

GHN PSS

Community News

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Greater Harleysville & North Penn Senior Services Bi-Monthly Newsletter

January / February 2020



Senior Citizen Registration Day

You are never too old to learn new things! Montgomery County Community College offers affordable classes at \$47 per credit to Seniors.

If you would like to take classes on topics that interest you, visit the college on **January 17 from 9am to 12pm** or use a computer at Encore Experiences or The PEAK Center and register online at mc3.edu/seniorreg.

Did You Know Hearing Loss Can Impact Your Health?

If you're dealing with untreated hearing loss, you're more likely to have mental health concerns that likely increase your need for medical care, according to a recent study.

- Hearing loss can have far-reaching impacts on a person's health.
- Hearing loss was linked to problems with cognition, independency, mobility and memory, all of which can increase the need for health care.
- Hearing loss is associated with falls, psychological stress, mental health, depression, dementia and cognition, autonomy and social isolation.

"There is emerging evidence of a relationship between hearing impairment (HI) and a range of outcomes related to cognition, depression and other aspects of mental health."

Ciaran O'Neill of the Centre for Public Health at Queens University Belfast

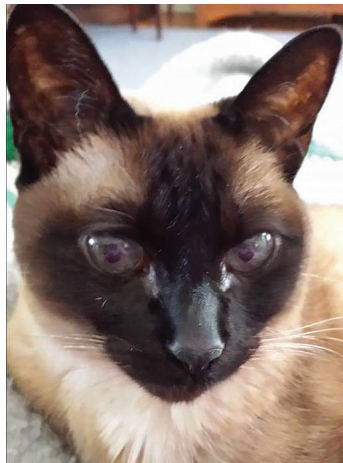
Be proactive in staying healthy and get your hearing checked for free by Miracle Ear at:
The PEAK Center on Jan. 21, 2020 at 9AM
Encore Experiences on Feb. 18, 2020 at 1PM

Schedule your appointment TODAY!

The PEAK CENTER: 215-362-7432
Encore Experiences: 215-256-6900



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 New Year! Whether you are reading this before or after the actual "New Year Day," I send you sincere best wishes that 2020 will provide you with many, MANY happy times. Every person, every year, will have some share of

challenges and disappointments. Even with that reality, I hope YOUR joys, pleasures, and happy times are as many as the confetti that was in the air on New Year's Eve.

In this edition the photo I am featuring with my article is of our pet cat Aggie. Aggie is 21.5 years old. Yes, you read that correctly, 21.5 years old. Over her lifetime she has lived in various houses, had several different dogs as house partners, watched many feet of snow fall, experienced changes in her appetite and menu, and spoken up (Siamese cats love to meow!) at convenient and inconvenient times. With all of that "experience" in mind, at the age of 21.5 Aggie has my full respect and my affection.

At the PEAK Center and Encore Experiences we do not have 21 year olds, but we do have 61, 71, 81, 91 and folks older than that. They have seen many seasons of weather, lived various places, often had spouses or partners, and have had incredible life experiences. Please understand that I am NOT comparing these folks to our beloved Aggie. I AM saying that there is a **special** richness, a unique beauty, an inner strength and mutual support that I see in our Seniors that deserves our admiration and respect. Getting older is not for the faint of heart, and these people are doing it with humor, determination, compassion for each other, and an amazing spirit.

This New Year I invite you to encourage someone you know to come to, or to return to Encore Experiences or The PEAK Center. There are fun activities, educational programs, delicious meals, lively conversation and most of all, incredible, caring, and helpful people. As we age we typically change and not all change is easy or comfortable. One thing that has not changed and that you and your friends can count on, is that there are caring, supportive, fun and very dedicated people at our centers. They are VERY special folks! I hope you will come out and join us.

With best wishes for a wonderful 2020,

Sincerely,

Paul A. Nye

Greater Harleysville and North Penn Senior Services Staff

The PEAK Center

Donna J. Byrne
Site Manager

Carol Costlow
Social Services Coordinator

Heather Shutters
Administrative Assistant

Alice Lee
Administrative Assistant

Steve Zurad
Meal Assistant

Encore Experiences

Deborah Hunsberger
Site Manager and Social Services Coordinator

Karen Feher
Administrative Assistant

Cindie Wood
Meal Coordinator

Kathy Dillon
Meal Assistant

Organizational Support

Paul A. Nye
Executive Director

Jim McCarthy
Bookkeeper

Connie Maurer
Marketing Communications Coordinator and Development Specialist

Encore Experiences in Harleysville

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900

The PEAK Center in Lansdale

North Penn Commons
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432


www.ghnpss.org

Encore and PEAK Hours:

M-F: 8:00 AM to 4:00 PM
(Occasional evening and weekend programming. See schedule.)

