

GHPSS STAFF

Organizational Support

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Associate, Ext. 202

Jim McCarthy

Bookkeeper

Encore Experiences

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900, press 1 then 1
M-F: 8:00 AM to 4:00 PM
www.ghnpss.org

Mary Ellen McCabe

Site Manager, Ext. 105

Gina Sergio

Administrative Assistant, Ext. 103

Patricia Foley

Meal Coordinator, Ext. 102

Marcia Stoesz

Meal Assistant, Ext. 102

The PEAK Center

North Penn Commons
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432, press 2 then 1
M-F: 8:00 AM to 4:00 PM
www.ghnpss.org

Cindy Franklin

Site Manager, Ext. 204

Sabrina Davila

Administrative Assistant, Ext. 205

Carol Costlow

Social Services Coordinator,
Ext. 203

Grace Chung

Korean American Services
Specialist, Ext. 212

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encoreandpeak](https://instagram.com/encoreandpeak)



[https://bit.ly/
GHPSSyoutube](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



Happy July!!

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

This well-known statement written by our Founding Fathers is one of the hallmarks of The Declaration of Independence, formally ratified on July 4, 1776 in Philadelphia. While we annually celebrate The 4th of July with fireworks, parades, and barbecue, it is also a time for us to remember and celebrate our nation's history and the legacy of liberty that our Founding Fathers promoted... our freedom to hold diverse political, religious, and personal beliefs; to speak our mind and engage in robust discourse without fear of reprisal.

At GHPSS, we celebrate the diversity of our members. I am grateful that we live in a country that prioritizes freedom of speech and of thought. As we celebrate the 4th of July, I encourage you to reflect on how our Founding Fathers' words and actions have impacted you almost 250 years since they gathered a few short miles away in Philadelphia to craft the Declaration of Independence.

Being that Encore and PEAK are social hubs, it is to be expected that you will engage in conversations around various topics; some of which may be polarizing. You may not always agree with each other. Even the Founding Fathers didn't always see eye to eye! However, I implore you to always lead with respect and kindness. A good tip to remember this holiday season and all year long.

On this 4th of July, we celebrate all people's right to "Life, Liberty and the pursuit of Happiness". May you find a bit of all three at Encore and PEAK!

Fondly, *Elizabeth Beil*

GHPSS MEMBERS OF THE MONTH

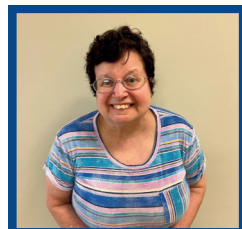
ENCORE MEMBER OF THE MONTH

What doesn't Barb do?!? If you've noticed the jazzy new table decorations every month in the Dining Room, Barb is our Decorations Committee leader. Those adorable wreaths adorning the lobby and the new stand in the narthex, also Barb! That welcoming smile and knowledgeable helper at the Greeter's desk, and the baker for Vets or any occasion we ask for, and our Stitch & Chat groupie...Barb! We know you don't love the recognition, but we love your spirit and are so thankful for all you do for all of us Barb!!

Barb Weiss



Melissa Miller



PEAK MEMBER OF THE MONTH

Melissa has been a member of The PEAK Center for about three years. She still works part time but makes sure that her schedule allows for her to visit PEAK each week. You can find Melissa playing Wii Bowling, delighting in arts and crafts, or enjoying the lunchtime meal. Melissa also loves our off-site activities such as the Breakfast Club and our Toast & Taste Fundraiser where she makes sure to save a dance for our social worker, Carol! Thank you, Melissa, for sharing joy with us at The PEAK Center!

GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

All members and participants are encouraged to attend the monthly Advisory Council meetings at either Center.

Encore: Thursday, July 11th at 12:30 pm

PEAK: Wednesday, July 17th at 12:30 pm

Legal Counseling

Encore: Free legal consultations are available by appointment. Call 215-256-6900 to schedule.

PEAK: Free legal consultations are available Tuesday, July 23rd. Call 215-362-7432 to schedule.

Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a seasonal program offering eligible households a grant toward heating costs. Applications will be accepted Nov 1, 2024 for the next heating season.

