

GHPSS STAFF

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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.ghpss.org

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Gina Sergio

Administrative Assistant, Ext. 103

Patricia Foley

Meal Coordinator, Ext. 102

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The PEAK Center

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

www.ghpss.org

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Carol Costlow

Social Services Coordinator,
Ext. 203

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Korean American Services
Specialist, Ext. 212

Follow Us On:

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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



Happy June!!

“And so with the sunshine and the great bursts of leaves growing on trees, just as things grow fast in movies, I had the familiar conviction that life was beginning over again with the summer.” - F. Scott Fitzgerald, *The Great Gatsby*

It's hard to believe that summertime is here! This season brings many joys including picnics, trips to visit family and cherished vacation spots, and simply enjoying the bright sunshine of June. As we age, we are encouraged to be proactive and take precautions to avoid ailments due to excessive heat. You can still enjoy your favorite summer activities using some of these key tips from HeathInAging.org:

- Avoid direct sun exposure... wear a hat or use an umbrella. Try to wear loose, light-colored clothes. If possible, plan your outdoor activities early in the morning or when the sun starts to set.
- Air Conditioning is your friend. If you don't have an air conditioner, visit us at Encore or PEAK or other cool public spots like your local library.
- Stay hydrated! Drink cool water or clear juices. Limit caffeine and alcohol.
- Wear a broad spectrum sunscreen if you do plan to be outside for extended time periods.
- Cool down with a tepid (not too cool or too hot) shower, bath, or sponge bath if you're feeling overheated.

If you're looking for a "cool" place to visit with friends, play games, enjoy a delicious meal, or try out a fun health and wellness class, don't look too far! Join us at Encore Experiences and The PEAK Center where our staff and volunteers are ready to make you feel right at home.

Fondly,

Elizabeth Beil

GHPSS MEMBERS OF THE MONTH

ENCORE MEMBER OF THE MONTH

When Pat walks into Encore for her Tai Chi class in the morning, or comes in to get the shuffleboard equipment in the afternoon, you can't help but smile when you see her. She's always got a witty line! Pat has gotten involved with serving our meals, calling our Bingo, and organizing our raffle baskets. We are all so thankful for all that you do to make Encore a fun and welcoming place to be, Pat!

Pat Schafer



Nick Del Moore



PEAK MEMBER OF THE MONTH

Nick is one of the friendliest folks at The PEAK Center. If you are new, he is sure to strike up a conversation and help you feel at home. On any given day, you can find Nick chatting at a different lunch table, especially about sports and music, or laughing with the various game groups he enjoys. We are grateful for Nick's welcoming spirit and cheer him on as the June Member of the Month!

GHNPS 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, June 20th at 12:30 pm

PEAK: Wednesday, June 19th 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, June 25th. 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 Wednesday, June 5. 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 are being accepted until **June 30, 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 **2022**. You can apply to the District for their rebate through **June 2024**. The District is currently deciding what their rebate program will be after that. To learn more, to get applications for both rebates, or to get help from the GHNPS Social Services Coordinator, call 215-362-7432 ext. 203.

Farmers' Market Vouchers

The vouchers are expected to be available in June 2024. Please contact either Center in June to learn how to receive one set of vouchers per person for the summer. 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 GHNPS Social Service Coordinator at 215-362-7432, ext. 203.

ARE YOU LOOKING FOR A REALTOR
THAT WILL **FIGHT** FOR YOU?



When it comes to downsizing or getting the best value for your property, you need a realtor who understands the market and fights passionately for your interests. Meet Shelby - a warrior in a suit, armed with superior market knowledge, negotiation skills, and a heart as big as her fighting spirit.

