

GHNPS STAFF

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Encore Experiences

312 Alumni Avenue

Harleysville, PA 19438

215-256-6900, press 1 and 1 again

M-F: 8:00 AM to 4:00 PM

www.ghnps.org

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The PEAK Center

North Penn Commons

606 E. Main Street, Suite 1003

Lansdale, PA 19446

215-362-7432, press 2 then 1

M-F: 8:00 AM to 4:00 PM

www.ghnps.org

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Ext. 203

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Ext. 212

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 <https://bit.ly/GHNPSYoutube>

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



A MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy November!

We are looking forward to a great month at Greater Harleysville and North Penn Senior Services! In addition to the exciting calendars at Encore and PEAK, there's still time to participate in our signature fundraiser, **A Toast and Taste of Autumn on November 9th at Franconia Heritage Conference Center.**



Tickets to this fundraiser are only \$40 for seniors and include 7 food stations paired with wine and beer, games, dancing, a silent auction, and FUN! Tickets can be purchased online at www.ghnps.org/news or at either Encore or PEAK with cash, check or credit card.

And, if you are a Lifetime Member, you are eligible for a FREE ticket! Email me at ebeil@ghnps.org or call at 215-256-6900 ext. 201 if you want to know more. All funds raised at A Toast and Taste of Autumn are put into the operations of GHNPS so that we can provide you with quality services and programs.

This month, our country celebrates two significant days of gratitude... Veterans' Day and Thanksgiving.

Veterans' Day is observed on November 11th in recognition of the cessation of active fighting during World War I or "The Great War" on 11/11/1918. We continue to recognize the heroism of our Veterans across the years. This day is an important celebration to honor America's Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. We have many Vets who attend our Centers and have some events planned this month to honor them:

- **Encore Veterans' Celebration Special Lunch - Friday, November 3rd at 12 pm**
- **PEAK Veterans' Celebration - Coffee & Danish in the Cafe - Friday, November 17th at 9 am**

These events are open to Vets, family, friends, and anyone who wishes to attend. Please RSVP at either Encore or PEAK so we can plan accordingly. In addition, we have a regular Veterans' Coffee Hour on the last Friday of each month at 9:30 am at Encore. Don't forget to say "thank you for your service" to the Vets in your life!

Thanksgiving is a national holiday here in the US but is also celebrated in various other countries and cultures around the world. Traditionally, it is rooted in English traditions dating from the Protestant Reformation as a day set aside to give thanks for the blessings of the harvest. It is a time for families and friends to gather, enjoy a meal, and count the many blessings in our lives. It's always wonderful to hear the unique ways people have for giving thanks and I encourage you to share your traditions with your friends at GHNPS.

As we each celebrate this month in our own ways, we hope that you enjoy gathering with friends at GHNPS and know that we count YOU among our blessings each and every day!

Appreciatively,

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: Meets on Thursday, November 9 at 12:30pm.

PEAK: Meets on Wednesday, November 22 at 12:30pm.

Legal Counseling

Encore: Free legal consultations are available by phone between 9:30am and 10:30am on Thursday, November 16. Call 215-256-6900 to schedule.

PEAK: Free legal consultations are available Tuesday, November 28. 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. It will open for new applications on November 1, 2023. 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 (formerly APPRISE)

Free, unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers.

Encore: There are no appointments in November.

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

PA Property Tax/Rent Rebate

Applications for the 2022 tax year have been extended to December 31, 2023. If you are qualified, you can receive a rebate up to \$650. More information on this rebate can be found at <https://mypath.pa.gov>. The North Penn School District offers an additional rebate to its residents who have already qualified and have received the PA Property Tax/Rent Rebate for 2022. To learn more, get an application, or get help from the GHPSS Social Services Coordinator, call 215-362-7432, ext. 203.

Do You Need Assistance?

Looking for food stamps, 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.

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.



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com



Vickie
LANDIS RENTSEL
TEAM



My SRES designation means I have experience meeting the needs of maturing clients when selling, buying, relocating, or refinancing properties.