PA MEDI Medicare Counseling

Free, unbiased counseling for Medicare benefits, Medigap insurance, and Medicaid is offered by trained volunteers. If you are turning 65 this year and becoming eligible for Medicare, this is a valuable resource of reliable information.

Encore: Appointments available on Thursday, July 11th and 25th. Call 215-256-6900 to schedule.

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

Do You Need A Ride To Encore or PEAK?

For reservations on TransNet to and from our Centers, please call Encore at 215-256-6900 or PEAK at 215-362-7432.

PA Property Tax/Rent Rebate

Applications for the 2023 tax year will be accepted until **December 31, 2024**. New rules apply to applicants for the 2023 tax year: **both** homeowners and renters can have income up to **\$45,000** and the rebate amounts will increase over previous years. More information about this rebate can be found at

<https://www.revenue.pa.gov/IncentivesCreditsPrograms/PropertyTaxRentRebateProgram/Pages/default.aspx>.

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 **2023**. You can apply to the District for their rebate through **June 2025**. To learn more, to get applications for both rebates, or to get help from the GHPSS Social Services Coordinator, call 215-362-7432 ext. 203.

Farmers' Market Vouchers

Please contact either Center for up-to-date information about receiving one set of vouchers per person for the summer. **The supply is limited.** Eligibility requirements for 2024: 1) You must be 60 years or older, and 2) a Montgomery County resident, and 3) you must have income below \$2,321/mo. or \$27,861/yr. for a single person, or \$3,151/mo. or \$37,814/yr. for a couple.

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 Carol, the GHPSS Social Service Coordinator at 215-362-7432, ext. 203.



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com



SRES
Seniors Real Estate Specialist



When you work with a top real estate agent who's earned the RamseyTrusted shield, you'll have a pro in your corner to help you crush your home-buying goals.

RamseyTrusted pros close the most home deals in their local markets.

**Let me make your transaction worry-free!
Reach out today to schedule a FREE consultation!**

July 2024 Lunch Menu

Reserve your lunch by calling 215-256-6900. Lunch is served from 12pm to 1pm in the dining room. There is a suggested donation of \$2 for lunch. *(Menu is subject to change)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pineapple Chicken Brown Rice Green Salad Fruit Cup Milk 1	Swedish Meatballs Egg Noodles Carrots Apple Sauce Whole Grain Roll Milk 2	Crab Cake on Whole Grain Bun Lettuce & Tomato Sweet Potato Fries Cole Slaw Milk 3	 Closed for the 4th of July	
Roast Turkey with Pesto, Roasted Red Peppers, & Spinach on Whole Grain Roll Potato Chips Fruit Cup Milk 8	Spaghetti with Meatballs Green Salad Italian Bread & Butter Apple Sauce Milk 9	JULY BDAY LUNCH Roast Pork Mashed Potatoes Sauerkraut Milk 10 	Chicken Salad Stuffed Tomato over Lettuce Whole Grain Crackers Cookie Milk 11	Baked Salmon with Citrus Sauce Long Grain Rice Broccoli Roll & Butter Milk 12
Taco Salad Corn Chips Pineapple Milk 15	Sweet & Tangy Chicken Breast Brown Rice Broccoli Milk 16	Tuna Salad on Rye w/ Cheddar Cheese, Lettuce, & Tomato Vegetable Soup Peaches Milk 17	Meatloaf Mushroom Gravy Mashed Potatoes Green Beans Whole Grain Roll & Butter Mandarins Milk 18	Potatoes & Cheese Perogies, with Caramelized Onions & Mushrooms Green Salad Cookie Milk 19
Sweet & Sour Pork Sliders Whole Grain Slider Buns Cole Slaw Fruit Cup Milk 22	Baked Haddock with Baked Macaroni & Cheese Vegetable Medley Apple Sauce Milk 23	French Dip Whole Grain Bun French Fries Green Salad Mandarins Milk 24 	Chicken Tenders Potato Salad Vegetable Salad Cookie Milk 25	Shrimp Caesar Salad Roll & Butter Fresh Melon Salad Chocolate Pudding Milk 26
Pineapple Chicken Brown Rice Green Salad Fruit Cup Milk 29	Mandarin Grilled Chicken on Mixed Greens with Feta, Almonds, and Cranberries Chow Mein Noodles Chocolate Pudding Milk 30	Special Lunch \$8 BBQ Chicken Breast Cowboy Caviar (bean salad) Corn on the Cobb Biscuits Raisin Rice Pudding Milk 31		

JULY Regular Programs @ Encore

Regular

Weekly JULY

Activities

Join us Monday through Friday for fun and exciting programming. Activities on this list occur every week at the same time & same place. See our special events listing for additional programming options which change monthly!

