



## *Sprinkling Kindness*

On November 8, The PEAK Center held a special program called "Sprinkle Kindness" with Patricia Gallagher. Patricia is an active senior and founder of three national kindness projects. She led an interactive discussion on ways to spread kindness and how kindness has been extended to each person there. Many heartfelt stories were shared as well as ideas on simple ways to show kindness to others. As we enter into a new year, The PEAK Center will continue to engage in "kindness" programs that will continue to inspire seniors and staff alike.

## *New Year's Resolutions Getting Fit, Staying Fit and Feeling Great for the New Year*

A new year has begun and so have the resolutions! Have you made a decision to get moving and stay active? Have you indulged in the holiday festivities and enjoyed a little too much of the goodies? Are you concerned with your health and wellness and want to do something about it? If you answered yes to these questions, then consider joining a fun and engaging exercise class at either Encore Experiences or The PEAK Center!

You don't need to join a gym to stay healthy. Our Centers offer various health and wellness programs for you to engage in, both in-person and virtually. Classes include Fit for the Future, Tai Chi, Yoga, Zumba Gold, Walking with Weights, Tone and Balance, and YoHa (yoga and laughter). Classes are only \$3 each and available throughout the



week, Monday through Friday. We also offer various health and wellness presentations covering healthy eating, diabetes, cholesterol guidelines, mental health, and more for free.

Now is the perfect time to start the new year concentrating on YOU! Stop by Encore Experiences in Harleysville or The PEAK Center in Lansdale and try a class or two. Your body will thank you, and we will be thrilled to see you!

## *Something Delicious is Happening! Encore has a New Lunch Menu for 2022*

We have heard your requests and have been approved to move forward with a menu that includes classic favorites made by Chef Cindie. Starting in January, the new menu will feature Crab Cakes...yes we said Crab Cakes. Who's hungry now? Check out the menu on page 6.

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## GHPSS Staff

### Organizational Support

Peter Stinson  
*Executive Director*

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*Bookkeeper*

Connie Maurer  
*Marketing Communications Coordinator  
and Development Specialist*

### Encore Experiences

Deborah Hunsberger  
*Site Manager and Social Services  
Coordinator*

Cindie Wood  
*Meal Coordinator*

### The PEAK Center

Heather Shuttles  
*Site Manager*

Joanne Kramlik  
*Administrative Assistant*

Carol Costlow  
*Social Services Coordinator*

## Ways to Contact Us

### Encore Experiences in Harleysville

312 Alumni Avenue  
Harleysville, PA 19438  
215-256-6900  
M-F: 8:00 AM to 4:00 PM


### The PEAK Center in Lansdale

North Penn Commons  
606 E. Main Street, Suite 1003  
Lansdale, PA 19446  
215-362-7432  
M-F: 8:00 AM to 4:00 PM

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

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 <https://bit.ly/GHPSSyoutube>

*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



### Greetings Friends!

Happy New Year! We wish you and your families a happy and healthy 2022. As winter's chill has taken a firm hold, we hope you are finding warmth in your homes and in your hearts! Nature has a way of reminding us to slow down our busy lives for a season each year. While snow may not be fun to drive in, there is a certain beauty to it when you are hunkered down at home, possibly enjoying some delicious treats!

Speaking of delicious food, Greater Harleysville and North Penn Senior Services is proud to announce a new menu of lunches beginning in January. Chef Cindie at Encore Experiences will still be serving all your favorite items, while mixing in additional ones that have been requested. It is our hope that at some point in mid-January or thereafter, we will move back to some form of congregate lunches, either regularly or maybe just once or twice a week to start out, at both Encore Experiences and The PEAK Center. For updates, please check our website or feel free to call either Center.

Since our summer opening, we continue to add classes and services at both our Centers. New additions include more exercise classes like yoga, personal services like reflexology, and special one-time classes like the "Sprinkle Kindness" program that was held in November. We invite you to take advantage of all our programs, whether in person or virtually, to stay connected with us!

One final friendly reminder that in the event of inclement weather, our Centers may close or have a delayed opening. The safety of the Centers' members and staff is our highest priority. Generally, the Centers will follow the leads of the North Penn School District for The PEAK Center and Souderton Area School District for Encore Experiences in making decisions regarding weather-related closures. Our decision will be relayed to the staff and posted on our website. Please call our Centers if there are any questions because, even if we are closed, we will update the voicemail message.