Follow Us On:

 facebook.com/ghnpss

 instagram.com/encoreandpeak



Office of Senior Services



Members Council Notes

ENCORE EXPERIENCES

We have renewed our spirits through holiday pageants, programs and music. Fellowship with family, friends, grandchildren and great-grandchildren is heartwarming.

We watch as the younger kids create havoc, opening presents or in the kitchen as they become "Bakery Chefs" in training. I listen as family members reminisce about past holidays, vacations and campground stories. They remember frosting cupcakes, helping stuff the turkey or put cloves in the ham. Now they bring great-grandchildren to continue the traditions.

As seniors sharing with friends is important, Encore encourages the opportunity to share friendships, meals or other activities.

Happy New Year!

Rosetta Troutman

Encore Experiences Members' Council President

THE PEAK CENTER

It is a pleasure to welcome Alice Lee as our newest staff member. As Administrative Assistant she will be working in developing new programs.

On November 15th GHPSS held the annual fall event "A Taste and Toast of Autumn" at The Franconia Heritage Restaurant. It was a huge success and it was great to see members from Encore and Peak attend.

In December we will be celebrating the Holidays and in January we will be preparing for the Tax Preparation program. Remember to sign up early.

The Peak-Boo-Ladies will have their annual "regifting" gathering on January 7th and on February 4th will be going to Yantze Chinese restaurant. Make reservations at the Welcome Desk.

Please join us for our monthly meeting and bring any suggestions you may have about new activities. Our next meetings are scheduled for Tuesday January 21st and February 18th at 12:30.

Happy and Blessed Birthday to all who are celebrating birthdays in January and February. And special birthday wishes for anyone celebrating a birthday on February 29th. Yes, 2020 is a LEAP YEAR!!

Louise Shaheen

The PEAK Center Members' Council President

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☎ A LEISURE CARE PERSONAL CARE & MEMORY CARE COMMUNITY

GHPSS Education and Services for Seniors

AARP Smart Driver Course

PEAK: January 8 and 9 from 8:30 AM to 12:30 PM;
Refresher Class – February 5 from 8:30 AM to 12:30 PM.
Call 215-362-7432 to register.

AARP 2019 Tax Preparation

PEAK: Free tax preparation will be offered starting in early February through April 15 on Thursdays and Fridays by appointment only. Call 215-362-7432 during the last week of January to make an appointment.*

Encore: Appointments start on January 17, 2020. Call 215-256-6900 to schedule.*

***Priority will be given to members at PEAK or Encore if scheduled during the first week.**

APPRISE Medicare Counseling

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

PEAK: Kathleen and Tricia on Tuesdays from 9:30 AM to 11:30 PM. Call 215-362-1076 to request an appointment.

Encore: Ed on the 1st Wednesday of each month from 1:00 to 3:00 PM. Call 215-256-6900 to make an appointment.

Legal Counseling

PEAK: Free legal consultations will be available on January 28 and February 25 at noon. Call 215-362-7432 to request an appointment.

Encore: Free legal consultations by Ashby Law Offices, LLC are available on the 3rd Friday of the month from 8:30-9:30 AM. Call 215-256-6900 to schedule an appointment.

Property Tax/Rent Rebate

Applications for the 2019 tax year are available in early February. If you qualify, you can receive a rebate up to \$650. The North Penn School District is offering an additional rebate to its residents, but they must first qualify for the PA Property Tax/Rent Rebate for 2018. If you qualified for the state's rebate for 2018, you can apply to the school district for their additional rebate through June 30, 2020. Learn more, get an application, and get help from the Social Services Coordinator at Encore or PEAK.

Low-Income Heating Assistance Program (LIHEAP)

This program is accepting applications now through March 2020. Paper applications are available, or it can be completed online at www.compass.state.pa.us. New 2019-20 income eligibility guidelines for homeowners and renters have been published.

Do You Need Help?

Looking for food stamps or SNAP benefits or Medicaid applications? Do you wonder if you might be eligible? 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 Social Service Coordinator at PEAK or Encore for more information.



Do You Need A Ride?

For trip reservations to and from our centers call:

Encore Experiences: 215-256-6900

PEAK Center: 215-362-7432

Adding To Our Culture

Recently, Alice Lee joined the staff at The PEAK Center. She is a great addition to the team and will be an important liaison to help develop and promote the programming at The PEAK Center for the Montgomery County Korean Seniors Association.



저희 피크센터는 모든 한인노인 분들을 환영합니다.

"We, The PEAK Center, welcome all Korean seniors."



Show Off Your Athletics — Play Wii Sports at Encore

Thanks to a recent donation, Encore Experiences now has Wii Sports available. Wii Sports is a game for the Wii system which offers multi-player bowling, tennis, baseball, and golf. If you like a little competition, inquire at the greeters desk and they will get you up and running! If you would like to start a Wii Bowling League, let Karen, the Administrative Assistant, know.