**With so many details to take into consideration,
it's important to have the right guidance!**

November 2023 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
GET OUT & VOTE  NOVEMBER 7	Special Lunch Magic by Stuart NOV. 3 12pm-1:30pm  Cost: \$10, Veterans Free	8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 11:00 Chair Yoga (\$4) 12:00-1:00pm Lunch 12:30-1:00pm All Saints Trivia with Corpus Christi Students 1:00pm Medicare 2024 Presentation and Q&A with Ed Savitsky	9:00 Wood Carving 9:30 Stitch & Chat 10:00-10:45am Free Blood Pressure Checks 11:00-12:00am Help Yourself to Healthy Living: Diabetes Update! 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)	10:00 Wii Sports or Jeopardy 11:00-3:00pm Shiatsu Massage Appt. (\$20) 12:00-1:30pm Special Lunch: Magic by Stuart (\$10; Veterans FREE) 1:00-3:00pm Farmers' Market (FREE) 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 2:00pm Stretch & Tone (\$4)
6 9:15 Tai Chi (\$5) 11:00-12:00pm Creative Recycled Cards Craft 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	7 9:00-10:20 Haircuts (by appt.) (\$10) 9:15 Walking with Weights (\$4) 9:30 Group Trivia ELECTION DAY No Lunch or Afternoon Classes	8 8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30am-12:00pm Cash for Gold 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Ice Cream Social with Morningside House of Towamencin	9 9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 1:30pm Tone & Balance (\$4)	10 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)
13 9:15 Tai Chi (\$5) 11:00-12:00pm Creative Recycled Cards Craft 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	14 9:15 Walking with Weights (\$4) 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)	15 8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Wedding Dance Exercises with Nadine (\$4) 5:00pm Dinner Outing: So Much to Give Inclusive Cafe in Skippack	16 9:00 Wood Carving 9:30-10:30 Legal Consultations (by appt.) 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)	17 10:00 Wii Sports or Jeopardy 10:00-12:00pm UnitedHealthcare Table with Charles Siniari 10:30 Arts & Crafts with Laura: Diamond Art Bookmarks (\$2) 12:00-1:00pm Lunch 1:00pm Happy? Ya! Ya! Crew: Games and Chit-Chat 1:30pm Stretch & Tone (\$4)
20 9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:00pm American Senior Health Advisers Medicare Presentation 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	21 9:00-10:20 Haircuts (by appt.) (\$10) 9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)	22 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 and Scrabble	23 CLOSED 	24 CLOSED 
27 9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks	28 9:15 Walking with Weights (\$4) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)	29 8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Chair Bingo Exercise (\$4)	30 9:00 Wood Carving 9:30 Stitch & Chat 10:00-2:00pm Carol Costlow - Social Services 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)	 Ice Cream Social NOV. 8 • 1pm-2pm with Morningside House of Towamencin

November 2023 Lunch Menu

Reserve your lunch by calling 215-256-6900. Lunch is served from 12pm to 1pm in the dining room. There is a suggested donation of \$2 for lunch. Take-out lunches are \$4.

(Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Special Lunch Magic by Stuart NOV. 3 12pm-1:30pm  Cost: \$10, Veteran's Free	1 Sausage, Peppers & Onion on Sub Roll Pineapple Potato Chips Milk	2 Baked Haddock with Lemon/Wine Sauce Vegetable Medley Macaroni & Cheese Milk	3 SPECIAL LUNCH: Magic by Stuart Filet Mignon Mixed Green Salad Twice Baked Potato Vegetable Medley Fruit Pie (\$10, Veteran's Free)
6 Meatball Parmesan Sub Fruit Salad Potato Salad Milk	7 ELECTION DAY No Lunch 	8 Sweet & Tangy Chicken Thighs Broccoli Brown Rice Vanilla Pudding Milk	9 Turkey & Bean Chili Stuffed Sweet Potato with Cheddar Cheese Green Salad Milk	10 Mandarin Chicken Salad Mixed Greens with Almonds, Craisins & Chow Mein Noodles Dinner Roll Milk
13 Cheeseburger with Lettuce, Tomato, & Onion on Multi-grain Bun Fruit Salad Baked Beans Milk	14 Roasted Pork & Sauerkraut Mashed Potatoes with Gravy Applesauce Milk	15 Crab Cake Coleslaw Sweet Potato Fries Chocolate Pudding Milk	16 Roasted Vegetable Flat Bread Pizza Green Salad Mandarin Oranges Milk	17 Chicken Ratatouille with Penne Wheat Dinner Roll Cookie Milk
20 Baked Ziti Green Salad Dinner Roll Applesauce Milk	21 Ground Beef Stroganoff over Egg Noodles Carrots Dinner Roll Milk	22 Apricot Glazed Salmon Broccoli Wild Rice Cookie Milk	23 CLOSED 	24 CLOSED 
27 Grilled Ham & Cheese with Whole Grain Bread Minestrone Soup Peaches Milk	28 Tuna-stuffed Tomato Four Bean Salad Crackers Milk	29 Sliced Roast Beef & Gravy Green Beans Mashed Potatoes Dinner Roll Milk	30 Sausage, Peppers & Onion on Sub Roll Pineapple Potato Chips Milk	

WEDNESDAY, NOVEMBER 1 / 12:30pm to 1:00pm

All Saints Trivia Join us for All Saints Trivia with Corpus Christi School students in honor of All Saints' Day!

WEDNESDAY, NOVEMBER 1 / 1:00pm to 2:00pm / Presented by Ed Savitsky from PA Medi

Medicare 2024 Presentation and Q&A Join Ed Savitsky for a PA Medi Medicare 2024 presentation. Q&A afterwards. No individual appointments on this day.

THURSDAY, NOVEMBER 2 / 11:00am to 12:00pm / Presented by Susan Lamar from Jefferson Health

Help Yourself to Healthy Living: Diabetes Update! Get a better understanding of how you can live a healthier life – with some education, tools, health tips and food ideas that you can use. You can still live your best life with small, manageable lifestyle modifications. Take action and stick with it! Get your free blood pressure check from 10:00am to 10:45am.

FRIDAY, NOVEMBER 3 / 11:00am to 3:00pm / Presented by Kerry Palanjan

Shiatsu Appointments Enjoy a Shiatsu Acupressure Chair Massage by Kerry Palanjan. The cost is \$20 for 15 minutes. Please sign up for an appointment in the Office.

FRIDAY, NOVEMBER 3 / 12:00pm to 1:30pm

Special Lunch: Magic by Stuart Join us for an entertaining lunch with Stuart the Magician. The menu includes filet mignon, mixed green salad, twice baked potato, vegetable medley, and fruit pie for dessert. RSVP by Friday, October 27th to the Office; \$10 cost, but FREE to our Veterans in honor of Veteran's Day this month.

FRIDAY, NOVEMBER 3 / 1:00pm to 3:00pm / Presented by Independence Blue Cross/Blue Shield

FREE Farmers' Market Bring a bag and fill up on fresh, seasonal fruits and vegetables... for free!

MONDAY, NOVEMBER 6 and 13 / 11:00am to 12:00pm

Creative Recycled Cards Craft Make your own cards from recycled cards! Supplies are provided, but bring your own scissors.

WEDNESDAY, NOVEMBER 8 / 10:30am to 12:00pm

Cash for Gold Leave your wallet at home, but bring your unworn or broken gold, silver, platinum jewelry and coins and turn it into CASH!

WEDNESDAY, NOVEMBER 8 / 1:00pm / Hosted by Morningside House of Towamencin

Ice Cream Social Join us for an Ice Cream Social hosted by Morningside House of Towamencin, formerly known as The Landing. It's never too cold for a frosty treat!

ENCORE SPECIAL PROGRAMS CONTINUED...

WEDNESDAY, NOVEMBER 15 / 5:00pm

Dinner Outing: So Much to Give Inclusive Café Join us for dinner at So Much to Give Inclusive Café located at 3401 W. Skippack Pike, Cedars, PA 19423. Please RSVP with the Greeter/Office by Friday, November 10th, so we can call ahead and arrange seating together. Each person will pay their own bill and supply their own transportation.