LUNCH IS SERVED M-F, FROM 12-1PM

\$2 Suggested donation for 60+ | Reservations required

Monday-Friday, 8am-4pm:

Access to our facility, including fitness room, library, pool table, and ample space for relaxing, socializing, game playing, puzzling etc.

Programs are free unless otherwise indicated.

Mondays

9:15 am • Tai Chi with Mark Cashatt (\$5)

1:30 pm • Art Class with Pat Wilson-Schmid (\$4)

1:45 pm • Bingo for Bucks (\$1 per card)

Tuesdays

9:15 am • Walking with Weights with Paula Klauger (\$4)

9:30 am • Group Trivia

10:00 am • Stamp Club (*1st Tues of the month only*)

10:30 am • Scrabble

12:30 pm • Pinochle

1:00 pm • Mahjong

1:30 pm • Zumba with Lysandra Sanchez Gurung (\$4)

*** ZUMBA WILL BE REPLACED WITH STRETCH AND TONE WITH JANE ON 7/30 ***

Wednesdays

8:00 am • Chess

9:15 am • Tai Chi with Mark Cashatt (\$5)

9:30 am • Coloring for Calmness

1:00 pm • Rummikub

Thursdays

9:00 am • Wood Carving

9:30 am • Stitch & Chat

10:30 am • Word Play

12:30 pm • Bridge

12:30 pm • Skip-Bo

1:30 pm • Tone & Balance with Lysandra Sanchez Gurung (\$4)

Fridays

9:30am • Veteran's Coffee Catch up (*Last Fri of the month only*)

10:00 am • Wii Sports & Jeopardy

10:00 am • Prevent T2 Series • Pre-registered participants only

1:00 pm • The Happy? Ya! Ya! Crew

1:30 pm • Stretch & Tone with Jane Evans (\$4)

For more information on these activities
or to make a lunch reservation

CALL 215-256-6900

312 Alumni Avenue • Harleysville, PA

Encore Experiences is open from 8am to 4pm Monday-Friday. Transportation can be arranged through TransNet if you need a ride.



Encore Experiences
in Harleysville Part of GHNPS



TUESDAY, JULY 2 from 9:00 am to 10:20 am: Haircuts with Robin | \$10 dry haircuts with Robin, by appt only. **Call Gina at 215-256-6900 to schedule.**



TUESDAY, JULY 2 @ 10:00 am: Stamp Club | On the 1st Tuesday of every month, a small group talks stamps and everything else. We welcome everyone and would enjoy having you join the group. No need to be an expert because we don't claim to be!



THURSDAY, JULY 4 & FRIDAY, JULY 5: CLOSED for the 4th of July Holiday!



TUESDAY, JULY 9 from 10:00 am to 2:00 pm: Social Services with Carol Costlow | Carol Costlow will be at Encore to help you with social service issues such as LIHEAP, PA Property Tax / Rent Rebates, SNAP benefits, and more. **Call Gina at 215-256-6900 to schedule your appointment.**



WEDNESDAY, JULY 10 from 10:30 am to 12:00 pm: Cash for Gold | Leave your wallet at home, but bring your old or broken gold, silver, or platinum jewelry and coins and turn it into CASH! Bring that class ring, broken necklace, sterling silver flatware set, silver coins, or even dental gold and leave with CASH in your pocket!