Hometown Heroes

Recently, Nancy M. Church, a member of The PEAK Center, was recognized as a "Hometown Hero" in the Lansdale Borough. She was featured on one of the numerous flags hung throughout the Borough. We not only honor her service, but celebrate her amazing spirit!



Harleysville

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Harleysville Branch Manager
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Tom McAteer
Lansdale Branch Manager
215-855-1011

Visit www.harleysvillebank.com for more information

Member
FDIC

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
|  <p>"Stay on Your Feet" January 21 at 1pm</p> <p>Program presented by PTW "Bodies Under Repair"™</p> | | <p>1</p> <p>CLOSED New Year's Day</p> | <p>2</p> <p>9:30 Zumba GOLD* 9:30-11:30 Blood Pressure Checks 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 12:45 HYTHL: How to be a Senior & not Frail 2:00 Chair Yoga*</p> | <p>3</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinee</p> |
| <p>6</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p> | <p>7</p> <p>9:00 Haircuts 10:00 Group Trivia 10:00 Stamp Club 10:30 Pet Therapy 12:45 Members' Council Meeting 1:30 Zumba GOLD*</p> | <p>8</p> <p>9:00 Walk Aerobics* 9:00 Reflexology 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Tai Chi* 10:00 Apprise Medicare Counseling 6:00pm Zumba*</p> | <p>9</p> <p>9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 2:00 Coin Club</p> | <p>10</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:00 Tech Tutoring 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinee</p> |
| <p>13</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p> | <p>14</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD*</p> | <p>15</p> <p>9:00 Walk Aerobics* 9:00 Reflexology 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Tai Chi* 12:00 Special Lunch* 6:00pm Zumba*</p> | <p>16</p> <p>9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 2:00 Coin Club</p> | <p>17</p> <p>8:30 Legal Consultations 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:30 Zumba GOLD* 10:30 Pet Therapy 10:30 Little Studies 11:00 The Making of Cinderella 1:00 Movie Matinee</p> |
| <p>20</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p> | <p>21</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 1:00 PTW Presentation: Stay on Your Feet 1:30 Zumba GOLD*</p> | <p>22</p> <p>9:00 Walk Aerobics* 9:00 Reflexology 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Tai Chi* Center Closes at 2:30 6:00pm Zumba*</p> | <p>23</p> <p>9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga*</p> | <p>24</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:00 Tech Tutoring 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinee</p> |
| <p>27</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p> | <p>28</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD*</p> | <p>29</p> <p>9:00 Walk Aerobics* 9:00 Reflexology 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Tai Chi* 6:00pm Zumba*</p> | <p>30</p> <p>9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 7:00-9:00pm Book Club</p> | <p>31</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinee</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 3 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks | 4 9:00 Haircuts 10:00 Group Trivia 10:00 Stamp Club 10:30 Pet Therapy 12:45 Members' Council Meeting 1:30 Zumba GOLD* | 5 9:00 Walk Aerobics* 9:00 Reflexology 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Tai Chi* 6:00pm Zumba* | 6 9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 9:30-11:30 Blood Pressure Checks 12:30 Pinochle 12:30 Bridge 12:45 HYTHL: Healthy Heart Presentation 2:00 Chair Yoga* | 7 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinee |
| 10 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks | 11 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD* | 12 9:00 Walk Aerobics* 9:00 Reflexology 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Tai Chi* 6:00pm Zumba* | 13 9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 2:00 Coin Club | 14 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:00 Tech Tutoring 10:30 Zumba GOLD* 12:00 Special Lunch* 10:30 Pet Therapy 1:00 Movie Matinee |
| 17 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks | 18 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 1:30 Zumba GOLD* | 19 9:00 Walk Aerobics* 9:00 Reflexology 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Tai Chi* 6:00pm Zumba* | 20 9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* | 21 8:30 Legal Consultations 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:30 Zumba GOLD* 10:30 Little Studies 10:30 Pet Therapy 1:00 Movie Matinee |
| 24 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks | 25 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD* | 26 9:00 Walk Aerobics* 9:00 Reflexology 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Tai Chi* 6:00pm Zumba* | 27 9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 7:00-9:00pm Book Club | 28 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:00 Tech Tutoring 10:30 Zumba GOLD* 10:30 Pet Therapy 1:00 Movie Matinee |



Get your
Blood Pressure
checked!