Direct: 215.892.2178 | Office: 267.733.0777 | www.ShelbySellsHomesPA.com

June 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
<p>Teriyaki Salmon Asian Vegetables Wild Rice Cookie Milk</p> <p style="text-align: right;">3</p>	<p>Quiche Lorraine Green Salad Pineapple Milk</p> <p style="text-align: right;">4</p>	<p>June Birthday Celebration! Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese Caesar Salad Club Crackers Milk</p> <p style="text-align: right;">5</p> 	<p>Open-faced Hot Turkey Sandwich on Whole Grain Bread Steamed Broccoli Cranberry Sauce Chocolate Pudding Milk</p> <p style="text-align: right;">6</p>	<p>Meatballs with Spaghetti and Marinara Vegetable du jour Fruit Cup Milk</p> <p style="text-align: right;">7</p>
<p>Tuna Melt on Whole Grain English Muffin Vegetable Soup Chocolate Pudding Milk</p> <p style="text-align: right;">10</p>	<p>Beef Chili w/ Cheddar Cheese Tortilla Chips Mandarin Oranges Milk</p> <p style="text-align: right;">11</p>	<p>Philly Cheesesteak w/ Fried Onions Marinara Sauce French Fries Fruit Cup Milk</p> <p style="text-align: right;">12</p>	<p>Breaded Chicken Tenders w/ special dipping sauce Tuscan Veggies Cheddar Biscuit Pineapple, Milk OR SPECIAL PICNIC at Fischer's Park (\$10)</p> <p style="text-align: right;">13</p> 	<p>Crab Cake Platter Veggie Medley Herbed Quinoa Seasonal Dessert Milk</p> <p style="text-align: right;">14</p>
<p>Chicken Marsala w/ wild rice Green Beans Dinner Roll Peaches Milk</p> <p style="text-align: right;">17</p>	<p>Baked Eggplant Parmesan Caesar Salad Dinner Roll Mandarin Oranges Milk</p> <p style="text-align: right;">18</p>	<p>Chicken Pot Pie in Puff Pastry Green Salad Fruit Cup Milk</p> <p style="text-align: right;">19</p>	<p>Sloppy Joe on Whole Grain Bun Cole Slaw Sweet Potato Fries Fruit Cup Milk</p> <p style="text-align: right;">20</p>	<p>Baked Flounder in Citrus Sauce Roasted Tomatoes Mac & Cheese Cookie Milk</p> <p style="text-align: right;">21</p>
<p>Grilled Cheese on Whole Grain Bread Tomato Basil Soup Mandarin Oranges Milk</p> <p style="text-align: right;">24</p>	<p>Roasted Veggie Flatbread Pizza Green Salad Vanilla Pudding Milk</p> <p style="text-align: right;">25</p>	<p>Meatloaf with Mushroom Gravy Glazed Carrots Mashed Potatoes Dinner Roll Apple Sauce Milk</p> <p style="text-align: right;">26</p>	<p>Fish and Chips Cole Slaw Cookie Milk</p> <p style="text-align: right;">27</p>	<p>Mixed Greens w/ Grilled Chicken, Cranberries, Pepitas, and Feta Pear Salad Corn Muffin Fruit Cup Milk</p> <p style="text-align: right;">28</p>



Summer is coming



Regular Activities

Weekly JUNE

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)

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)
- *NO STRETCH AND TONE 6/21*

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.



SPECIAL PROGRAMS

Please sign up for all programs in the binder on the Greeter's Desk at Encore. You may also sign up for programs and schedule appointments by calling 215-256-6900.



TUESDAY, JUNE 4 @ 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!



WEDNESDAY, JUNE 5 @ 12:00 pm: Monthly Birthday Celebration | We will celebrate our June Birthdays during our congregate meal! **June Birthdays, let Gina know when registering for lunch.**



WEDNESDAY, JUNE 5 @ 1:00 pm: Medicare Counseling | *By appt only.* PA MEDI is a free Health insurance counseling program to help PA residents age 65 and over, and those with disabilities and health insurance concerns. **Call Gina at 215-256-6900 to set up an appointment.**



WEDNESDAY, JUNE 5 @ 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, JUNE 6 @ 11:00 am: Help Yourself to Healthy Living: "Our precious amazing brains!" | Explore brain disease advances, new treatments, and healthy brain preservation. **Get your free blood pressure check beforehand from 9:30 am to 10:45 am.**



FRIDAY, JUNE 7 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, JUNE 7 @ 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. Ask the Greeter for a request card for prayer intentions. All are welcome!



FRIDAY, JUNE 7 @ 1:00 pm: Happy? Ya! Ya! Crew | World Caring Day! Perform little acts of kindness and be prepared to share your favorite story of someone caring for another.