WEDNESDAY, JULY 10 @ 12:00 pm: Monthly Birthday Celebration | We will celebrate our July Birthdays during lunch! **July Birthdays, write your name on the whiteboard in the dining room.**



WEDNESDAY, JULY 10 @ 1:00 pm: Rock Painting Arts & Crafts | Help us decorate our Encore gardens with your uniquely designed works of art. This is a free activity with supplies included! **Please sign up with Gina in the office.**



WEDNESDAY, JULY 10 @ 5:00 pm: Dinner Outing: Bingo Night at So Much to Give Inclusive Café | Join us at 3401 W. Skippack Pike in Cedars for dinner and some bingo fun! There is an elevator there for easy access to the second floor. Everyone will provide their own transportation and pay their own bill. **Please RSVP to Gina @ Encore or Sabrina @ PEAK by Wednesday July 3rd.**



THURSDAY, JULY 11 from 9:00 am to 12:00 pm: Medicare Counseling | By appt only. PA MEDI is an independent, free health insurance counseling program to help PA residents age 65+, and those with disabilities and health insurance concerns. **Call Gina at 215-256-6900 to schedule an appointment.**



THURSDAY, JULY 11 from 9:30 am to 11:30 am: ScamJam Seminar hosted by PA Senator Pennycuick's Office | Join us for this financial fraud prevention programming geared for retirees and seniors. Includes multiple guest speakers from local, county, and state government agencies. You will learn how to identify and protect yourself from fraud and scams. **Please sign up with Gina in the office by Monday, July 8th.**



THURSDAY, JULY 11 @ 12:30 pm: Advisory Council | Advisory Council is a monthly meeting of members and staff to share ideas and feedback. Open and welcome to all!



FRIDAY, JULY 12 @ 11:00 am: Resource Office Hour | PA State Representative Donna Scheuren's office staff will be on site to help you with resources 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 with their staff.



FRIDAY, JULY 12 from 11:00 am to 1:00 pm: Shiatsu Massage Appointments | 15-minute, fully clothed chair massages by Kerry Palanjian, an experienced Shiatsu practitioner. The cost is \$20 paid directly to Kerry via cash, check, Venmo or Zelle. **Schedule with Gina, or call Kerry at 215-622-4359.**



FRIDAY, JULY 12 @ 1:00 pm: Happy? Ya! Ya! Crew: Bag your Jello | Bring a treat made with jello. We'll do games and crafts involving paper bags.

ENCORE SPECIAL PROGRAMS CONTINUED...



MONDAY, JULY 15 @ 1:00 pm: Stonewell Nutrition Trail Walk | Join us for a walk and talk about nutrition as we stroll along the Harleysville Trails near Alumni Avenue. Barbara MacFarland, a Registered Dietitian from Stonewell Nutrition, will be your guide and lead the way. **Please pre-register with Gina in the office by Friday, July 12th.**



TUESDAY, JULY 16 from 9:00 am to 10:20 am: Haircuts with Robin | *By appt only*



TUESDAY, JULY 16 from 11:00 am to 12:00 pm: Ducks in a Row: St. John Neumann Cemetery Informational Table | Come with questions and leave with answers! **No reservations necessary.**



WEDNESDAY, JULY 17 @ 1:00 pm: Aetna Medicare Bingo | Join us after lunch for some fun, prizes, and to learn about Medicare benefits with the Aetna experts! **Please sign up with Gina by 7/15.**



WEDNESDAY, JULY 17 @ 1:00 pm: Aerobic Kickboxing | Channel your inner Rocky Balboa as you jab, cross, hook, uppercut and (safely) kick your way to improved endurance, coordination, and strength. No equipment necessary and all fitness/skill levels welcome! Class is FREE and sure to be a hit.



THURSDAY, JULY 18 from 11:00 am – 12:00 pm: Help Yourself to Healthy Living: “Beat the heat and get great sleep!” | Gain an understanding of obstructive sleep apnea treatments and best sleep practices. **Get your free blood pressure check beforehand from 9:30am to 10:45am.**



FRIDAY, JULY 19 @ 11:00 am: Prayer Care Group | Come join this peaceful fellowship of prayer to praise God. We pray for those in need of guidance, wisdom, comfort, and direction. If you cannot attend, ask the Greeter for a prayer request card so that the group can include your prayer intentions too. All are welcome!



FRIDAY, JULY 19 @ 1:00 pm: Happy? Ya! Ya! Crew: National Words with Friends Day | Today we will do some word related activities, including a spelling bee! BZZZZ.