FEBRUARY 6

9:30-11:30am

HYTHL
Presentation
"Healthy Heart"
FEBRUARY 6

12:45pm

Presented by  **Abington Jefferson Health.**



Encore Menu | January 2020

* Meals may be substituted due to availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
|  6 | Delicious Nutritious Meals | CLOSED New Year's Day 1 | Eggplant Parmesan 2 Green Salad Mandarin Oranges Roll & Milk | Baked Haddock 3 Wild Rice Roll & Milk |
| Asian Pork 6 Herb Rice, Corn Roll & Milk | Baked Ziti 7 Roasted Vegetables Roll & Milk | Chicken Marsala 8 Wild Rice, Broccoli Roll & Milk | Chick Pea Curry 9 Brown Rice Sliced Peaches Roll & Milk | Fish & Chips 10 Fries, Cole Slaw Pineapple Milk |
| Italian Chicken Stew 13 Vegetables, Roll Sliced Peaches & Milk | Pineapple Chicken 14 Brown Rice, Broccoli Mandarin Oranges Milk | Special Lunch 15 National Hat Day Al Grout - Juggler, Magician & Comedian | Grilled Cheese 16 Tomato Soup, Salad Apple & Milk | Baked Haddock 17 Garden Rice Green Beans, Mixed Fruit & Milk |
| Paprika Chicken 20 Green Beans Herb Rice, Mixed Fruit Roll & Milk | Low Carb 21 Beef Stew Vegetables, Peaches Roll & Milk | Chicken 22 Parmesan Penne Pasta, Salad Mandarin Oranges Milk | Pierogies with 23 Onions & Mushrooms Corn, Pineapple Roll & Milk | Grilled Salmon 24 Spanish Rice Snap Peas, Mixed Fruit Roll & Milk |
| Pulled Pork 27 Brown Rice Three Bean Salad Watermelon Roll & Milk | Ground Beef 28 Stroganoff Salad, Sliced Peaches Roll & Milk | Meatloaf with 29 Mushroom Gravy Green Beans Pineapple & Milk | Eggplant Parmesan 30 Green Salad Mandarin Oranges Roll & Milk | Baked Haddock 31 Wild Rice Roll & Milk |

SPECIAL LUNCHES

WEDNESDAY
JANUARY 15

Entertainment by:
AL GROUT
Wear your favorite hat!



FRIDAY
FEBRUARY 14

Entertainment by:
SONNY SINGS SINATRA
Happy Valentine's Day!



Encore Menu | February 2020

* Meals may be substituted due to availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| Asian Pork 3 Herb Rice, Corn Roll & Milk | Baked Ziti 4 Roasted Vegetables Roll & Milk | Chicken Marsala 5 Wild Rice, Broccoli Roll & Milk | Chick Pea Curry 6 Brown Rice Sliced Peaches Roll & Milk | Fish & Chips 7 Fries, Cole Slaw Pineapple Milk |
| Italian Chicken Stew 10 Vegetables, Roll Sliced Peaches & Milk | Pineapple Chicken 11 Brown Rice, Broccoli Mandarin Oranges Milk | Sausage with 12 Pepper & Onions Roasted Potatoes, Snap Peas, Pineapple & Milk | Grilled Cheese 13 Tomato Soup, Salad Apple & Milk | Special Lunch 14 Valentine's Day Sonny Sings Sinatra |
| Paprika Chicken 17 Green Beans Herb Rice, Mixed Fruit Roll & Milk | Low Carb 18 Beef Stew Vegetables, Peaches Roll & Milk | Chicken 19 Parmesan Penne Pasta, Salad Mandarin Oranges Milk | Pierogies with 20 Onions & Mushrooms Corn, Pineapple Roll & Milk | Grilled Salmon 21 Spanish Rice Snap Peas, Mixed Fruit Roll & Milk |
| Pulled Pork 24 Brown Rice Three Bean Salad Watermelon Roll & Milk | Ground Beef 25 Stroganoff Salad, Sliced Peaches Roll & Milk | Meatloaf with 26 Mushroom Gravy Green Beans Pineapple & Milk | Eggplant Parmesan 27 Green Salad Mandarin Oranges Roll & Milk | Baked Haddock 28 Wild Rice Roll & Milk |

PEAK Menu | January 2020

* Meals may be substituted due to availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| Delicious Nutritious Meals |  | CLOSED New Year's Day | 1 2 Eggplant Parmesan Green Salad Mandarin Oranges Roll & Milk | 3 Baked Haddock Wild Rice Roll & Milk |
| 6 Asian Pork Herb Rice, Corn Roll & Milk | 7 Baked Ziti Roasted Vegetables Roll & Milk | 8 Chicken Marsala Wild Rice, Broccoli Roll & Milk | 9 Chick Pea Curry Brown Rice Sliced Peaches Roll & Milk | 10 Fish & Chips Fries, Cole Slaw Pineapple Milk |
| 13 Italian Chicken Stew Vegetables, Roll Sliced Peaches & Milk | 14 Pineapple Chicken Brown Rice, Broccoli Mandarin Oranges Milk | 15 Sausage with Pepper & Onions Roasted Potatoes, Snap Peas, Pineapple & Milk | 16 Grilled Cheese Tomato Soup, Salad Apple & Milk | 17 Baked Haddock Garden Rice Green Beans, Mixed Fruit & Milk |
| 20 Paprika Chicken Green Beans Herb Rice, Mixed Fruit Roll & Milk | 21 Low Carb Beef Stew Vegetables, Peaches Roll & Milk | 22 Chicken Parmesan Penne Pasta, Salad Mandarin Oranges Milk | 23 Pierogies with Onions & Mushrooms Corn, Pineapple Roll & Milk | 24 Special Lunch Lunar New Year |
| 27 Pulled Pork Brown Rice Three Bean Salad Watermelon Roll & Milk | 28 Ground Beef Stroganoff Salad, Sliced Peaches Roll & Milk | 29 Meatloaf with Mushroom Gravy Green Beans Pineapple & Milk | 30 Eggplant Parmesan Green Salad Mandarin Oranges Roll & Milk | 31 Baked Haddock Wild Rice Roll & Milk |