TUESDAY, JUNE 11 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, JUNE 11 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 Mary Ellen at 215-256-6900 to schedule your appointment.**



WEDNESDAY, JUNE 12 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, JUNE 12 @ 1:00 pm: Balance and Fall Prevention Workshop | Do you find yourself looking for walls, railings, or other items to help you keep your balance? Is your equilibrium no longer what it used to be? Feeling unsteady on your feet? Come out to meet Dr. Taylor Salamon, PT, from Total Performance Physical Therapy, Harleysville, and learn how physical therapy can help! **Please pre-register with Gina in the office.**



THURSDAY, JUNE 13 from 12:00 pm to 2:00 pm: Fischer's Park Outing | Kick off summer with a picnic at Fischer's Park. Lunch is catered by Manna's Common Grounds with entertainment by Michael Kropp (\$10). This is a rain or shine event. **Please RSVP to Gina or Sabrina by June 7th.**

ENCORE SPECIAL PROGRAMS CONTINUED...



FRIDAY, JUNE 14 @ 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, JUNE 14 @ 1:00 pm: Happy? Ya! Ya! Crew | National Flag Day! Wear red, white, and blue to honor Old Glory!



MONDAY, JUNE 17 @ 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, June 14th.**



WEDNESDAY, JUNE 19 @ 1 pm: Juneteenth Celebration | Come join us as we view the movie *Harriet*, based on the story of iconic freedom fighter Harriet Tubman. Snacks and drinks will be provided.



THURSDAY, JUNE 20 from 10:00 am to 2:00 pm: Social Services with Carol Costlow | *By appt. only*



THURSDAY, JUNE 20 @ 10:30 am: Summertime Safety and Wellness | Presentation by Montgomery County Office of Senior Services. Find out about tips & tricks for making the Summer of '24 a great one!



THURSDAY, JUNE 20 @ 12:30 pm: Advisory Council | A meeting of members and staff to share ideas and feedback.



FRIDAY JUNE 21 from 10:00 am- 12:00 pm: Get Your Medicare Questions Answered! | Carl Cutrone of Covenant Insurance will be available for questions at his Medicare Informational Table in our lobby.



FRIDAY, JUNE 21 @ 11:00 am: Prayer Care Group | See description on June 7th for details.



FRIDAY JUNE 21 @ 1pm: YMCA Campers unite with Happy? Ya! Ya! Crew for Summer Solstice Day! | Join our intergenerational gathering to celebrate sunshine outdoors, weather permitting.

FRIDAY, JUNE 21 @1:30 pm STRETCH AND TONE IS CANCELED TODAY



TUESDAY, JUNE 25 from 11:00 am- 1:00 pm: Medication Take-Back Program | Sponsored by Montgomery County Office of Senior Services. Receive valuable information on opioid meds, proper disposal of needles, & more. Bring unwanted prescription & non-prescription medication for collection.



WEDNESDAY, JUNE 26 @ 1:00 pm: Ice Cream Social hosted by PATHS of Mont. County | Join experts from the Professional Alliance To Help Seniors, who will be on hand to answer questions on medical geriatric care, homecare, downsizing and selling your home, eldercare law and other various topics. Sign up for lunch with Gina, and stay for a frosty treat, plus access to these valuable resources.



THURSDAY, JUNE 27 @ 4:30 pm: Dinner Outing at Franconia Heritage Restaurant | Join us for a meal at 508 Harleysville Pike, Telford, PA. Each person will pay their own bill & supply their own transportation. **Please RSVP to Gina by Friday, June 21st so we can call ahead & sit together.**



FRIDAY, JUNE 28 @ 9:30 am Veterans' Coffee Catch-up | Join our veterans for some coffee & home-baked goodies with special resource guest: SYNERGY HomeCare. They provide non-medical support services including companionship, homemaking, & personal care. They are very proud to be an accredited program with the Veteran's Administration, providing their service at no cost to Veterans.

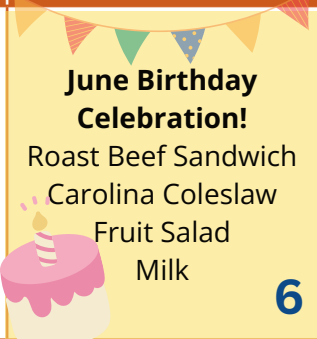


FRIDAY, JUNE 28 @ 1:00 pm Happy? Ya! Ya! Crew | Paul Bunyan Day! Wear your flannel shirts and play games from The Northland.