FRIDAY, NOVEMBER 17 / 10:00am to 12:00pm / Presented by Charles Siniari from UnitedHealthcare

Medicare Open Enrollment Presentation Charles Siniari will provide an overview of Medicare Open Enrollment and the plans available to you. He aims to look at your needs, explore your choices and help you decide on a plan with confidence.

FRIDAY, NOVEMBER 17 / 10:30am to 11:30am

Arts & Crafts with Laura This month will be a favorite with our bookworms. We will be diamond painting bookmarks as either crosses or feathers. RSVP to the Office by Friday, November 10th. \$2 Cost.

MONDAY, NOVEMBER 20 / 1:00pm

Medicare Educational Presentation Maxwell Shaffer from American Senior Health Advisers will give an educational presentation on Medicare, covering the basics, providing important insights, and answering questions. Snacks, drinks, trivia and prizes all included!

WEDNESDAY, NOVEMBER 22 / 1:00pm

Rummikub and Scrabble Come hang out in our lobby and play Rummikub or Scrabble and leave the Thanksgiving cooking to those at home!

THURSDAY, NOVEMBER 30 / 10:00am to 2:00pm

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

ENCORE MEMBER OF THE MONTH GINNY WARD

Ginny is that smiling, bustling person that you look forward to seeing when she comes in to help in the kitchen or to run the Happy? Ya! Ya! crowd on Friday afternoons. Her creativity, her teaching skills and her naturally caring spirit all combine to create a dynamic presence here at Encore. Ginny is always looking to boost morale and bring laughter into our lobby. We appreciate all your support and kindness here Ginny!