SPECIAL LUNCHES

FRIDAY
JANUARY 24
LUNAR NEW YEAR
Celebrate with us!



FRIDAY
FEBRUARY 14
VALENTINE'S DAY
Celebrate with us!



PEAK Menu | February 2020

* Meals may be substituted due to availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 3 Asian Pork Herb Rice, Corn Roll & Milk | 4 Baked Ziti Roasted Vegetables Roll & Milk | 5 Chicken Marsala Wild Rice, Broccoli Roll & Milk | 6 Chick Pea Curry Brown Rice Sliced Peaches Roll & Milk | 7 Fish & Chips Fries, Cole Slaw Pineapple Milk |
| 10 Italian Chicken Stew Vegetables, Roll Sliced Peaches & Milk | 11 Pineapple Chicken Brown Rice, Broccoli Mandarin Oranges Milk | 12 Sausage with Pepper & Onions Roasted Potatoes, Snap Peas, Pineapple & Milk | 13 Grilled Cheese Tomato Soup, Salad Apple & Milk | 14 Special Lunch Valentine's Day |
| 17 Paprika Chicken Green Beans Herb Rice, Mixed Fruit Roll & Milk | 18 Low Carb Beef Stew Vegetables, Peaches Roll & Milk | 19 Chicken Parmesan Penne Pasta, Salad Mandarin Oranges Milk | 20 Pierogies with Onions & Mushrooms Corn, Pineapple Roll & Milk | 21 Grilled Salmon Spanish Rice Snap Peas, Mixed Fruit Roll & Milk |
| 24 Pulled Pork Brown Rice Three Bean Salad Watermelon Roll & Milk | 25 Ground Beef Stroganoff Salad, Sliced Peaches Roll & Milk | 26 Meatloaf with Mushroom Gravy Green Beans Pineapple & Milk | 27 Eggplant Parmesan Green Salad Mandarin Oranges Roll & Milk | 28 Baked Haddock Wild Rice Roll & Milk |

January 2020 | Regular Programs

* Fee required for these classes. All programs listed are set at the time of this printing.
For additions to the program list, check our website at www.gnhpss.org or visit the center.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <div> LIFT (Lifelong Improvements through Fitness Together) is an in-person and group-based strength-training program for inactive to moderately active adults aged 40+ presented by Penn State Extension. To sign up for this program, go online to www.extension.psu.edu/lift. Cost is \$60 for 8 weeks of class. </div> | | | | |
| | | 1 | 2 | 3 |
| | | CLOSED New Year's Day | 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Association | 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association |
| 6 | 7 | 8 | 9 | 10 |
| 9:00 LIFT* 9:00 Computer Lab 9:00 Wood Carving 10:00 Rummikub 10:30 Movie Time* 12:30 Movie Time Cont. 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association | 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:30 PEAK-A-Boo Lunch* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class II (Drawing)* 2:00 Mont. Co. Korean Seniors' Association | 8:30 AARP Smart Driver Course* 9:00 LIFT* 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 10:30 Move Discussion 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association | 8:30 AARP Smart Driver Course* 9:00 Computer Lab 9:00 Wood Carving 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Association | 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association |
| 13 | 14 | 15 | 16 | 17 |
| 9:00 LIFT* 9:00 Computer Lab 9:00 Wood Carving 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association | 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Story Time 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class II (Drawing)* 2:00 Mont. Co. Korean Seniors' Association | 9:00 LIFT* 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association | 9:00 Computer Lab 9:00 Yoga* 9:00 Wood Carving 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 12:30 Reflexology Seminar 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Association | 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association |
| 20 | 21 | 22 | 23 | 24 |
| 9:00 LIFT* 9:00 Computer Lab 9:00 Wood Carving 10:00 Rummikub 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association | 9:00 Hearing Tests 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:30 Members' Council Mtg. 12:45 Fit for the Future 2* 1:00 Art Class II (Drawing)* 2:00 Mont. Co. Korean Seniors' Association 2:00 Grief Support | 9:00 LIFT* 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association | 9:00 AARP Training, Taxes 9:00 Yoga* 9:00 Wood Carving 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Association | 9:00 AARP Training, Taxes 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 11:30 Special Lunch* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association |
| 27 | 28 | 29 | 30 | 31 |
| 9:00 LIFT* 9:00 Computer Lab 9:00 Wood Carving 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association | 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:00 Legal Counseling 12:45 Fit for the Future 2* 1:00 Art Class II (Drawing)* 2:00 Mont. Co. Korean Seniors' Association | 9:00 LIFT* 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association | 9:00 AARP Training, Taxes 9:00 Yoga* 9:00 Wood Carving 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 12:00 Arts and Crafts 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Association | 9:00 AARP Training, Taxes 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association |