WEDNESDAY, JULY 24 @ 1:00 pm: Ashby Law Office’s Presentation on Wills, Power of Attorney, and Advanced Directives | Wendy Ashby will explain these documents, and help us to understand the difference between them and why they are so important. **Please sign up with Gina by Fri, July 19th.**



WEDNESDAY, JULY 24 at 2:00 pm: Shark Week | Celebrate Shark Week with a viewing of the timeless classic *Jaws*...and stay out of the water! Refreshments will be provided.



THURSDAY, JULY 25 from 9:00 am to 12:00 pm: Medicare Counseling | *By appt only.*

THURSDAY, JULY 25 from 10:00 am to 2:00 pm: Social Services with Carol Costlow | *By appt. only*



FRIDAY, JULY 26 @ 9:30 am: Veterans’ Coffee Catch-up | Join our veterans for some coffee & home-baked goodies with special resource guest: Tanel Homecare & Staffing Agency. They will explain the VA Authorized Home Health Aide Services program that is designed for Veterans requiring assistance with daily activities and personal care, as well as those who are socially isolated or whose caregivers are under strain. They will also explain how a loved one can get paid to be your caregiver!



FRIDAY, JULY 26 @ 1:00 pm: Happy? Ya! Ya! Crew: National Disability Independence Day | Wear your Red, White, and Blue and be prepared to make some noise!



TUESDAY, JULY 30 @ 1:00 pm: Exploring Philadelphia’s Historic Area Virtually | Join Philadelphia tourist and local historian, Norm Danis, for a virtual exploration of Philadelphia’s Historic area.

TUESDAY, JULY 30 @ 1:30 pm: Zumba will be replaced with Stretch and Tone with Jane today



WEDNESDAY, JULY 31 from 12:00 pm to 1:30 pm: Special “Cowboy” Lunch | Dine on BBQ Chicken Breast, Cowboy Caviar (bean salad), Corn on the Cobb, Biscuits and Trish’s Homemade Raisin Rice Pudding! There will be a pop-in appearance by “Johnny Cash” to put us in an Old West frame of mind. Wear your cowboy duds! **Cost this month is only \$8; please sign up with Gina in the office.**

July 2024 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Milk 1	Three Bean Chili w/ Bulgur Wheat Confetti & Pea Vegetables Apple Crumble Milk 2	Chicken Salad on Lettuce with Grape Tomatoes Three Bean Salad Tapioca Pudding Milk 3	Closed for the 4th of July	
Roasted Chicken Thighs with Sweet Potatoes Green Beans Blueberry Buckle Milk 8	Cheesy Stuffed Shells with Crushed Tomato Sauce Steamed Carrots Mixed Vegetables Milk 9	Swedish Meatballs over Egg Noodles Peas Applesauce Milk 10	JULY BDAY LUNCH Pork & Sauerkraut with Apples Cauliflower w/Cheddar Sauce Peach Crumble Milk 11	Roasted Tilapia with Lemon over Rice Capri Vegetable Blend Stewed Tomatoes Milk 12
Baked Mac & Cheese Roasted Peppers Green Beans Milk 15	Gingered Mustard Pork Brussels Sprouts Sweet Potatoes Milk 16	Caribbean Flounder with Dirty Rice Steamed Carrots Brussels Sprouts Milk 17	Fusilli Salad with White Beans Grilled Marinated Chicken Breast Canned Pears Milk 18	French Toast Sticks Scrambled Eggs w/ Cheese Peaches w/ Granola Milk 19
Special Lunch \$10 Build Your Own Hot Dogs with Fixings Cole Slaw Potato Chips Chocolate Chip Cookies Milk 22	Pasta with Meatballs Peas Poached Pear Milk 23	Macaroni Salad BBQ Chicken Peaches Milk 24	Chicken Caesar Hoagie California Vegetable Salad Tapioca Pudding Milk 25	Korean Roast Pork Fried Rice Capri Vegetables Milk 26
Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Milk 29	Roasted Vegetable Grinder Green Bean Salad Mandarin Oranges Milk 30	Chicken Salad on Lettuce with Grape Tomatoes Three Bean Salad Tapioca Pudding Milk 31		

JULY Regular Programs @ PEAK

Regular Activities

Weekly JULY

Join us Monday through Friday for fun and exciting programming.
 Activities on this list occur every week at the same time & same place.
 See our special events list for additional programming options which
 change monthly!

