

GHNPS

Community News

- 4 Education & Services
- 6 Encore Regular Programs
- 8 Menus: Encore & PEAK
- 10 PEAK Regular Programs
- 12 Special Programs

Greater Harleysville & North Penn Senior Services Bi-Monthly Newsletter

March / April 2020

Why The 2020 Census Is Important For Seniors

You may have heard about the 2020 Census and wondered, "Why is it important for me to participate?" There are a number of reasons why your input is necessary.

The state bases its financial assistance to centers like Encore Experiences and The PEAK Center on the number of older adults in the region. With just a 5% undercount, Montgomery County alone could lose \$72,336,780 each year for 10 years, totaling \$723,367,800 in funding, for vital programs and more. This means if you are not counted, GHNPS will not receive funding needed to continue the congregate meals and other programs at the current level.

Census data affects Medicaid, SNAP, housing choice vouchers, Head Start, highway planning and construction, and many other programs that assist Seniors in PA.

To find out more on how to participate and why, please call Encore Experiences or The PEAK Center for more information about the 2020 Census and how we can help you count. **You're Important! YOU Count!**

United States®
**Census
2020**
You Count!



Join us on
March 25, 2020
North Penn Commons
606 E. Main Street, Lansdale
8am to 6pm

It is important that each household accurately and completely fills out the census to ensure a complete count. There will be assistance in filling out the census including translators for Seniors who are Korean and Latino as well as a limited number of other languages.

New Lecture Series Focusing on Living Longer and Healthier



Glenda Bilder, PhD, adjunct instructor for the Biology of Aging class at Gwynedd Mercy University will be presenting a lecture series titled *"Living Longer and Healthier: Cutting Edge Strategies that Work."*

This three part series will focus on ways to extend your health span through promising interventions, fall risks, and thwarting disease through caloric restriction. Lectures 1 and 3 will be at The PEAK Center in Lansdale and Lecture 2 will be at Encore Experiences in Harleysville. Please see page 12 for specific dates and times.

Seating is limited so register early! Don't miss out on this vital information that can help you live longer and healthier. **Call 215-362-7432 to register.** Light refreshments will be served.

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

Here we are, two months into the year 2020! As "2020" can refer to great optical vision, GHNPSS is striving for GREAT Vision in our programs and services. That includes strengthening some existing programs and introducing

new opportunities. As you look at the newsletter calendar and special program schedule you will see not only a multitude of continuing opportunities, you will also see various examples of "new vision."

So far our new/renewed vision includes, but is not limited to, accessing a new Senior Golf League for our golfers, "Mind Matters Series" (A project of PBS and NPR providing stimulating lectures on topics of most interest to seniors), Matinee Movies at PEAK, Reflexology Sessions at Encore, Line Dancing Class initiated by the Korean Association, Gardening Class, a three part evening Seminar Series "Living Longer and Healthier: Cutting Edge Strategies That Work," Senior Prom for Seniors, Gary Volpe as our "Pillar of the Community" Honoree, an Art Exhibit of works done by our Seniors, and a return of the "seasonal" Tax Return Program.

These are examples of our vision for 2020 that GHNPSS will offer new and meaningful options in addition to the ongoing programs that Seniors have found enjoyable and helpful in the past. There will be additional new opportunities. Check out this newsletter, visit our website, watch social media and plan on expanding your vision in 2020. I hope to see you soon.

Sincerely,

Paul A. Nye

"Our vision for 2020 is to strengthen programs and introduce new opportunities!"



Greater Harleysville and North Penn Senior Services Staff

The PEAK Center

Donna J. Byrne
Site Manager

Carol Costlow
Social Services Coordinator

Heather Shuttles
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



Members Council Notes

ENCORE EXPERIENCES

Our 2020 Members' Council Officers are Rosetta Troutman, President, Bruce Wahl, Vice President, Naomi Griffiths, Treasurer, and Barbara Buis, Recording Secretary. We encourage all participants to discuss ideas for activities or programs with us. What would you and your friends enjoy doing together at Encore?

In January, Ted Fernes retired from our monthly fundraiser, Bingo. Ted has been a vital volunteer often seen adjusting audio, calling Bingo numbers and helping our fundraiser run smoothly. Thank you for your years of dedicated assistance.

We need additional volunteers on the Friday afternoon before Bingo from 2-4pm to assist with setup. On Saturday we need volunteers to substitute for those ill or with family commitments. Contact Rosetta or the office if you are interested. Items donated for our Bingo raffle baskets would be appreciated.

Spring is on its way with robins, trout fishing and outdoor activities – Enjoy!

Rosetta Troutman

Encore Experiences Members' Council President

THE PEAK CENTER

Welcome 2020 and a new decade. We started off by having the addition of showing popular movies and serving popcorn. Heather had a meeting with members of PEAK and they suggested other activities for the future.

In December we had a raffle basket with gift certificates to 5 restaurants, Kohl's and 4 gift cards for Wawa. The winner was Aida Castillejos. Congratulations!

The AARP Tax Preparation program runs from February to mid-April. Remember to sign up early.