November 2023 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. Virtual Classes are noted in green. Special programs/events are noted in Gold. Korean classes are noted in red.** 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>Peter Wentz Farmstead History of PA to 1800 NOV. 3 10:30-11:30am Learn about the early history of Pennsylvania</p>	<p>Special Lunch Thanksgiving Feast NOV. 21 11:30-1:30pm  Korean Entertainment • \$10</p>	<p>1 8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Stretch & Tone (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 10:00-3:00pm Shiatsu Appts. 11:30-12:30pm Lunch 12:45pm What is Medicare's Open Enrollment and Why Should I Care? 12:45pm Pinochle 2:00pm Bong Sul 2:30pm Drawing Class (Beginner) 3:30pm Drawing Class 3:30pm Saxophone Class (Beginner) 4:30pm Saxophone Class</p>	<p>2 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 2:00pm Line Dancing 3:30pm ESL for Koreans 4:00pm Taekwondo</p>	<p>3 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 10:30 Peter Wentz Farmstead: History of Pennsylvania to 1800 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Kalimba 2:00pm Bong Sul 3:00pm Korean Book Club</p>
<p>6 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Stretch & Tone (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 2:00pm Bong Sul</p>	<p>7 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:00 Crafts with Friends (\$3) 11:30-12:30pm Lunch 1:00pm Games 1:00pm Computer Class 1:00pm Korean Dance & Drumming 3:30pm Smart Phone Class</p>	<p>8 8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Stretch & Tone (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling & Games with Mater Dei Students 11:30-12:30pm Lunch 12:30pm Chair Exercise Bingo (\$4) 12:45pm Pinochle 2:00pm Bong Sul 2:30pm Drawing Class (Beginner) 3:30pm Drawing Class 3:30pm Saxophone Class (Beginner) 4:30pm Saxophone Class</p>	<p>9 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 2:00pm Line Dancing 3:30pm ESL for Koreans 4:00pm Taekwondo</p>	<p>10 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 Kalimba 2:00pm Bong Sul 3:00pm Korean Book Club</p>
<p>13 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Bong Sul</p>	<p>14 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:00-12:00pm Medicare Open Enrollment Presentation: Charles Siniari from UHC 10:00 Storytime with Josephine (Hybrid) 10:00-12:30pm PA State Rep. Steve Malagari Office 11:30-12:30pm Lunch 1:00pm Games 1:00pm Computer Class 1:00pm Korean Dance & Drumming 3:30pm Smart Phone Class</p>	<p>15 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 2:00pm Bong Sul 2:30pm Drawing Class (Beginner) 3:30pm Drawing Class 3:30pm Saxophone Class (Beginner) 4:30pm Saxophone Class</p>	<p>16 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 12:30-2:30pm Montco Association for the Blind 2:00pm Line Dancing 3:30pm ESL for Koreans 4:00pm Taekwondo</p>	<p>17 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Thank You Veterans! Coffee & Danish in the Cafe 9:30 PEAK Pinochle 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Kalimba 2:00pm Bong Sul 3:00pm Korean Book Club</p>
<p>20 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist & Other Games 11:00 Donuts with a Doctor: Meet Dr. Dressler from Total PT Solutions 11:00 Stitch & Chat 11:30-12:30pm Lunch 12:30pm Book Club 12:30pm SHARE - House-sharing in Montgomery County 2:00pm Bong Sul</p>	<p>21 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:00-12:00pm Charles Siniari UHC Info Table 11:30-12:30pm SPECIAL LUNCH: Thanksgiving Feast with Korean Entertainment 1:00pm Games 1:00pm Computer Class 1:00pm Korean Dance & Drumming 3:30pm Smart Phone Class</p>	<p>22 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 Maria Collett Office Information Table 11:30-12:30pm Lunch 12:45pm Pinochle 1:00pm Advisory Council 2:00pm Bong Sul 2:30pm Drawing Class (Beginner) 3:30pm Drawing Class 3:30pm Saxophone Class (Beginner) 4:30pm Saxophone Class</p>	<p>23 CLOSED </p>	<p>24 CLOSED </p>
<p>27 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 12:00 Book Club 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Bong Sul</p>	<p>28 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 Games 1:00pm Computer Class 1:00pm Korean Dance & Drumming 3:30pm Smart Phone Class</p>	<p>29 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 12:30 Jefferson Medicare Open Enrollment Presentation 12:45pm Pinochle 2:00pm Bong Sul 2:30pm Drawing Class (Beginner) 3:30pm Drawing Class 3:30pm Saxophone Class (Beginner) 4:30pm Saxophone Class</p>	<p>30 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 2:00pm Line Dancing 3:30pm ESL for Koreans 4:00pm Taekwondo</p>	<p> Wii Bowling & Games with Mater Dei Students NOV. 8 • 10am</p>

November 2023 Lunch Menu

Reserve your lunch by calling 215-362-7432. Lunch is served from 11:30am to 12:30pm in the dining room. There is a suggested donation of \$2 for lunch. Take-out lunches are \$4.
(Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Vegetable Lasagna Pesto Cauliflower Roasted Potatoes with Rosemary Fudge Cookie Milk	2 Chicken Sausage Waffle Pears Collard Greens Milk	3 Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts
6 Roasted Herb Chicken with Bean Casserole Broccoli with Cheese Sauce Quinoa Pilaf with Riced Vegetables Milk	7 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Fudge Cookie Milk	8 Sweet Italian Sausage Roasted Potatoes with Rosemary Steamed Peas Milk	9 Eggplant Parmesan Steamed Green Beans and Carrots Cinnamon Peaches Milk	10 Turkey Thyme Risotto Steamed Carrots Broccoli Milk
13 Chickpea Curry Stew with Brown Rice Peas & Confetti Vegetables Apple Cobbler	14 Herbed Chicken with Tomato Coulis over Polenta Broccoli Poached Pear Fresh Orange Milk	15 Cheese Stuffed Shells with Tomato Basil Sauce Steamed Carrots Steamed Green Beans Milk	16 Swedish Meatballs served over Noodles Peas Applesauce Milk	17 Roast Pork au Jus with White Beans & Spinach Cauliflower with Cheese Sauce Peach Cobbler Milk
20 Roasted Tilapia with Lemon over Rice Capri Vegetables Apple Cobbler Chocolate Pudding	21 SPECIAL LUNCH (\$10) Turkey with Stuffing & Gravy Mashed Potatoes Green Bean Casserole Cranberry Sauce Holiday Pie Milk	22 Gingered Mustard Pork Brussel Sprouts Sweet Potatoes Oatmeal Cookie Milk	23 CLOSED 	24 CLOSED 
27 Chicken Madras with Orzo & Peas Zucchini with Tomatoes Yellow Squash Milk	28 Open-faced TurkeyBurger with Roasted Corn & Mango Salsa Wild and Brown Rice Pilaf Broccoli Whole Fresh Fruit Milk	29 Vegetable Lasagna Pesto Cauliflower Roasted Potatoes with Rosemary Fudge Cookie Milk	30 Chicken Sausage Waffle Pears Collard Greens Milk	