LUNCH IS SERVED M-F, FROM 11:30am-12:30pm
\$2 Suggested donation for 60+ | Reservations required

Monday-Friday, 8am-4pm:

Self-organized Rummikub, Puzzles, Card Games, Chess, and Creative Coloring are available. See Sabrina at the desk for questions or to access materials. Programs are free unless otherwise indicated.

Mondays

- 10:00 am • Fit for the Future with Kim Zimmerman (\$4)
- 10:00 am • Whist and Other Card Games
- 11:00 am • Stitch and Chat
- 2:00 pm • Korean Bong Sul

Tuesdays

- 10:00 am • Tai Chi with Darrel Bryant (\$4)
- 1:00 pm • Game Club
- 1:00 pm • Korean Computer Class
- 1:00 pm • Korean Dance and Drumming
- 3:30 pm • Korean Smart Phone Class

Wednesdays

- 10:00 am • Fit for the Future with Kim Zimmerman (\$4)
- 10:00 am • Medicare Counseling by Appt.
- 10:00 am • Wii Bowling
- 12:45 pm • Advanced Pinochle
- 2:00 pm • Korean Bong Sul
- 2:30 & 3:30 pm • Korean Drawing Class (Beginner/Experienced)
- 3:00 & 4:00 pm • Korean Saxophone Class (Beginner/Experienced)

Thursdays

- 9:00 am • Yoga with Nadine Chudoba (\$4)
- 10:15 am • Chair Yoga with Nadine Chudoba (\$4)
- 1:00 pm • Korean Women's Bong Sul
- 2:00 pm • Korean Line Dancing
- 3:00 pm • ESL for Koreans
- 4:00 pm • Korean Creative Music Talk

Fridays

- 9:30 am • All-levels Pinochle
- 9:30 am • DIY Crafts, Adventures & More
- 12:30 pm • Bingo (\$1 per card)
- 1:30 pm • Korean Kalimba
- 2:00 pm • Korean Bong Sul
- 3:00 pm • Korean Book Club

For more information on these activities
 or to make a lunch reservation

CALL 215-362-7432
 606 E. Main St. Lansdale, PA

All Korean Classes are taught in Korean. See Grace for more information.

The PEAK Center is open from 8am to 4pm,
 Monday - Friday. Transportation can be arranged
 through TransNet if you need a ride.

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.



TUESDAY, JULY 2 from 10:00 am to 11:00 am: Crafts with Friends | Suzanne will lead a craft group creating Inspirational Rocks. **There will be a \$4 fee to cover supplies.**



WEDNESDAY, JULY 3 from 10:00 am to 3:00 pm: Shiatsu Appointments | 15-minute, fully clothed chair massages by Kerry Palanjan, an experienced Shiatsu practitioner. The cost is \$20 paid directly to Kerry via cash, check, Venmo or Zelle. **Schedule with Sabrina, or call Kerry at 215-622-4359.**



WEDNESDAY, JULY 3 @ 1:00 pm: Food for Thought | Join your fellow members and begin a discussion facilitated by our Site Manager, Cindy, on your life experiences using writing/talking prompts. We will learn about each other and find commonalities among us.



THURSDAY, JULY 4, & FRIDAY, JULY 5: CLOSED for the 4th of July Holiday!



MONDAY, JULY 8 @ 12:00 pm: Movie Matinee | Join us for an afternoon movie. Concessions will be available at no charge. **Contact Sabrina at 215-362-7432 for additional information.**



TUESDAY, JULY 9 from 10:00 am to 12:30 pm: Resource Office Hours | PA State Rep. Steve Malagari's office staff will be on site help you with resources 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 with their staff.



TUESDAY, JULY 9 @ 10:00 am: Storytime with Josephine (HYBRID) | Join Josephine at The PEAK Center or online. Josephine will be reading, "The Man with the Twisted Lip," by Sir Arthur Conan Doyle, A Sherlock Holmes Mystery. **Please RSVP to Sabrina at PEAK to receive the zoom link.**



WEDNESDAY, JULY 10 @ 12:30 pm: Nutrition Workshop | Join staff from UPMC for an interactive Nutrition Workshop geared towards promoting healthy eating habits as we age.