Thinking warm thoughts that Pennsylvania's favorite groundhog will call for an early spring!

Regards,

A handwritten signature in blue ink, appearing to read "Peter Stinson".

Peter Stinson

# GHPSS Educational Programs and Services for Older Adults

## PA MEDI Medicare Counseling (formerly APPRISE)

Free unbiased counseling for Medicare benefits and Medigap insurance is offered by trained volunteers. If you are enrolled in a Medicare Advantage plan that does not suit your current health needs, you have January, February, and March to change to a different Medicare Advantage plan for the remainder of the year.

**PEAK:** Counseling is available by phone or in person. Call 610-834-1040, ext. 145 to request help.

**Encore:** In-person appointments are available on the first Wednesday of the month. Call 215-256-6900 or email [dhunsberger@ghnpss.org](mailto:dhunsberger@ghnpss.org) to schedule.

## AARP Tax Preparation Program

At the time of this printing in late-November, tentative plans are being considered to offer tax preparation, but our priority is to keep all participants, volunteers, and taxpayers safe and healthy. Please check the GHPSS website or call each Center for up-to-date information.

## Legal Counseling

**PEAK:** Free legal consultations are

available by phone. Call 215-362-7432 to schedule or email [ccostlow@ghnpss.org](mailto:ccostlow@ghnpss.org).

**Encore:** In-person appointments are available on the 3rd Friday of the month. Call 215-256-6900 or email [dhunsberger@ghnpss.org](mailto:dhunsberger@ghnpss.org) to schedule.

## PA Property Tax/Rent Rebate

Applications for the 2021 tax year will be available by early February or you can apply online at <https://mypath.pa.gov/>. If you qualify, you can receive a rebate up to \$650. The North Penn School District continues to offer an additional rebate to its residents, but they must have already received the PA Property Tax/Rent Rebate for 2020. If you received the state's rebate for 2020, you may apply to the school district for their additional rebate through June 30, 2022. Learn more, get an application, and get help from the Social Services Coordinator at the Center.

## Low Income Heating Assistance Program (LIHEAP)

This program is accepting applications now through early May or until the funds run out. Paper applications are available, or it can be completed online at

[www.compass.state.pa.us](http://www.compass.state.pa.us). Income eligibility guidelines for homeowners and renters have been published for the 2021-22 heating season.

## Do You Need Help?

Are you looking for food stamps or SNAP benefits or Medicaid applications? Do you know if you qualify for monthly food boxes? Do you need help with the forms or mail from these programs? Call the Social Service Coordinator at PEAK (215-362-7432) or Encore (215-256-6900) for more information.

## Do You Need a Ride to Our Centers?

To schedule transportation through TransNet, please call Encore Experiences at 215-256-6900 or The PEAK Center at 215-362-7432.

*In Loving Memory*

GINNY CROFT  
STANLEY Z. SZPINDOR

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## Join Chef Cindie's Fun and Interactive Cooking Class!

Do you love to watch cooking shows and learn new recipes, tips and techniques? If so, then tune in to Chef Cindie's Cooking Class each month. Cindie is the Chef at Encore Experiences and features a fun, delicious and interactive virtual cooking class based on a specific theme. You can tune in via Zoom on your tablet, smart phone or computer and interact with Cindie as she prepares delightful treats for you. Here is her schedule and themes for January and February:

### Friday, January 14, 2022 at 1pm

It's National Citrus Month! Escape the cold with some delicious sunshine on your plate.

### Friday, February 18, 2022 at 1pm

To commemorate National Heart Healthy Month, Cindie will cook "for the heart, from the heart."



## A Message From Deb Hunsberger

*Site Manager and Social Services Coordinator at Encore Experiences*

**Welcome 2022—bring your cheer!** Good things are warming up at Encore. We hope you enjoy the new menu starting in January. At the time of this printing, it is unclear exactly when we will move our lunch program from Grab & Go drive thru to indoor dining. As always the most up to date information can be found on our website at [www.ghnpss.org](http://www.ghnpss.org). There you will find the diversity (in programming and classes) that our two centers offer. Consider taking an afternoon Art or evening Zumba class. Enjoy reflexology therapy sessions, available on Monday mornings, or a Friday afternoon Movie Matinee. Hope to see you soon at Encore Experiences!