June 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 3	Sweet Italian Sausage Peppers & Onions Marinara Sauce Roasted Potatoes Steamed Peas Milk 4	Paprika Chicken Wild & Brown Rice Pilaf Peas & Carrots Poached Pear Milk 5	 June Birthday Celebration! Roast Beef Sandwich Carolina Coleslaw Fruit Salad Milk 6	Mini Pancakes Turkey Sausage Links Spinach Milk 7
Herb Chicken with Tomato-Basil Coulis Creamy Parmesan Polenta Broccoli Apple Crumble Milk 10	BBQ Chicken Wrap Black Bean Salsa Potato Salad Carolina Coleslaw Milk 11	Swedish Meatballs over Egg Noodles Peas Applesauce Milk 12	 Picnic at Fischer's Park (\$10) OR Lunch at PEAK Ham & Swiss Sandwich Macaroni Salad Poached Pears Milk 13	Roasted Tilapia with Lemon over Rice Capri Vegetable Blend Stewed Tomatoes Milk 14
Tortellini Primavera Salad Grilled Marinated Chicken Peaches Milk 17	Cheesy Stuffed Shells w/ Crushed Tomato Sauce Steamed Carrots Steamed Green Beans Milk 18	Member Appreciation Pizza Party brought to you by the PEAK Staff 19	Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce Milk 20	French Toast Sticks Scrambled Eggs w/ Cheese Peaches w/ Granola Milk 21
Asian Salad w/ Grilled Chicken Mandarin Oranges Milk 24	Pasta with Meatballs Peas Poached Pear Milk 25	Korean Style BBQ Beef Fried Rice Roasted Peppers and Onions Milk 26	Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts Milk 27	Roasted Chicken w/ Beans and Sundried Tomatoes Quinoa Pilaf w/ Riced Vegetables Broccoli & Cheese Sauce Milk 28



JUNE Regular Programs @ PEAK

Regular Activities

Weekly JUNE

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)
- 11:15 am • Healthy Steps in Motion (Pre-Registered Participants only)
- 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
- 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.



MONDAY, JUNE 3 @ 12:30 pm: Boomers 'R Heroes | Join Jean from Boomers 'R Heroes for an informative session around self-care for caregivers. This program will be supported by Patina Health and UnitedHealthcare.



TUESDAY, JUNE 4 @ 10:00 am: Crafts with Friends | Suzanne will lead a fun summer craft of hand colored and decorated wooden wind chimes. \$4 fee to cover supplies.



WEDNESDAY, JUNE 5 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.**



THURSDAY, JUNE 6 @ 11:30 am: Monthly Birthday Celebration | Join Peak friends to celebrate our June Birthdays during our congregate meal. **June birthdays, please let Sabrina know when registering for lunch.**



THURSDAY, JUNE 6 from 12:30 to 2:30 pm: Art Class: Still Life with Pencil | Join Diane Catherwood for an instructional art session using pencil to create a still life. Diane is a life-long artist who recently retired and is open to starting regular art classes at PEAK. Come to learn and to share your interests for future instruction. There is no charge for this initial class but there will be a fee to cover expenses for future classes.



FRIDAY, JUNE 7 from 10:00 am to 12:00 pm: Tech Appointments with Les | Need assistance with your computer, phone, or tablet? Need Notary Services? **Call Sabrina at PEAK to Schedule an appointment** with Les to help navigate the digital world.



MONDAY, JUNE 10 @ 12:00 pm: Movie Matinee | Join us for an afternoon movie. Concessions will be available at no charge. **Contact Sabrina at PEAK for additional information.**



TUESDAY, JUNE 11 @ 10:00 am: Storytime with Josephine (HYBRID) | Join Josephine at The PEAK Center or online. Josephine will be reading, "The Red-Headed League" by Sir Arthur Conan Doyle, A Sherlock Holmes Mystery. **Please RSVP to Sabrina at PEAK to receive the zoom link.**



TUESDAY, JUNE 11 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, JUNE 11 @ 12:30 pm: Meet and Greet with Doctors of Live Better Hearing & Balance | Come meet with your local audiologists to discuss signs of hearing loss, risk factors of hearing loss, and treatment. We are formerly known as Associates in Hearing and we would like to re-introduce ourselves to you. Free ear evaluations will be offered following the presentation, as well as coffee and treats. We look forward to meeting you!