The PEAK-A-Boo ladies will have their luncheon at PEAK on March 3rd. The April 7th luncheon will be at Olive Garden. Make reservation at the Welcome Desk.

Please join us for our monthly meetings and bring any suggestions you may have about new activities. Our next meetings are scheduled for Tuesday March 17th and April 21st at 12:30.

We continue to collect nonperishable food for Manna.

Happy and Blessed Birthdays to all who are celebrating birthdays in March and April.

Louise Shaheen

The PEAK Center Members' Council President



Almost open. You ready?

**Senior living and
memory care with
A Whole Lotta Heart.**

Are you ready for service that goes over and above?

Are you ready for care that goes the extra mile?

Then, yes indeed, you may just be ready for a senior living and memory care community with *A Whole Lotta Heart*.

Give us a call at 215.259.5220. The Landing may well be the place for you.

THE LANDING IS NOW TOURING!
Contact us today to schedule.

THE LANDING
OF TOWAMENCIN

900 Towamencin Ave • Lansdale
215.259.5220 • TheLandingOfTowamencin.com



A LEISURE CARE PERSONAL CARE & MEMORY CARE COMMUNITY

GET TO KNOW ABINGTON – LANSDALE HOSPITAL

- Nationally recognized care
- Excellence in providing a high quality patient experience



For appointments, call 215-481-MEDI (6334).

JeffersonHealth.org/AbingtonLansdale



**Abington
Jefferson Health**

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

GHNPS Education and Services for Seniors

AARP Smart Driver Course

PEAK: March 12 and 13 from 8:30am to 12:30pm;
Refresher Class – April 22 from 8:30am to 12:30pm
Call 215-362-7432 to register.

AARP Tax Preparation Program

Free tax preparation for low to moderate income households.

PEAK: Appointments available through April 9 on Thursdays and Fridays by appointment only. Call 215-362-7432 to schedule.

Encore: Appointments available through April 14 on Mondays and Tuesdays by appointment only. Call 215-256-6900 to schedule.

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 9:00am to 11:30pm. Call 215-362-1076 to make an appointment.

Encore: Ed on the 1st Wednesday of each month from 1:00 to 3:00pm. Call 215-256-6900 to schedule.

Legal Counseling

PEAK: Free legal consultations will be available on March 24 and April 28 at noon. Call 215-362-7432 to make an appointment.

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

Property Tax/Rent Rebate

Applications for this rebate are available now, based on your 2019 income and property taxes or rent paid. If you qualify, you can receive a rebate up to \$650. The North Penn School District is still 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)

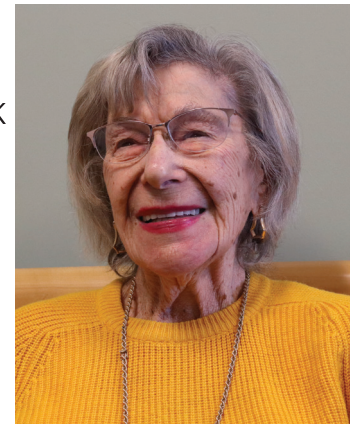
This program is accepting applications now through March 2020. Paper applications are available, or it can be completed online at www.compass.state.pa.us. New 2019-20 income eligibility guidelines for homeowners and renters have been published.

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.

Look Who's Turning 100!

Ruth Schaffer will become a Centenarian on April 2nd! Ruth has been attending The PEAK Center for a decade and enjoys participating in Rummikub, Wii Bowling and the monthly PEAK-A-Boo luncheon. Happy Birthday, Ruth, from all of your friends at The PEAK Center!



MLK Day Volunteers



We want to say THANK YOU to the Nazarene Youth – Phila. District volunteers representing 7 Nazarene churches from the regional area who assisted us in commemoration of MLK Day. Martin Luther quoted, "Life's most persistent and urgent question is, 'What are you doing for others?'" These volunteers answered that question by serving Seniors at The PEAK Center. Thank you for your help and encouragement!



Do You Need A Ride?

For trip reservations to and from our centers call:

Encore Experiences: 215-256-6900

PEAK Center: 215-362-7432

A Poem To Those Who Are Left Behind

Composed by Chris, a member at Encore Experiences, on 12/14/19 in memory of his wife who he misses.

one or the other must leave
one or the other must stay
one or the other must grieve
for the one who had to leave
this is forever the way
as per the vows we made that day
faithful till death do us part
braving what had to be born
hiding the ache in our heart
one no matter how much adored
one must be called away
that is the will of the Lord
so one or the other must stay

The PEAK Center's Winning Christmas Tree

Each year Discover Lansdale and the Lansdale Mural Arts Program host a Christmas Tree Display for the community.

This collaborative effort between local businesses and non-profit organizations is in its 8th year. Visitors to the display in the North Penn Commons were able to vote for their favorite tree. We're honored to say that The PEAK Center placed third!

The PEAK Seniors also displayed art and craft projects. Our tree was sponsored by Minuteman Press in Lansdale, and we appreciate their support. Thank you to everyone who participated!