THURSDAY, JULY 11 @ 11:30 am: Monthly Birthday Celebration | Join PEAK friends to celebrate our July Birthdays during our congregated meal. **July birthdays, please let Sabrina know when registering for lunch.**



THURSDAY, JULY 11 @ 1:30 pm: Trivia Challenge with Cindy | Looking for something challenging and fun? Join us to test your skills and laugh with friends with a general trivia challenge.



THURSDAY, JULY 11 from 12:30 to 2:00 pm: Art Class: Still Life with Pencil | Join Diane Catherwood for an instructional art session using pencils to create a still life. We will be working with a larger canvas and experimenting with both regular and colored pencils. **There is a \$4 fee for supplies.**



FRIDAY, JULY 12 @ 9:30 am: DIY Crafts, Adventures & More | Gather with friends and work on a project or task independently. Some examples will be beading, puzzles, crafts, service projects, center decor, walking activities, and much more. This week's craft will be paper flowers with instructions.



FRIDAY, JULY 12 from 10:00 am to 12:00 pm: Tech Appointments with Les | Need assistance with your computer, smartphone, or tablet? Need Notary Services? Come to PEAK, Les to the rescue! **Call Sabrina at 215-362-7432 to schedule an appointment.**



FRIDAY, JULY 12 from 10:00 am to 12:00 pm: Medication Take Back | Bring your unused or expired medications to the PEAK Center for safe disposal. Staff from the Montgomery County Office of Senior Services and the Attorney General's Office will be on hand to answer questions you have about safe storage and disposal of medications, needles, and other potentially hazardous medical items.



FRIDAY, JULY 12 @ 11:00 am: Grief Support | Deborah Harris of Family Services facilitates this welcoming, supportive, and confidential Support Group for older adults dealing with the challenges of loss and grief. You will learn about coping with the unpredictability of grief, connect with others who understand the pain of loss, and find comfort in sharing with the group.

PEAK SPECIAL PROGRAMS CONTINUED...



MONDAY, JULY 15 @ 9:00 am: Breakfast Outing to ZOTO'S | Join your friends at a local favorite diner, ZOTO'S, (1100 Bethlehem Pike, Line Lexington, PA, 18932). Each person will pay their own bill and supply their own transportation. **Please RSVP to Sabrina in person or by calling 215-362-7432 by Tuesday, July 9th**, so that we can call ahead and arrange seating together.



MONDAY, JULY 15 @ 12:45 pm: "Oh the Places We'll Go," Travel Club: Paris | We will travel via photos and stories to Paris, France. Learn about food, culture, history, and architecture. Are you willing to share one of your trips or a place you have lived? Reach out to Cindy to get on the schedule.



TUESDAY, JULY 16 @ 11:00 am: Celebrating July 4th with a Virtual Tour of Historic Philadelphia | Norm Danis will continue sharing his photographic overview of Historic Philadelphia with a special emphasis on buildings integral to Independence Day.



WEDNESDAY, JULY 17 @ 9:00 am: Sports Chat: Let's talk Phillies | Join Cindy for a fun casual chat about all things Phillies. Come check out some memorabilia (bring any that you might have!), and let's share stories and memories of seasons past and present.



WEDNESDAY, JULY 17 @ 12:30 pm: Advisory Council | Open to all, Advisory Council is a meeting of members and staff to share ideas and feedback.



THURSDAY, JULY 18 from 10:00 am to 11:30 am: Group Wall Art Project with Estelle from PA Health & Wellness | We will create a permanent wall decoration for The PEAK center. Come join in!!!



THURSDAY, JULY 18 from 12:30 pm to 2:30 pm: Montgomery County Association for the Blind Life Skills Class | 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. Monthly classes led by Mary Brucker, BSW. **For more info call MCAB at 215-661-9800.**



FRIDAY, JULY 19 @ 9:30 am: DIY Crafts, Adventures & More | This week we will have a Scavenger Hunt through the Building. Find some ordinary things listed and win a prize.