THURSDAY, JUNE 13 & 14 @ 8:30 am: AARP 8 hr course, Part 1 & 2 | This two-day AARP driving class is designed to help mature drivers learn proven driving techniques to help keep you and your loved ones safe on the road. Upon completion of this class, you could be eligible for a multi-year discount on your auto insurance. This course is \$20 for AARP members & \$25 for non-members. **RSVP to Sabrina.**



THURSDAY, JUNE 13 from 12:00 pm to 1:30 pm: Picnic at Fischer's Park | Kick off summer with a picnic at Fischer's Park. Lunch is catered by Manna's Common Grounds with entertainment by Michael Kropp (\$10). This is a rain or shine event. **Please RSVP to Sabrina or Gina by June 7th.**



FRIDAY, JUNE 14 @ 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, JUNE 17 @ 12:30 pm: What does the Office of Senior Services Do? | Did you know that there is a local government organization designed specifically to support older adults? In addition to helping fund Senior Community Centers like PEAK and Encore, MCOSS has a variety of resources to help you navigate the aging process. **Please RSVP to Sabrina.**



TUESDAY, JUNE 18 @ 12:30 pm: Foster Grandparent Presentation | Interested in volunteering with children in local schools? You could be that special person in the lives of local children as you provide the extra attention, support, and mentoring they need to build their school readiness and academic skills. Becoming a foster grandparent volunteer doesn't just benefit the children! Volunteering has been shown to improve physical and mental health, provide a sense of purpose, and prevent loneliness and isolation in older adults. Join us to learn more about the program and how you can join.



Wednesday, June 19 from 11:30 am to 12:30 pm: Member Appreciation Pizza Party | YOU make each day special at PEAK so our staff would like to say "Thank You" with a Pizza Party! **Please RSVP to Sabrina by Friday, June 14th with your preference of plain, pepperoni, or veggie pizza.**



WEDNESDAY, JUNE 19 @ 12:30 pm: Advisory Council | A meeting of members and staff to share ideas and feedback.



THURSDAY, JUNE 20 @ 10:30 am Paint & Sip with PA Health & Wellness | Join Estelle Walker as she leads us in a step-by-step painting project. All supplies are included and refreshments will be served. **RSVP by 6/14.**



THURSDAY, JUNE 20 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, JUNE 21 from 10:00 am to 12:00 pm: Tech Appointments with Les | By appt only.



MONDAY, JUNE 24 @ 12:00 pm: PEAK Center Book Club | The book this month is The Secret Keeper by Kate Morton.



MONDAY, JUNE 24 @ 12:30 pm: Senior DJ Group Singalong | Our friends from the TriCounty Active Adult Center will lead a group sing-along to some of our favorite songs that remind us of springtime. Come for lunch (don't forget to sign up!) and stay for this free entertainment.



TUESDAY, JUNE 25 @ 12:00 pm: Legal Consultations by Appt | Call 215-362-7432 to schedule.



WEDNESDAY, JUNE 26 from 10:00 am-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.



WEDNESDAY, JUNE 26 @ 12:30 pm: History of LGBT over the past 50+ years with Bob Skiba | This lively illustrated talk traces the evolution of the LGBT community from the dark days of the 1950s "Lavender Scare," through the annual Reminder Demonstrations right here in Philadelphia in front of Independence Hall in the 1960s, through the rise of radicalism in the post-Stonewall 1970s, to the state of the Philadelphia LGBT community in the age of marriage equality and the New Right. This historical overview will be presented by Bob Skiba, Curator of Collections at the John J. Wilcox Jr LGBT Archives at the William Way Community Center in Philadelphia.



THURSDAY, JUNE 27 @ 9:00 am Breakfast Outing to West Main Diner | Join your friends at a local favorite, West Main Diner. Each person will pay their own bill and supply their own transportation. Restaurant address: 805 W Main St, Lansdale. **Please RSVP to Sabrina in person or by calling 215-362-7432 by June 24th** so we can call ahead and arrange seating together.



FRIDAY, JUNE 28 from 10:00 am to 12:00 pm Tech Appointments with Les | *By appt only.*



FRIDAY, JUNE 28 11:00 am Grief Support | See program description from June 14th for details