Live Inspired



3250 State Road, Sellersville, PA 18960
www.communityatrockhill.org
Follow us on Facebook!

Caring. Engaged. Welcoming.
Discover your lifestyle at
The Community at Rockhill.
Our wide range of residence
options include:

- ◆ Independent Living
- ◆ Personal Care
- ◆ Healthcare
- ◆ Short-Term Rehab

And, our menu of services
and amenities make living
here carefree. Discover your
new home, designed to suit
your style.

For more
information
or to schedule
your tour, call
267-289-2757

A *Grace*
Inspired
Ministries
Community



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| <p>2</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>3</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>4</p> <p>9:00 Walk Aerobics* 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 The Writer's Club 10:45 Tai Chi* 1:00 Apprise Medicare Counseling 6:00pm Zumba*</p> | <p>5</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: Nutrition for a Healthy Colon 2:00 Chair Yoga*</p> | <p>6</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee</p> |
| <p>9</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>10</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD*</p> | <p>11</p> <p>9:00 Walk Aerobics* 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 The Writer's Club 10:45 Tai Chi* 6:00pm Zumba*</p> | <p>12</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>13</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:00 Tech Tutoring 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee 1:00 Nutrition Program</p> |
| <p>16</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>17</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Special Lunch* 1:30 Zumba GOLD*</p> | <p>18</p> <p>9:00 Walk Aerobics* 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 The Writer's Club 10:45 Tai Chi* 6:00pm Zumba*</p> | <p>19</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>20</p> <p>8:30 Legal Consultations 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:30 Little Studies 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee</p> |
| <p>23</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>24</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD* 5:30pm Living Longer Lecture Series at PEAK</p> | <p>25</p> <p>9:00 Walk Aerobics* 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 The Writer's Club 10:45 Tai Chi* 6:00pm Zumba*</p> | <p>26</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>27</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:00 Tech Tutoring 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee</p> |
| <p>30</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>31</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 1:30 Zumba GOLD*</p> | <p><i>The Writer's Club</i></p> <p>Creative Writing Classes to bring out the author in YOU!</p> <p>Join us on Wednesdays at 10am</p> <p><i>Share your stories, memories or poetry.</i></p> <p>Writer's Club Mentor: Susan Buchler, M.A., M.F.A. MCCC Professor of English</p>  | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| Stretch & Tone Class <i>If you Rest...you will Rust!</i> Mon., Wed., and Fri. at 9:45am \$3.00 per class No Experience Necessary  | | 9:00 Walk Aerobics* 1 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 The Writer's Club 10:45 Tai Chi* 1:00 Apprise Medicare Counseling 6:00pm Zumba* | 9:30 Zumba GOLD* 2 9:30 Stitch & Chat 9:30 Wood Carving 9:30-11:30 Blood Pressure Checks 12:30 Pinochle 12:30 Bridge 12:45 HYTHL: Parkinson's Disease 2:00 Chair Yoga* | 9:00 Walk Aerobics* 3 9:45 Stretch & Tone* 10:00 Rummikub 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee |
| 6 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 | 7 9:00 Haircuts 10:00 Group Trivia 10:00 Stamp Club 10:30 Pet Therapy 12:45 Members' Council Meeting 1:30 Zumba GOLD* | 8 9:00 Walk Aerobics* 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 The Writer's Club 10:45 Tai Chi* 6:00pm Zumba* | 9 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 | 10 CLOSED Good Friday |
| 13 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 | 14 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD* | 15 9:00 Walk Aerobics* 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 The Writer's Club 10:45 Tai Chi* 6:00pm Zumba* | 16 9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* | 17 8:30 Legal Consultations 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:30 Little Studies 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee |
| 20 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 | 21 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 1:30 Zumba GOLD* 5:30pm Living Longer Lecture Series at Encore | 22 9:00 Walk Aerobics* 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 The Writer's Club 10:45 Tai Chi* 12:00 Special Lunch* 6:00pm Zumba* | 23 9:30 Zumba GOLD* 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge Center Closing at 2:30 | 24 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Rummikub 10:00 Tech Tutoring 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee |
| 27 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 | 28 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch Encore will be serving as a Polling Station for the Presidential Primary | 29 9:00 Walk Aerobics* 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 9:45 Stretch & Tone* 10:00 The Writer's Club 10:45 Tai Chi* 6:00pm Zumba* | 30 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 | Walk Aerobics Get your day started with low impact exercise! Mon., Wed., and Fridays at 9am \$3.00 per class No Experience Necessary |