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.*

WEDNESDAY, NOVEMBER 1 / 10:00am to 3:00pm / Presented by Kerry Palanjan

Shiatsu Appointments Kerry Palanjan, an experienced Shiatsu practitioner, will be offering 15 minute appointments for a fully clothed chair massage. Shiatsu has a number of health benefits and is shown to improve relaxation and wellbeing. The cost is \$20 for 15 minutes paid to Kerry via cash, check, Venmo or Zelle. To schedule, you can call Kerry directly at 215-622-4359, see Sabrina at the front desk, or call 215-362-7432.

WEDNESDAY, NOVEMBER 1 / 12:45pm / Presented by PA Medi, a statewide service operated by PA Dept. of Aging

What is Medicare's Open Enrollment and Why Should I Care? PA MEDI is a statewide service operated by the Pennsylvania Department of Aging. All services are free and confidential and delivered by specially trained certified counselors. Confused about Open Enrollment and the various choices available to you? Join Diane from PA Medi. Come with your questions. Leave with answers.

FRIDAY, NOVEMBER 3 / 10:30am to 11:30am / Presented by staff from Peter Wentz Farmstead

Peter Wentz Farmstead: History of Pennsylvania to 1800 Pennsylvania has a long and rich history. Join a staff member from the Peter Wentz Farmstead to learn about Pennsylvania's history to 1800, including Native American history, the establishment of the colony, events in the colonial era, Pennsylvania's involvement in the Revolutionary War, and the state's influence after the U.S. gained independence. An interesting and educational presentation about our great state!

TUESDAY, NOVEMBER 7 / 10:00am to 11:00am

Crafts with Friends Join Suzanne, a former Art Teacher and long-time craft lover, for an edible craft in November. We will be making Thanksgiving-themed favors out of pretzels and candy that will bring your tablescape to life and delight your guests. There is a \$3 cost to cover supplies for this class. Please RSVP to Sabrina at the front desk, or call 215-362-7432.

WEDNESDAY, NOVEMBER 8 / 10:00am to 11:00am

Games and Conversations with Mater Dei Students Middle School Students from Mater Dei will be joining our Wii Bowling group to test out their bowling skills, play card games, and share conversations. We've been enjoying these intergenerational experiences; sharing our stories and learning about our young neighbors.

TUESDAY, NOVEMBER 14 / 10:00am / Presented by Josephine Smith

Storytime with Josephine Storytime with Josephine is hybrid! This month you can either join Josephine at The PEAK Center or from the comfort of your own home, online. Josephine will be reading "The Love Detectives" by Agatha Christie and "The Possibility of Evil" by Shirley Jackson.

TUESDAY, NOVEMBER 14 / 10:00am to 12:30pm / Representative Steve Malagari

WEDNESDAY, NOVEMBER 22 / 10:00am to 12:00pm / Senator Maria Collett

Resource Office Hours with State Legislators As a benefit to their constituents, Rep. Malagari and Sen. Collett will have staff on site at The PEAK Center to provide information on services offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property and more! This is also a time to share any feedback you have for our legislators directly to their staff members.