FRIDAY, JULY 19 from 3:00 pm to 4:30 pm: Advance Care Planning Seminar in Korean | This session will be led by Dr. Eunice Park-Clinton. Do you have any fears or concerns about preparing for you or a family member's care long-term? This seminar will introduce you to the process of advance care planning for those who want to express treatment preferences. This seminar will be presented in Korean only. **RSVP required to Grace by July 12.**



MONDAY, JULY 22 @ 11:30 am: Special Lunch and Entertainment | Dig out your cowboy boots and hats for the day. Enjoy a festive western barbecue style lunch and enjoy musical entertainment immediately following. **RSVP to Sabrina by Monday, July 15. Cost \$10.**



TUESDAY, JULY 23 @ 9:00 am: Word Mining | This is a fun and challenging way to wake up our brains in the morning. How many words can we find in larger words?



TUESDAY, JULY 23 @ 12:00 pm: Legal Consultations by Appt | Call 215-362-7432 to schedule.



WEDNESDAY, JULY 24 from 10:00 am to 12:00 pm: Resource Office Hours | Sen. Maria Collett's office staff will be on site help you with resources 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 with their staff.



FRIDAY, JULY 26 @ 9:30 am: DIY Crafts, Adventures & More | This week we'll explore some brain teasers with a "Fill in the Blank" worksheet activity.



FRIDAY, JULY 26 from 10:00 am to 12:00 pm: Tech Appointments with Les | By appt only.



FRIDAY, JULY 26 @ 11:00 am: Grief Support | See program description from July 12th for details



MONDAY, JULY 29 @ 12:00 pm: PEAK Center Book Club | This month's book is, *The Frozen River* by Ariel Lawhon. Book Club is led by Betty Helpa.



MONDAY, JULY 29 @ 12:30pm: Active Games | Join us for an interactive activity to promote physical exercise and have fun with other members. All skill levels are welcome! This month will be Volleyball.

MEET OUR NEW SITE MANAGER AT PEAK: CINDY FRANKLIN



Hi Everyone! I am Cindy, and I'm so excited to be joining the team here at GHNPS, as PEAK Site and Program Manager! You will be seeing some new programs offered at the PEAK Center to compliment what is already available, I hope you come to try them out! Please feel free to come say hello, bring me your ideas for programs, compliments, concerns, and anything else you would like to share. I am here to serve the center and build a great community for our seniors.

I am an avid Philadelphia sports fan, the Phillies being my favorite, but I enjoy the Sixers and Eagles also. I enjoy travel, walking my dog, gardening and scrapbooking in my free time. I also love to spend time with my two granddaughters who live in New York City.

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

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



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WE CELEBRATE OUR FRIENDS AT THE VARIETY CLUB THIS JULY DURING DISABILITY PRIDE MONTH



In July we recognize Disability Pride month, celebrating the anniversary of the Americans with Disabilities Act (ADA), a piece of landmark legislation that broke down the barriers for people with disabilities, improving access and inclusion in society.

At PEAK and Encore we are blessed to regularly receive help in our dining rooms from *Variety – the Children's Charity of the Delaware Valley*. *Variety* is a nonprofit organization that helps children and young adults with disabilities. Their mission is to enrich the lives of children and young adults with disabilities, through social, educational, and vocational programs that nurture their independence and self-confidence, and prepare them for life.

These delightful young adult volunteers visit us weekly with their leaders Shayna and Serina, as a part of their Variety Works Program. Pictured here are Jake, Tommy, Shayna, and Natalie, just a few of the smiling faces we see on a regular basis. Jake says that he loves cleaning the tables and rolling the silverware. Natalie says seeing Mary Ellen is her favorite part! Not pictured, but also always smiling, are additional volunteers Max, Trevor, and Hailey, and leader Serina. We are so grateful for all of you, and we love being a part of the lives of these young adults!

PILLAR OF THE COMMUNITY

DOUGLAS GIFFORD 2024 Honoree

At this point it seems like it was a lifetime ago, but just over one month ago we celebrated Mr. Doug Gifford as our 2024 Pillar of the Community Honoree. It was a wonderful evening full of love and support for Mr. Gifford and his many contributions to the community, and it was an amazing fundraiser for GHNPSS. Just a few quick stats to recap the night:

- 192 Attendees
- 34 Event Sponsors raised \$28,500
- 25 Program Book Advertisers raised \$6,700
- 48 Auction Winning Bids raised \$6,400
- 75 individual donations for meals raised \$ 22,485

Over \$74,000 Total Raised!!

THANK YOU to everyone who helped make this night such a success!