Encore Menu | March 2020

* Meals may be substituted due to availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 2 Chicken Marsala Wild Rice, Broccoli Sliced Peaches Roll & Milk | 3 Chickpea Curry Brown Rice Sliced Peaches Roll & Milk | 4 Baked Ziti Roasted Vegetables Mixed Fruit Roll & Milk | 5 Asian Pork Loin Herb Rice, Corn Mandarin Oranges Roll & Milk | 6 Fish & Chips Fries, Mixed Vegetables, Apple Roll & Milk |
| 9 Sausage with Pepper & Onions Roasted Potatoes Snap Peas, Apple Milk | 10 Grilled Cheese Tomato Soup Mixed Vegetables Apple, Roll & Milk | 11 Pineapple Chicken Brown Rice, Broccoli Mandarin Oranges Roll & Milk | 12 Italian Chicken Stew Sliced Peaches Roll & Milk | 13 Baked Haddock w/ White Wine Tomato Sauce Garden Rice Green Beans, Mixed Fruit, Roll & Milk |
| 16 Chicken Parmesan Mixed Vegetables Mandarin Oranges Roll & Milk | 17 Special Lunch St. Patrick's Day Entertainment by Betsy Chapman | 18 Low Carb Beef Stew Sliced Peaches Roll & Milk | 19 Paprika Chicken Green Beans Herb Rice, Mixed Fruit Roll & Milk | 20 Grilled Salmon Spanish Rice Snap Peas, Mixed Fruit, Roll & Milk |
| 23 Eggplant Parmesan Mixed Vegetables Mandarin Oranges Roll & Milk | 24 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans Pineapple, Roll & Milk | 25 Pulled Pork Brown Rice Three Bean Salad Apple Roll & Milk | 26 Ground Beef Stroganoff Mixed Vegetables Sliced Peaches Roll & Milk | 27 Baked Haddock w/Tomato Compote Wild Rice, Mixed Fruit Roll & Milk |
| 30 Chickpea Curry Brown Rice Sliced Peaches Roll & Milk | 31 Fish & Chips Fries, Cole Slaw Apple Roll & Milk | St. Patrick's Day Special Lunch • March 17 Entertainment by Betsy Scott Chapman <i>Celtic Music, Stories and Sing-A-Long</i> | | |



Encore Menu | April 2020

* Meals may be substituted due to availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
|  Earth Day Special Lunch APRIL 22 Entertainment by GARY DEE |  | 1 Chicken Marsala Wild Rice, Broccoli Sliced Peaches Roll & Milk | 2 Baked Ziti Roasted Vegetables Mixed Fruit Roll & Milk | 3 Fish & Chips Fries, Mixed Vegetables, Apple Roll & Milk |
| 6 Chickpea Curry Brown Rice Sliced Peaches Roll & Milk | 7 Asian Pork Loin Herb Rice, Corn Mandarin Oranges Roll & Milk | 8 Sausage with Pepper & Onions Roasted Potatoes, Snap Peas, Apple & Milk | 9 Grilled Cheese Tomato Soup, Mixed Vegetables Apple & Milk | 10 Baked Haddock w/ White Wine Tomato Sauce Garden Rice Green Beans, Mixed Fruit & Milk |
| 13 Italian Chicken Stew Sliced Peaches Roll & Milk | 14 Pineapple Chicken Brown Rice, Broccoli Mandarin Oranges Roll & Milk | 15 Pierogies with Onions & Mushrooms Corn, Apple Roll & Milk | 16 Paprika Chicken Green Beans Herb Rice, Mixed Fruit Roll & Milk | 17 Grilled Salmon Spanish Rice Snap Peas. Roll Mixed Fruit & Milk |
| 20 Low Carb Beef Stew Sliced Peaches Roll & Milk | 21 Chicken Parmesan Mixed Vegetables Mandarin Oranges Roll & Milk | 22 Special Lunch Earth Day Entertainment by Gary Dee | 23 Pulled Pork Brown Rice Three Bean Salad Apple Roll & Milk | 24 Baked Haddock w/Tomato Compote Wild Rice, Mixed Fruit Roll & Milk |
| 27 Ground Beef Stroganoff Mixed Vegetables Sliced Peaches Roll & Milk | 28 Eggplant Parmesan Mixed Vegetables Mandarin Oranges Roll & Milk | 29 Chicken Marsala Wild Rice, Broccoli Sliced Peaches Roll & Milk | 30 Baked Ziti Roasted Vegetables Mixed Fruit Roll & Milk |  |