THURSDAY, NOVEMBER 16 / 12:30pm to 2:30pm / Presented by Montgomery County Association for the Blind

Montgomery County Association for the Blind Life Skills Classes The PEAK Center is hosting the Montgomery County Association for the Blind's Life Skills Classes on a monthly basis. If you or someone you know is facing vision loss or low vision, this class will help you to learn to adapt and cope with vision loss, and to find out about services that are available in our community. Classes are led by Mary Brucker, BSW. For more information on this class or for other services offered, call MCAB at 215-661-9800. No RSVP is needed for this class.

FRIDAY, NOVEMBER 17 / 9:00am

Thank You, Veterans! Join your PEAK friends for a belated Veterans' Day celebration as we honor the service of our Veterans and their continued contributions to our community. There will be coffee & danish in the PEAK Cafe. We extend a special invitation to Veterans and family members but all are welcome to attend. Please RSVP to Sabrina at the front desk or call 215-362-7432 by 11/13 to help with planning.

PEAK SPECIAL PROGRAMS CONTINUED...

MONDAY, NOVEMBER 20 / 11:00am to 12:00pm / Presented by Total Performance PT

Donuts with a Doctor Join Dr. Austin Dressler from Total Performance PT for an informal Q&A session on Physical Therapy and its benefits. Come with your questions and enjoy some treats while you learn how Physical Therapy can help you heal from injuries and age gracefully!

MONDAY, NOVEMBER 20 / 12:30pm / Presented by Deb Solodar from SHARE

House-sharing in Montgomery County Shared Housing and Resource Exchange (SHARE) is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. The home seeker receives their own bedroom and agrees upon use of the common areas. Every arrangement is unique depending on the needs, preferences, and abilities of the participants involved. Deb Solodar will be at PEAK to explain how the SHARE program works for people who are interested in sharing their home.

TUESDAY, NOVEMBER 21 / 11:30am to 1:30pm

Special Lunch - Thanksgiving Meal Feast and Korean Entertainment Come enjoy time with your friends at PEAK and a special Thanksgiving Meal of turkey with gravy, green beans with crispy onions, stuffing, mashed potatoes and cranberry sauce. Following lunch, there will be entertainment from some of our Korean senior classes including Kalimba, a musical instrument with a wooden soundboard and metal keys, Saxophone, and traditional Korean dancing and drumming. Cost is \$10. Please RSVP by 11/15 to Sabrina at the front desk or by calling 215-362-7432.

TUESDAY, NOVEMBER 28 / 12:30pm / Presented by Jefferson Health

Jefferson Health Plan Medicare Open Enrollment Presentation Join this Open Enrollment session to learn about the Jefferson Healthcare System's new Medicare option as well as other Medicare and Medicare Advantage plans available to you.

MONDAYS / 11:00am

Stitch and Chat Bring some yarn, your favorite needles, and a sense of humor! Stitch and Chat is designed for anyone interested in crochet, knitting, needlepoint, or other sewing techniques. All levels are welcome to join and gab while working on a project of your choice. Please keep an eye on the flyers at PEAK for days when volunteers will specifically be available to teach crochet techniques.

Special Note: Fit For the Future will be replaced by Stretch and Tone from November 1st thru 8th due to our instructor's vacation. Join Jane Evans for Stretch and Tone, a seated exercise class focusing on building strength and flexibility. For regular, Fit for the Future attendees, you will see similar exercises in Jane's interactive class. Kim will be back for the November 13th class.

PEAK MEMBERS OF THE MONTH DAMIAN AND COLLEEN WEAVER

Meet our "Couple of the Month", Damian and Colleen! This dynamic duo goes out of their way to coordinate new activities and make friends with new visitors to The PEAK Center. Damian first joined during the COVID quarantine because GHPSS was offering activities via Zoom. He wanted to become more involved in the senior community and was interested in playing games. He feels it is very important for seniors to have a community place with shared activities. Colleen became more involved after her recent retirement. Colleen has experience leading nursing home social activity programs. She felt she could bring this experience to GHPSS to help grow the membership, spread the word about GHPSS, and increase the fun! If you want to learn a new card game or try your hand at Wii Bowling, Damian and Colleen are sure to lend a hand. For their welcoming, inclusive attitude, Damian and Colleen have been named this month's Members of the Month.