February 2020 | Regular Programs

* Fee required for these classes. All programs listed are set at the time of this printing.
For additions to the program list, check our website at www.ghnpss.org or visit the center.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 3 9:00 Computer Lab 9:00 Wood Carving 10:00 Rummikub 10:30 Movie Time* 12:30 Movie Time Cont. 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association | 4 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:30 PEAK-A-Boo Lunch* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class II (Drawing)* 2:00 Mont. Co. Korean Seniors' Association | 5 8:30 AARP Smart Driver Refresher Course* 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 10:30 Move Discussion 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association | 6 8:00 Blood Pressure/Glucose Screenings 9:00 Computer Lab 9:00 Wood Carving 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Association | 7 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association |
| 10 9:00 LIFT* 9:00 Computer Lab 9:00 Wood Carving 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association | 11 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Story Time 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class II (Drawing)* 2:00 Mont. Co. Korean Seniors' Association | 12 9:00 LIFT* 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association | 13 Tax Filing by Appt. 9:00 Computer Lab 9:00 Yoga* 9:00 Wood Carving 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Association | 14 Tax Filing by Appt. 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 11:30 Special Lunch* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association |
| 17 9:00 LIFT* 9:00 Computer Lab 9:00 Wood Carving 10:00 Rummikub 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association | 18 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:30 Members' Council Mtg. 12:45 Fit for the Future 2* 1:00 Art Class II (Drawing)* 2:00 Mont. Co. Korean Seniors' Association 2:00 Grief Support | 19 9:00 LIFT* 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 10:30 Genealogy Class 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association | 20 Tax Filing by Appt. 9:00 Computer Lab 9:00 Yoga* 9:00 Wood Carving 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Association | 21 Tax Filing by Appt. 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association |
| 24 9:00 LIFT* 9:00 Computer Lab 9:00 Wood Carving 10:00 Rummikub 10:30 Healthy Steps in Motion 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 Mont. Co. Korean Seniors' Association | 25 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Puzzles 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:00 Legal Counseling 12:45 Fit for the Future 2* 1:00 Art Class II (Drawing)* 2:00 Mont. Co. Korean Seniors' Association | 26 9:00 LIFT* 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Mont. Co. Korean Seniors' Association | 27 Tax Filing by Appt. 8:00 Blood Pressure/Glucose Screenings 9:00 Computer Lab 9:00 Yoga* 9:00 Wood Carving 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 12:00 Arts and Crafts 1:00 Mah Jong 1:00 Bridge 2:00 Mont. Co. Korean Seniors' Association | 28 Tax Filing by Appt. 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 Mont. Co. Korean Seniors' Association |



*Explore
Your Creativity*

**Join our Art Classes and
let your creativity flow.**

Painting and drawing classes
are held every Tuesday

Encore Special Programs | January / February 2020

These are "special" events not found on the regular calendars. RSVP to events by calling 215-256-6900.

January 2 – Thursday 9:30am Blood Pressure Checks;
12:45pm HYTHL "How to be a Senior and not Frail"
Presented by Abington Jefferson Health

January 7 – Tuesday 10:00am Stamp Club;
12:45pm Members' Council Meeting

January 8 – Wednesday 1:00pm Apprise Medicare
Counseling

January 9 – Thursday 2:00pm Coin Club

January 10 – Friday 10:00am Tech Tutoring by Dave

January 11 – Saturday 2nd Saturday Bingo. Doors open
at 11:00am; Food available; Games 1:00–4:00pm

January 14 – Tuesday 12:00pm Vet Connect Lunch

January 15 – Wednesday 12:00pm
**Special Lunch to celebrate National
Hat Day.** Wear a hat and enjoy Al Grout –
Juggler, Magician & Comedian! Cost for
this lunch is \$8 per person. Please sign
up early.



January 17 – Friday 8:30am Legal Consults by Ashby
Law Offices, LLC

January 17 – Friday 9:00am–12:00pm **Senior Citizen
Registration Day** at Montgomery County Community
College. Senior Citizens can take classes at Montco.
starting at \$47 per credit. Visit the MCCC website at
www.mc3.edu/seniorreg to get started.