PEAK Menu | March 2020

* Meals may be substituted due to availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| Chicken Marsala ² Wild Rice, Broccoli Sliced Peaches Roll & Milk | Chickpea Curry ³ Brown Rice Sliced Peaches Roll & Milk | Baked Ziti ⁴ Roasted Vegetables Mixed Fruit Roll & Milk | Asian Pork Loin ⁵ Herb Rice, Corn Mandarin Oranges Roll & Milk | Fish & Chips ⁶ Fries, Mixed Vegetables, Apple Roll & Milk |
| Sausage with ⁹ Pepper & Onions Roasted Potatoes Snap Peas, Apple Milk | Grilled Cheese ¹⁰ Tomato Soup Mixed Vegetables Apple, Roll & Milk | Pineapple Chicken ¹¹ Brown Rice, Broccoli Mandarin Oranges Roll & Milk | Italian Chicken Stew ¹² Sliced Peaches Roll & Milk | Special Lunch ¹³ St. Patrick's Day Entertainment by Betsy Chapman |
| Chicken ¹⁶ Parmesan Mixed Vegetables Mandarin Oranges Roll & Milk | Pierogies with ¹⁷ Onions & Mushrooms Corn, Apple Roll & Milk | Low Carb Beef Stew ¹⁸ Sliced Peaches Roll & Milk | Paprika Chicken ¹⁹ Green Beans Herb Rice, Mixed Fruit Roll & Milk | Grilled Salmon ²⁰ Spanish Rice Snap Peas, Mixed Fruit, Roll & Milk |
| Eggplant Parmesan ²³ Mixed Vegetables Mandarin Oranges Roll & Milk | Meatloaf with ²⁴ Mushroom Gravy Garlic Mashed Potatoes, Green Beans Pineapple, Roll & Milk | Pulled Pork ²⁵ Brown Rice Three Bean Salad Apple Roll & Milk | Ground Beef ²⁶ Stroganoff Mixed Vegetables Sliced Peaches Roll & Milk | Baked Haddock ²⁷ w/Tomato Compote Wild Rice, Mixed Fruit Roll & Milk |
| Chickpea Curry ³⁰ Brown Rice Sliced Peaches Roll & Milk | Fish & Chips ³¹ Fries, Cole Slaw Apple Roll & Milk |  St. Patrick's Day Special Lunch • March 13 Entertainment by Betsy Scott Chapman <i>Harpist: Irish Celebration</i> | | |

PEAK Menu | April 2020

* Meals may be substituted due to availability.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
|  Special Lunch - April 3 <i>"Celebrating Our Favorite Centenarian"</i> Musical Entertainment by Kevin Galm | | Chicken Marsala ¹ Wild Rice, Broccoli Sliced Peaches Roll & Milk | Baked Ziti ² Roasted Vegetables Mixed Fruit Roll & Milk | Special Lunch ³ Celebrating our Favorite Centenarian Entertainment by Kevin Galm |
| Chickpea Curry ⁶ Brown Rice Sliced Peaches Roll & Milk | Asian Pork Loin ⁷ Herb Rice, Corn Mandarin Oranges Roll & Milk | Sausage with ⁸ Pepper & Onions Roasted Potatoes, Snap Peas, Apple & Milk | Grilled Cheese ⁹ Tomato Soup, Mixed Vegetables Apple & Milk | Baked Haddock w/ ¹⁰ White Wine Tomato Sauce Garden Rice Green Beans, Mixed Fruit & Milk |
| Italian Chicken Stew ¹³ Vegetables Sliced Peaches Roll & Milk | Pineapple Chicken ¹⁴ Brown Rice, Broccoli Mandarin Oranges Roll & Milk | Pierogies with ¹⁵ Onions & Mushrooms Corn, Apple Roll & Milk | Paprika Chicken ¹⁶ Green Beans Herb Rice, Mixed Fruit Roll & Milk | Grilled Salmon ¹⁷ Spanish Rice Snap Peas. Roll Mixed Fruit & Milk |
| Low Carb Beef Stew ²⁰ Vegetables Sliced Peaches Roll & Milk | Chicken ²¹ Parmesan Mixed Vegetables Mandarin Oranges Roll & Milk | Meatloaf with ²² Mushroom Gravy Garlic Mashed Potatoes, Green Beans Apple, Roll & Milk | Pulled Pork ²³ Brown Rice Three Bean Salad Apple Roll & Milk | Baked Haddock ²⁴ w/Tomato Compote Wild Rice, Mixed Fruit Roll & Milk |
| Ground Beef ²⁷ Stroganoff Mixed Vegetables Sliced Peaches Roll & Milk | Eggplant Parmesan ²⁸ Mixed Vegetables Mandarin Oranges Roll & Milk | Chicken Marsala ²⁹ Wild Rice, Broccoli Sliced Peaches Roll & Milk | Baked Ziti ³⁰ Roasted Vegetables Mixed Fruit Roll & Milk |  |

March 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.gnpss.org or visit the center.
M.C.K.S.A. stands for the Montgomery County Korean Seniors' Association