## Help Yourself to Healthy Living Monthly Focus on Health and Wellness

The Help Yourself to Healthy Living program helps seniors focus on their health and wellness initiatives by learning to manage their personal health and wellbeing, the importance of staying fit, and improving the quality of life through awareness and education.

These classes are offered virtually through Zoom on the first Thursday of every month at 12:30 pm by Jane Cero of Jefferson Lansdale Hospital.

The topics for both January and February classes are as follows.

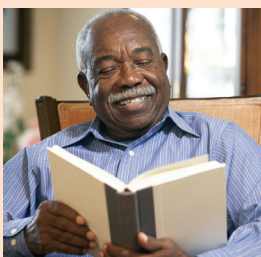
### Thursday, January 6 at 12:30pm

**Start Your New Year Off Right with Medication Safety!** Join us to learn the latest tips in medication management, supplements, and over the counter medications. Also learn about tools for coping with multiple medications and how to safely discard old medications.

### Thursday, February 3 at 12:30pm

**Let's Get Heart Healthy!** Learn the steps to maximize your heart health, manage and cope with heart disease, and discover how to accurately monitor your blood pressure at home.

*We hope you will join us!*



## Book Club

Join us for lively, in-person discussions from 6-8pm on Thursday, January 27 for The Invention of Wings by Sue Monk Kidd, and on Thursday, February 24 for All The Light We Cannot See by Anthony Doerr.



## Friday Movie Matinee

Come out of the cold and get cozy on the couch at Encore. Each Friday at 1pm we feature a select movie in the lobby. It may be a comedy, drama, or blast from the past. Check out our calendar each month for the movie listings.

# ENCORE EXPERIENCES Lunch Menu

# January 2022

Reserve your lunch by calling 215-256-6900.

**NEW MENU FOR 2022!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Sloppy Joe Sandwich Carolina Cole Slaw Mixed Fruit 1% Milk	<b>4</b> Grilled Salmon Citrus Salad Wild Rice 1% Milk	<b>5</b> Pierogies with Onions and Mushrooms Green Salad 1% Milk	<b>6</b> French Dip Sweet Potato Fries 1% Milk	<b>7</b> Grilled Chicken Caesar Salad Fruit Salad Roll 1% Milk
<b>10</b> Crab Cake with Lettuce and Tomato on Mixed Grain Bun Fresh Fruit 1% Milk	<b>11</b> Meatloaf with Mushroom Gravy Mashed Potatoes Green Beans Roll 1% Milk	<b>12</b> Grilled Cheese Tomato Soup Mandarin Oranges 1% Milk	<b>13</b> Baked Haddock Roasted Tomatoes Mac and Cheese Sliced Peaches 1% Milk	<b>14</b> Grilled Chicken Spinach with Onions, Feta, Candied Pecans and Cranberries Roll 1% Milk
<b>17</b> Chicken Pot Pie Green Salad 1% Milk	<b>18</b> Swedish Meatballs Steamed Broccoli Whole Grain Noodles 1% Milk	<b>19</b> Pulled Pork Stuffed Sweet Potatoes Green Salad 1% Milk	<b>20</b> BLT Quiche Green Salad Fresh Melon 1% Milk	<b>21</b> Fish and Fries Cole Slaw 1% Milk
<b>24</b> Taco Salad Corn Chips Pineapple 1% Milk	<b>25</b> Baked Eggplant Parmesan Green Salad Roll 1% Milk	<b>26</b> Pineapple Chicken Steamed Broccoli Brown Rice 1% Milk	<b>27</b> Vegetable Chili with Corn Bread Topping Mixed Fruit 1% Milk	<b>28</b> Open Face Tuna Melt on Rye Bread Vegetable Soup 1% Milk
<b>31</b> Sloppy Joe Sandwich Carolina Cole Slaw Mixed Fruit 1% Milk	<b>French Dip</b> 	 <b>BLT Quiche</b>	<b>Crab Cake Sandwich</b> 	 <b>Swedish Meatballs</b>