January 17 – Friday 10:30am Little Studies: Germany in
WWII – A Witness Walter Kempowski

January 17 – Friday 11:00am–12:00pm The Making of
Laymen Playmen's Musical "Cinderella." Presented by
John Stangl, Lighting Designer for Laymen Playmen &
Playcrafters. Come and discover how one theater group
(Laymen Playmen) creates this year's musical "Cinderella."
The presentation will explain the different tasks of
putting on the production and reveal some of the special
effects that are planned for the show including the
transformation of the Cinderella and her carriage. John
will also talk about some of his tricks of his trade.

January 21 – Tuesday 1:00pm "Stay on Your Feet"
Balance Education and Screenings presented by Bill
Murray PT, DPT, AIB-VR/CON of The Physical Therapy
Abington Jefferson Health and Wellness Center.

January 22 – Wednesday Centers close at 2:30pm
for a joint staff meeting.

January 24 – Friday 10:00am Tech Tutoring by Dave

January 28 – Tuesday 12:00pm Vet Connect Lunch

January 30- Thursday 7:00–9:00pm Book Club: The
Woman in White by Wilkie Collins

February 4 – Tuesday 10:00am Stamp Club;
12:45 PM Members' Council Meeting

February 6 – Thursday 9:30am Blood Pressure Checks;
12:45pm HYTHL Healthy Heart presentation by Abington
Jefferson Health

February 8 – Saturday 2nd Saturday Bingo. Doors
open at 11:00am; Food available; Games 1:00–4:00pm

February 11 – Tuesday 12:00pm Vet Connect Lunch

February 13 – Thursday 2:00pm Coin Club

February 14 – Friday 10:00am Tech Tutoring by Dave

February 14 – Friday 12:00pm
Valentine's Special Luncheon.
Entertainment by Sonny Sings Sinatra.
Cost for this lunch is \$8 per person.
Please sign up early.



February 21 – Friday 8:30am Legal consults by Ashby
Law Offices, LLC

February 21 – Friday 10:30am Little Studies: Too Much
Democracy? – Alexandria Ocasio-Cortez

February 25 – Tuesday 12:00pm Vet Connect lunch

February 27 – Thursday 7:00–9:00pm Book Club:
Where She Went by Kelly Simmons

February 28 – Friday 10:00am Tech Tutoring by Dave

LOOKING AHEAD

Indulge your passion for life-long learning.

The Spring 2020 Expanding Horizons series
will hold classes on Thursdays in April.

This educational program was formed to promote adult
enrichment opportunities in the community. The catalog will
be available in February with registration due in early March.



**If interested, contact:
Deb Hunsberger at 215-256-6900**

PEAK Special Programs | January / February 2020

These are "special" events not found on the regular calendars. RSVP to events by calling 215-256-6900.

January 6 - Monday 10:30am and 12:30pm Movie Time. Can't get out to the movies? No Problem. PEAK will bring the movies to YOU! So that films are available to most, we will show the first part of the movie for 1 hour, break for lunch and return for the 2nd hour after lunch. Films selected will be based on YOUR most popular choices! Admission = \$1.00

January 7, 14, 21 & 28 - Tuesdays 9:30am Painting Studio: Come join us (Beginner to Professional). All levels welcome. We enjoy the fine art of Watercolor and Acrylics. Feel free to do your own project or join in our weekly video lesson. In January we will be looking at Composition in our paintings. (Students provide their own supplies, but for beginners we will get you started). Class Fee: \$3

January 7, 14, 21 & 28 - Tuesdays 1:00pm Beginner Drawing: Our beginners are getting good!! We take our time and explore the challenge of learning to draw. Each week we review a new video lesson in developing our skill. In January we will be learning to work with MICRON pens and multi media paper. Students to provide their own supplies but can always follow class instruction with a pencil and paper. Class Fee: \$3

January 8 - Wednesday 10:30am Movie Discussion: After viewing the film on Monday 1/6, seniors will have an opportunity to give their reactions and join a discussion about it on Wednesday. Everyone can be a film critic!

January 13 and 27 - Mondays 10:30am Folk Dancing: Back by popular demand, Peggy Leiby and Ret Turner will return to lead our seniors in different folk dances. Come join the group, develop new steps, and learn about the music and dance of cultures around the world. Class fee: \$3

January 16 - Thursday 12:30pm Reflexology Seminar: Reflexology treatments are based on the theory that different pressure points on the body correspond to different organ systems, and that applying pressure to various points can cause a healing effect to that organ. Come to an informative discussion and demonstration on how reflexology works, what conditions it can treat, and how it might benefit you. Presented by North Penn Physical Therapy (215) 872-7822

January 21 - Tuesday 9:00am Hearing Tests: Miracle Ear staff will return to provide testing all day as a follow up to their presentation last fall. Appointments will be made in half-hour increments. Don't miss out on this opportunity to stay tuned in! Sign up at the front desk.