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 2 9:00 Computer Lab 9:00 LIFT* 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Movie "Waking Ned Devine" 12:30 Movie (cont.) 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* | 3 9:00 Medicare Counseling 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 (Drawing)* 2:00 M.C.K.S.A. | 4 9:00 Computer Lab 9:00 LIFT* 10:00 Rummikub 10:00 Wii-Bowling 10:00 Diabetes Prevention 10:30 Meditation 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A. | 5 8:30 AARP Tax Prep. 9:00 Computer Lab 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A. | 6 8:30 AARP Tax Prep. 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 M.C.K.S.A. |
| 9 9:00 Computer Lab 9:00 LIFT* 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* | 10 9:00 Medicare Counseling 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 (Drawing)* 2:00 M.C.K.S.A. | 11 9:00 Computer Lab 9:00 LIFT* 10:00 Rummikub 10:00 Wii-Bowling 10:30 Meditation 10:30 Nutritious St. Paddy's Day Treats 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A. | 12 8:30 AARP Tax Prep. 8:30 AARP Smart Driver Course* 9:00 Blood Pressure/ Glucose Screening 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A. | 13 8:30 AARP Tax Prep. 8:30 AARP Smart Driver Course* 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo* 2:00 M.C.K.S.A. |
| 16 9:00 Computer Lab 9:00 LIFT* 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Mind Matters 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* | 17 9:00 Medicare Counseling 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 (Drawing)* 2:00 M.C.K.S.A. 2:00 Grief Support Group | 18 9:00 Computer Lab 9:00 LIFT* 10:00 Rummikub 10:00 Wii-Bowling 10:30 Meditation 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A. | 19 8:30 AARP Tax Prep. 9:00 Computer Lab 9:00 Yoga* 9:00 Wood Carving 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 12:30 Living in the Moment 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A. | 20 8:30 AARP Tax Prep. 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 M.C.K.S.A. |
| 23 9:00 Computer Lab 9:00 LIFT* 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* | 24 9:00 Medicare Counseling 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 (Drawing)* 2:00 M.C.K.S.A. 5:30 Living Longer Lecture Series at PEAK | 25 9:00 Computer Lab 9:00 LIFT* 10:00 Rummikub 10:00 Wii-Bowling 10:30 Meditation 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A. 2:00 Census 2020 Kickoff | 26 8:30 AARP Tax Prep. 9:00 Blood Pressure/ Glucose Screening 9:00 Computer Lab 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 12:00 Arts & Crafts 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A. | 27 8:30 AARP Tax Prep. 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 M.C.K.S.A. |
| 30 9:00 Computer Lab 9:00 LIFT* 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Mind Matters 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* | 31 9:00 Medicare Counseling 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* 12:45 Fit for the Future 2* 1:00 Art Class (Drawing)* 2:00 M.C.K.S.A. | <div> <p>witf mind matters Live inspired™</p> <p>MindMatters interactive lectures are presented by experts on subjects ranging from history to self-help, politics and culture.</p> <p>March 16, 30 and April 20</p> </div> <div> </div> | | |

April 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 |
|--|--|--|--|--|
| APPRISE Medicare Counseling Free unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers. Tuesdays at 9am at The PEAK Center by appointment only. |  | 1 9:00 Computer Lab 9:00 LIFT* 10:00 Rummikub 10:00 Wii-Bowling 10:00 Diabetes Prevention 10:30 Meditation 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A. | 2 8:30 AARP Tax Prep. 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A. | 3 8:30 AARP Tax Prep. 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 M.C.K.S.A. |
| 6 9:00 Computer Lab 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Movie "Little Miss Sunshine" 12:30 Movie (cont.) 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* | 7 9:00 Medicare Counseling 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 (Olive Garden)* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class (Drawing)* 2:00 M.C.K.S.A. | 8 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 10:30 Meditation 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A. | 9 8:30 AARP Tax Prep. 9:00 Blood Pressure/ Glucose Screenings 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A. | CLOSED Good Friday |
| 13 9:00 Computer Lab 9:00 LIFT* 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* | 14 9:00 Medicare Counseling 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 (Drawing)* 2:00 M.C.K.S.A. | 15 9:00 Computer Lab 9:00 LIFT* 10:00 Rummikub 10:00 Wii-Bowling 10:30 Meditation 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A. | 16 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A. | 17 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 M.C.K.S.A. |
| 20 9:00 Computer Lab 9:00 LIFT* 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Mind Matters 12:30 Legal Aid Presentation (Wills & Power of Attorney) 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* | 21 9:00 Medicare Counseling 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 (Drawing)* 2:00 M.C.K.S.A. 2:00 Grief Support Group 5:30 Living Longer Lecture Series at Encore | 22 8:30 AARP Smart Driver Refresher Course* 9:00 LIFT* 10:00 Rummikub 10:00 Wii-Bowling 10:30 Meditation 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A. | 23 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Easy & Safe Gardening for Seniors 10:30 Chair Yoga* 11:30 Tap Dancing 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A. Center Closing at 2:30 | 24 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 M.C.K.S.A. |
| 27 9:00 Computer Lab 9:00 LIFT* 9:00 Yoga* 9:00 Woodworking 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* | 28 9:00 Medicare Counseling 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 (Drawing)* 2:00 M.C.K.S.A. | 29 9:00 Computer Lab 9:00 LIFT* 10:00 Rummikub 10:00 Wii-Bowling 10:30 Meditation 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A. | 30 9:00 Blood Pressure/ Glucose Screenings 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 10:30 Gun Safety 11:30 Tap Dancing 12:30 Keeping Balance As We Age Presentation 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A. |  M.C.K.S.A. (Montgomery County Korean Seniors' Association) |

Encore Special Programs | March / April 2020

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

March 3 – Tuesday 10:00am Stamp Club; 12:45pm Members Council Meeting

March 4 – Wednesday 1:00pm Apprise Medicare Counseling

March 5 – Thursday 9:30am Blood Pressure Checks; 12:45pm HYTHL: Nutrition for a Healthy Colon. This presentation discusses colorectal cancer, risk factors you can and cannot change, proper nutrition and healthy lifestyle choices. It also provides resources for seniors such as MyPlate and provides information on mindful eating. Food insecurity resources for seniors will also be discussed. Presented by Abington Jefferson Health.