# ENCORE EXPERIENCES Lunch Menu

# February 2022

Reserve your lunch by calling 215-256-6900.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>Feb. 14 2022</i> <b>Happy Valentine's Day</b></p>	<p><b>1</b></p> <p>Grilled Salmon Citrus Salad Wild Rice 1% Milk</p>	<p><b>2</b></p> <p>Pierogies with Onions and Mushrooms Green Salad 1% Milk</p>	<p><b>3</b></p> <p>French Dip Sweet Potato Fries 1% Milk</p>	<p><b>4</b></p> <p>Grilled Chicken Caesar Salad Fruit Salad Roll 1% Milk</p>
<p><b>7</b></p> <p>Crab Cake with Lettuce and Tomato on Mixed Grain Bun Fresh Fruit 1% Milk</p>	<p><b>8</b></p> <p>Meatloaf with Mushroom Gravy Mashed Potatoes Green Beans Roll 1% Milk</p>	<p><b>9</b></p> <p>Grilled Cheese Tomato Soup Mandarin Oranges 1% Milk</p>	<p><b>10</b></p> <p>Baked Haddock Roasted Tomatoes Mac and Cheese Sliced Peaches 1% Milk</p>	<p><b>11</b></p> <p>Grilled Chicken Spinach with Onions, Feta, Candied Pecans and Cranberries Roll 1% Milk</p>
<p><b>14</b></p> <p>Chicken Pot Pie Green Salad 1% Milk</p> <p><i>Happy Valentine's Day!</i></p>	<p><b>15</b></p> <p>Swedish Meatballs Steamed Broccoli Whole Grain Noodles 1% Milk</p>	<p><b>16</b></p> <p>Pulled Pork Stuffed Sweet Potatoes Green Salad 1% Milk</p>	<p><b>17</b></p> <p>BLT Quiche Green Salad Fresh Melon 1% Milk</p>	<p><b>18</b></p> <p>Fish and Fries Cole Slaw 1% Milk</p>
<p><b>21</b></p> <p>Taco Salad Corn Chips Pineapple 1% Milk</p>	<p><b>22</b></p> <p>Baked Eggplant Parmesan Green Salad Roll 1% Milk</p>	<p><b>23</b></p> <p>Pineapple Chicken Steamed Broccoli Brown Rice 1% Milk</p>	<p><b>24</b></p> <p>Vegetable Chili with Corn Bread Topping Mixed Fruit 1% Milk</p>	<p><b>25</b></p> <p>Open Face Tuna Melt on Rye Bread Vegetable Soup 1% Milk</p>
<p><b>28</b></p> <p>Sloppy Joe Sandwich Carolina Cole Slaw Mixed Fruit 1% Milk</p>	<p><b>Meatloaf</b></p> 	 <p><b>Sloppy Joe</b></p>	<p><b>Vegetable Chili</b></p> 	 <p><b>Grilled Salmon</b></p>

## **Art To Go and Artful Lunch** *Bringing Art Appreciation and Lunch to Seniors at The PEAK Center*

Have you ever felt intimidated by an “art snob”? Do you avoid art discussions because you think you don’t have enough art education? Whatever your situation, we invite you to come and find out how easy and fun art appreciation can be. Art Goes to School of Delaware Valley is a volunteer organization that has been bringing art appreciation to the area for more than 50 years. Whether you are an art expert or a complete newcomer, you already have all the tools you need to enjoy it. Art impacts every other aspect of our lives, and we can learn so much from discussing it with each other. Please join us on **Monday, January 10 at 11:30am** to share your opinions and bring a friend along too. Chef Cindie from Encore will be preparing an Artful Lunch for us to eat afterward. Please call The PEAK Center to sign up by calling 215-362-7432. Cost is \$5.00.



### ***A Message From Heather Shutters***

***Site Manager at The PEAK Center in Lansdale***

**A new year—a new start!** The PEAK Center is starting off the new year with Art to Go along with Rick Spector and his program on The Lost Philadelphia! We can’t forget the holiday party with lunch and entertainment on January 21! After all the special programs and parties, find your Zen through Mindful Meditation with Nadine. See you soon!

*Check out all of the programs both centers offer on our website at [GHNPS.org](http://GHNPS.org)*



### ***Let’s Get WISE Together at PEAK Wellness Initiative for Senior Education***

The WISE Program (Wellness Initiative for Senior Education) is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make proactive lifestyle choices and avoid substance abuse. It provides valuable educational services to older adults on topics including medication misuse and management, stress management, depression, and substance abuse.

WISE promotes health through education concerning high-risk behaviors in older adults.

The curriculum is facilitated by trained leaders once per week over a six-week period. Each lesson is about two hours in length. During the lessons, participants are educated through interactive exercises that include small group discussion and projects.

