For the Future II	30 9:00 Computer Lab 9:00 Growing Stronger 10:00 Wii-Bowling 10:00 Rummikub 11:30 Lunch & Learn with Elder Law 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair	31 9:00 Computer Lab 9:00 Yoga 10:00 Rummikub 10:30 Chair Yoga 11:30 Tap Dancing 12:30 Bowling-Earl bowl 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	PEAK PROGRAMS MAY 2018 	

Monday	Tuesday	Wednesday	Thursday	Friday
PEAK PROGRAMS JUNE 2018				1 9:00 Computer Lab 9:00 Fit For the Future I 10:00 Rummikub 10:30 Fit For The Future II 12:30 Bingo
4 9:00 Computer Lab 9:00 Woodcarving 9:00 Growing Stronger 10:00 Rummikub 12:00 Book Club 1:15 Zumba GOLD 1:30-4:00 Farmers' Market Voucher Distribution	5 9:00 Computer Lab 9:00 Fit For the Future I 9:30 Studio Art Class 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi 11:30 PEAK-A-Boo Lunch 12:45 Fit For the Future II 1:30-4:00 Farmers' Market Voucher Distribution	6 8:00 Farmers' Market Vouchers 9:00 Computer Lab 9:00 Growing Stronger 10:00 Wii-Bowling 10:00 Pennypacker Trip 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair	7 9:00 Computer Lab 9:00 Yoga 10:00 Rummikub 10:30 Chair Yoga 11:30 Tap Dancing 12:30 Bowling-Earl bowl 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	8 9:00 Computer Lab 9:00 Fit For the Future I 9:00 AARP Refresher Course 10:00 Rummikub 10:30 Fit For The Future II 11:30 Special Lunch & Show 12:30 Bingo
11 9:00 Computer Lab 9:00 Growing Stronger 9:00 Woodcarving 10:00 Rummikub 1:15 Zumba GOLD	12 9:00 Computer Lab 9:00 Fit For the Future I 9:30 Studio Art Class 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi 12:45 Fit For the Future II	13 8:00 Farmers' Market Vouchers 9:00 Computer Lab 9:00 Growing Stronger 10:00 Wii-Bowling 10:00 Rummikub 10:00 Crafts with Mags 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair	14 9:00 Computer Lab 9:00 Yoga 10:00 Rummikub 10:30 Chair Yoga 11:30 Tap Dancing 12:30 Bowling-Earl bowl 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	15 9:00 Computer Lab 9:00 Fit For the Future I 10:00 Rummikub 10:30 Fit For The Future II 12:30 Bingo
18 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 1:15 Zumba GOLD	19 9:00 Computer Lab 9:00 Fit For the Future I 9:30 Studio Art Class 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi 12:30 Member Council 12:45 Fit For the Future II 2:00 Grief & Loss Support Group	20 8:00 Farmers' Market Vouchers 9:00 Growing Stronger 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair	21 9:00 Computer Lab 9:00 Yoga 10:00 Rummikub 10:30 Chair Yoga 11:30 Tap Dancing 12:30 Bowling-Earl bowl 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	22 9:00 Computer Lab 9:00 Fit For the Future I 10:00 Rummikub 10:30 Fit For The Future II 12:30 Bingo
25 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 12:00 Book Club 1:15 Zumba GOLD	26 9:00 Computer Lab 9:00 Fit For the Future I 9:30 Studio Art Class 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi 12:00 Legal Counseling 12:30 Philly Trivia Slide Show 12:00 Legal Counseling 12:45 Fit For the Future II	27 8:00 Farmers' Market Vouchers 9:00 Growing Stronger 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair	28 9:00 Computer Lab 9:00 Yoga 10:00 Rummikub 10:30 Chair Yoga 11:30 Tap Dancing 12:30 Bowling-Earl bowl 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing Ballroom Dancing @ Encore 5:30 Experienced & 6:45 Beginner	29 9:00 Computer Lab 9:00 Fit For the Future I 10:00 Rummikub 10:30 Fit For The Future II 12:30 Bingo

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at the PEAK Center for more information: 215-362-7432

ARTHRITIS: Where does it hurt?

Wednesday, May 30 • 11:30 am

Speaker: Gerry Fioriglio RN, BS,
Family Caregivers Network, Inc.

When living with arthritis, staying as active
as possible is key to maintaining your
independence. Join us to learn more about
how to find relief and maintain your lifestyle!

Lunch provided. Call 215-315-7762 to RSVP by May 21.



BLUEGRASS
Concert on the lawn



Friday, June 29 • 2:00 pm

Join us on the lawn for the eclectic
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Call 215-315-7762 to RSVP.



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Greater Harleysville and North Penn Senior Services is a 501(c) 3 nonprofit corporation as determined by the IRS.

Greater Harleysville and North Penn Senior Services operates two senior center facilities: Encore Experiences in Harleysville and The PEAK Center in Lansdale.

Encore Experiences in Harleysville and The PEAK Center in Lansdale are supported in part by funding received from Montgomery County Office of Aging and Adult Services. We are participating agencies of the North Penn United Way and the United Way of Greater Philadelphia and Southern New Jersey. Other sources of support include grants, wills & bequests, corporate donations, foundations, special events and individual contributions.

The official registration and financial information of Greater Harleysville and North Penn Senior Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.