March 10 – Tuesday 12:00pm Vet Connect Lunch

March 12 – Thursday 2:00pm Coin Club

March 13 – Friday 10:00am Tech Tutoring by Dave; 1:00pm Nutrition Program. One of the best excuses to eat green foods is quickly approaching. St. Patrick's Day is such a fun holiday to be creative in the kitchen. Please join Teri Wassel, MSRD, to taste and create healthy St. Patrick's treats! Pre-registration is required. Sign up at the Greeter's desk. Limit 18 people.

March 14 – Saturday 2nd Saturday Bingo. Doors open at 11:00am; Food available; Games 1:00–4:00pm

March 17 – Tuesday 12:00pm **Special Lunch to celebrate St. Patrick's Day.** Betsy Chapman will entertain us with Celtic music, a story and sing along. Cost for this lunch is \$8 per person. Please sign up early.



March 20 – Friday 8:30am Legal Consults by Ashby Law Offices, LLC; 10:30am Little Studies: Peace on Earth, Trajan.

March 24 – Tuesday 12:00pm Vet Connect Lunch; 5:30pm Living Longer and Healthier - Cutting Edge Strategies that Work Lecture Series: Session 1, Health Span Expansion - Promising interventions that work by Dr. Glenda Bilder. Location: The PEAK Center. Refreshments at 5:30pm, lecture from 6pm to 7pm. Call 215-362-7432 to RSVP. Seating is limited.

March 26 – Thursday 7:00–9:00pm Book Club: One of Ours by Willa Cather

March 27 – Friday 10:00am Tech Tutoring by Dave

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. Catalog available the end of February with registration due in early March.

April 1 – Wednesday 1:00–3:00pm Apprise Medicare Counseling

April 2 – Thursday 9:30am Blood Pressure Checks; 12:45pm HYTHL: Parkinson's Disease. This presentation provides an overview on what Parkinson's disease is, signs and symptoms of the disease, and explains the steps to diagnosing the disease. Additionally, this presentation provides tips on managing symptoms of Parkinson's disease through lifestyle changes and medications. Parkinson's Disease resources and support groups will be provided. Presented by Abington Jefferson Health.

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

April 9 – Thursday 2:00pm Coin Club

April 10 – Friday **CLOSED – Good Friday**

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

April 14 – Tuesday 12:00pm Vet Connect Lunch

April 17 – Friday 8:30am Legal consults by Ashby Law Offices, LLC; 10:30am Little Studies: Politics of Christianity – Attila the Hun.

April 21 – Tuesday 5:30pm Living Longer and Healthier - Cutting Edge Strategies that Work Lecture Series: Session 2, Risk of Falling: Effective interventions by Dr. Glenda Bilder. Location: Encore Experiences. Refreshments at 5:30pm, lecture from 6pm to 7pm. Call 215-362-7432 to RSVP. Seating is limited.

April 22 – Wednesday 12:00pm **Earth Day Special Lunch.** Keyboard player Gary Dee will play all the old tunes, tell a few stories and keep us smiling! Cost for this lunch is \$8 per person. Please sign up early.



April 23 – Thursday 2:30pm Centers close for a joint staff meeting.

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

April 28 – Tuesday 12:00pm Vet Connect Lunch; Encore will serve as a polling site for the Presidential Primary.

April 30 – Thursday 7:00–9:00pm Book Club

Put on your dancing shoes for Souderton Area High School Leo Club's 12th Annual Seniors' Prom

Tickets on Sale now at Encore Experiences

Date: April 18, 2020

Tickets: \$15 per person



PEAK Special Programs | March / April 2020

These are "special" events not found on the regular calendars. RSVP to events by calling 215-362-7432.

March 2 – 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. Popcorn included! Admission: \$1.00

March 2, 9, 16, 23 & 30 – Mondays 2:00pm Line Dancing. No partners needed! Learn new steps, dance to lively music and get in shape at the same time! Fee.

March 3, 10, 17, 24 & 31 – Tuesdays 9:30am Art Class: Watercolor & Acrylics. All levels welcome! We will continue our study of famous painters: Marc Chagall, the painter of love; and Piet Mondrian. We will explore the difference between, watercolor, gouache, acrylics and oil painting. We will also look at color mixing. Class fee: \$3; **1:00 pm** Art Class: Beginner Drawing Classes. We will be exploring and drawing Spring themes. We will continue working our basics and building our skill knowledge by learning a few new techniques: Drawing with Simple Sighting, Contour Drawing, and Measuring with your Pencil. All lessons will be at a beginner's level. We will also try some pastels and conte crayons. Class fee: \$3

March 9 & 23 – Mondays 10:30am Folk Dancing: Instructors Peggy Leiby and Ret Turner 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

March 11 – Wednesday 10:30am Nutrition: St. Paddy's Day Treats. One of the best excuses to eat green foods is quickly approaching. Sign up now and learn to taste and create healthy St. Paddy's Day treats! Pre-registration is required by March 6, 2020.