In-person lessons take place on Mondays starting February 10 thru March 17 from 10am to 12pm at The PEAK Center. To sign up, call 215-362-7432.

### ***Special Events and Outings at The PEAK Center*** ***RSVP Early as Spots Fill Quickly***

Our November and December outings were so successful, we wanted to continue offering fun opportunities to you. Here is what you can look forward to in January and February.

#### **Friday, January 21 at 12:30pm**

Join us for lunch and entertainment by interactive DJ, Michael Lazar to celebrate the Holidays! Lunch will be catered by Manna on Main Street. Donations appreciated.

#### **Monday, February 14 at 2pm**

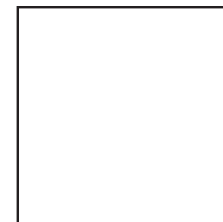
Meet us at Yantze Chinese Gourmet in Lansdale and celebrate Valentine’s Day with all your friends. Self pay lunch.

**For info and to RSVP call 215-362-7432**



Greater Harleysville and North Penn Senior Services  
312 Alumni Avenue, Harleysville, PA 19438

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Program calendars are available on our website at [www.ghnpss.org](http://www.ghnpss.org). To request a program calendar in print, please call either Encore Experiences at 215-256-6900 or The PEAK Center at 215-362-7432. To be added to our email list and receive a monthly email newsletter, send your request to [info@ghnpss.org](mailto:info@ghnpss.org).

#### ENCORE EXPERIENCES ANNOUNCEMENTS

**Reflexology by Lori.** Reflexology is the practice of stimulating points on the feet for beneficial effects elsewhere on the body. Lori will be taking appointments on Mondays at Encore from 9am to 12pm for a 30 minute session. Cost per session is \$22. To schedule an appointment call Lori at 267-663-1575.

**Haircut Services.** Need a haircut? Visit Robin on Tuesday mornings from 9am to 11am at Encore Experiences. \$10 per haircut. Please call 215-256-6900 to schedule your appointment.

**Evening Zumba Gold.** Zumba is a fusion of Latin and International music combining fast and slow rhythms and movements that tone and sculpt the body. Build cardiovascular health while building hip, leg and arm muscle. Call 215-256-6900 for questions. Class is on Wednesdays at 5:45pm. \$3 per class.

#### THE PEAK CENTER ANNOUNCEMENTS

**Medication Take Back.** On Wednesday, January 5 from 1pm to 2:30pm, the Montgomery County Office of Senior Services will be having a Medication Take Back event at The PEAK Center. Bring your unused or expired medication for safe disposal FREE.

**Meditation for the Mind and Body.** Nadine from Hopeful Healing will be teaching meditation styles to find just the right fit for you on Mondays starting January 12 at 12:30pm via Zoom. This virtual class will explore breathing and visualization techniques; restful versus moving meditation; and how to meditate with distractions. The goal of this class is to find YOUR best mechanism to face the challenges of life, relationships and breath. To sign up call 215-362-7432. Donations appreciated.

**Walk Down Memory Lane.** Movie House Productions "Radio" Rick Spencer will be presenting "Memories Pressed Between the Pages of Your Mind" on Monday January 24 at 11:30am. This walk down memory lane will focus on Philadelphia and the lost and forgotten places of old, such as Sears on the boulevard and the White Tower restaurant. To reminisce with us, call 215-362-7432 to register.

**Hearing Tests.** Miracle Ear will be performing hearing tests on Wednesday, February 16 from 9am to 3pm. Please call 215-362-7432 to make an appointment.

**Tech Help with Dave.** If you are in need of technical help with your computer, tablet or smartphone, make an appointment with Dave on Fridays. Appointment is needed. We are no longer accepting walk-ins. To schedule time with Dave, call 215-362-7432.

**Support a Healthy Immune System.** Join us on Monday, January 10 at 2pm for a virtual presentation by Jena Wood, Registered Dietician at ShopRite. With the new year comes nutrition fads and myths, along with colds and flu. Learn about nutrition's role in supporting a healthy immune system and what advice out there is actually worth taking. To sign up, call 215-362-7432.

**GHNPS is on YouTube.** Visit GHNPS' YouTube channel to view past virtual events, cooking classes with Chef Cindie, announcements and more. Go to <https://bit.ly/GHNPSyoutube> and be sure to subscribe to our channel by clicking on the "Subscribe" button.

GHNPS ANNOUNCEMENTS