January 21 - Tuesday 2:00pm Grief Support Group: Led by staff from HCR Manor Care, seniors learn tools to help navigate deaths and other losses in a supportive, caring atmosphere.

January 22 - Wednesday Centers close at 2:30pm for a joint staff meeting.

January 24 - Friday 12:00pm
Lunar New Year Special Lunch.
Cost for lunch is \$8 per person.



February 3 - Monday 10:30am and 12:30pm Movie Time. Can't get out to the movies? No Problem. PEAK will bring the movies to YOU! So that films are available to most, we will show the first part of the movie for 1 hour, break for lunch and return for the 2nd hour after lunch. Films selected will be based on YOUR most popular choices! Admission = \$1.00

February 4, 11, 18, & 25 - Tuesdays 9:30am Painting Studio: Come join us (Beginner to Professional). All levels welcome. We enjoy the fine art of Watercolor and Acrylics. Feel free to do your own project or join in our weekly video lesson. In February we will doing a 4 part tutorial on watercolor portraits. (Students provide their own supplies, but for beginners we will get you started). Class Fee: \$3

February 4, 11, 18, 25 - Tuesdays 1:00pm Beginner Drawing: Our beginners are getting good!! We take our time and explore the challenge of learning to draw. Each week we review a new video lesson in developing our skill. In February we will be using toned charcoal paper with white and black chalk or pencil. Students to provide their own supplies but can always follow class instruction with a pencil and paper. Class Fee: \$3

February 5 - Wednesday 10:30am Movie Discussion: After viewing the film on Monday 2/3, seniors will have an opportunity to give their reactions and join a discussion about it on Wednesday. Everyone can be a film critic!

February 10 & 24 - Mondays 10:30am Folk Dancing: Back by popular demand, Peggy Leiby and Ret Turner will return to lead our seniors in different folk dances. Come join the group, develop new steps, and learn about the music and dance of cultures around the world. Class fee: \$3

February 14 - Friday 11:30am
Valentine's Day Special Lunch.
Cost for this lunch is \$8 per person.



February 19 - Wednesday 10:30am Genealogy: Want to learn about your roots or pass along family history to your grandchildren? Come learn techniques / skills to explore how you got here today. In addition to learning about your ancestors, genealogy is a fun way to search for clues on what made you YOU! Fee for this class.

February 18 - Tuesday 2:00pm Grief Support Group: Led by staff from HCR Manor Care, seniors learn tools to help navigate deaths and other losses in a supportive, caring atmosphere.

2ND SATURDAY



Join us at Encore Experiences on
January 11 and February 8

Doors open at 11:00am • Games 1:00–4:00pm
Food Available

In Remembrance

We remember with respect:

George “Ken” Camburn
Laurence C. Shaheen



Respect for the
Community Fundraiser
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Local Tap's mission is to introduce and
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**Being a part of the community is a
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Excitement, Friends, Food, Wine, Senior Art & Crafts!

A Toast & Taste of Autumn Surpassed All Expectations

On November 15, 2019 we held our Fall event and it was greater than expected! More than 180 people attended the event, including over 20 members and participants from Encore Experiences and The PEAK Center. Thanks to our Sponsors, Advertisers, ticket sales, and Silent Auction winners, we raised \$36,000!

Money from this event contributes to the delicious and nutritious meals we serve Seniors at both of our centers. Thank you to everyone who came out to the extravaganza or supported it in one way or another. We couldn't have surpassed our goals without each and everyone one of you!



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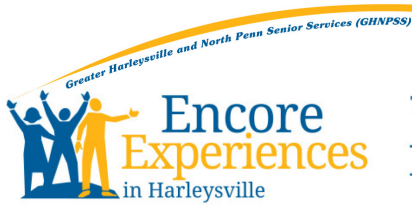


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We would like to thank the following organizations and foundations who believe in our mission and have supported us financially in 2019.

TD Charitable Foundation

W.W. Smith Charitable Trust

The VNA Foundation

The Lower Salford Township

The Montgomery County Department of Health and Human Services – Office of Senior Services

INCLEMENT WEATHER NOTICE

During inclement weather (closures, late openings and early dismissals) we follow the school district's decisions.

Encore Experiences
follows the
Souderton Area
School District

The PEAK Center
follows the
North Penn
School District



Consider Membership at GHNPS

For only \$36 a year (\$60 for a couple) you can enjoy the benefits of membership.

- Bi-Monthly Newsletter
- A six-week class series (value \$18)
- One free "Special Lunch" coupon (value \$8)
- Priority for tax preparation appointment (if scheduled during the first week)
- Best of all...new friends and lasting memories

Stop by our Harleysville or Lansdale location and JOIN TODAY!

time to
UPDATE



Has Your Address or Phone Number Changed?

We want to know. If you haven't been receiving mailings from GHNPS, it might be due to outdated information we have. Don't miss out on the scoop!

Please contact the administrative assistant at the center you attend to update your information.