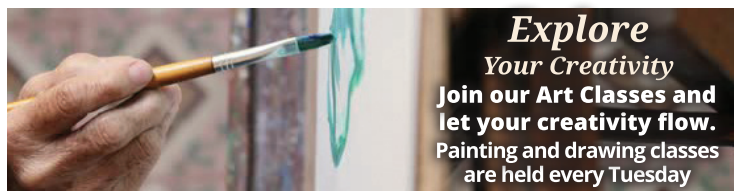
March 13 – Friday 12:00pm Special Lunch celebrating St. Patrick's Day. Betsy Chapman will entertain us with Celtic music on the harp. Cost for this lunch is \$8 per person. Please sign up early.



March 16 and 30 – Mondays 10:30am and 12:30pm Mind Matters – A project of PBS and NPR, offered for Pa. Senior Community Centers, offers access to a variety of stimulating lectures on topics of most interest to older adults. Topics range from history to self-help, politics and culture.

March 19 – Thursday 12:30pm "Living in the Moment" Lin Knight will give you some tips on how to Live in the Moment. Learn how to protect your energy, be present instead of worrying about the future or the past. Be happy with who you are. Relax and enjoy! No fee.

March 24 – Tuesday 5:30pm Lecture Series "Living Longer and Healthier - Cutting Edge Strategies that Work." Session 1: Proven Ways to Extend the Health Span by Dr. Glenda Bilder. Location: The PEAK Center. Refreshments at 5:30pm, lecture from 6pm to 7pm. Call 215-362-7432 to RSVP. Limited seating. **Snow Date: March 31**



April 3 - Friday 12:00pm Special Lunch "Celebrating Our Favorite Centenarian." Musical Entertainment by Kevin Galm. Cost for lunch is \$8 per person. Please sign up early.



April 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. Popcorn included! Admission: \$1.00

April 6, 13, 20 & 27– Mondays 2:00pm Line Dancing. No partners needed! Learn new steps, dance to lively music and get in shape at the same time! Fee. Instructed by Victoria Kim.

April 7, 14, 21 & 28 – Tuesdays 9:30am Art Class: Watercolor & Acrylics. All levels welcome! We will continue our study of famous painters: Marc Chagall, the painter of love; and Piet Mondrian. We will explore the difference between, watercolor, gouache, acrylics and oil painting. We will also look at color mixing. Class fee: \$3; **1:00pm** Art Class: Beginner Drawing Classes. We will be exploring and drawing Spring themes. We will continue working our basics and building our skill knowledge by learning a few new techniques: Drawing with Simple Sighting, Contour Drawing, and Measuring with your Pencil. All lessons will be at a beginner's level. We will also try some pastels and conte crayons. Class fee: \$3;

April 13 & 27 – Mondays 10:30am Folk Dancing: Instructors Peggy Leiby and Ret Turner lead our seniors in different folk dances. No partner? No problem! Come join the group, develop new steps, and learn about the music and dance of cultures around the world. Class fee: \$3

April 20 – Monday 10:30am Mind Matters – A project of PBS and NPR, offered for Pa. Senior Community Centers, offers access to a variety of stimulating lectures on topics of most interest to older adults. Topics range from history to self-help, politics and culture. Come and join in, select topics in which YOU have an interest, and learn together!; **12:30pm** "Everything you wanted to know about Wills and Powers of Attorney" Legal Aid of SE Pennsylvania. Attorney Susan Strong will present current and helpful information, as well as answer your questions.

April 21 – Tuesday 5:30pm Lecture Series "Living Longer and Healthier - Cutting Edge Strategies that Work." Session 2: Risk of Falling: Effective interventions by Dr. Glenda Bilder. Location: Encore Experiences. Refreshments at 5:30pm, lecture from 6pm to 7pm. Call 215-362-7432 to RSVP. Seating is limited.

April 23 – Thursday 10:30am "Easy and Safe Gardening for Seniors." Master Gardener Christine Sinotte believes that we can always garden, regardless of how many life changes we experience. She will conduct an informative presentation that will tell just how to do that! **2:30pm Centers close for a joint staff meeting.**

April 30 – Thursday 10:30am "Gun Safety". Explore issues that affect Seniors and how they play a role in gun safety. Learn best and safest practices for you and those you love; **12:30pm** Keeping Balance As We Age: How to Prevent Falls – Dianne Wright, MSPT will provide tips and tricks on how to improve your balance, strengthen your legs and prevent falls.

COME, JOIN US ...

for a new life at
**Lutheran Community
at Telford!**



Friendly and engaging,
the Lutheran Community
at Telford offers a wide
range of residence
options including

- ◇ Independent Living
- ◇ Personal Care
- ◇ Memory Care
- ◇ Healthcare
- ◇ Short-Term Rehab

along with services and
amenities that make life
here a **JOY**.

For more information
or to schedule a tour,
call 267-328-4874.



**Lutheran
Community
at Telford**

12 Lutheran Home Drive | Telford, PA 18969
www.lctelford.org | Follow us on Facebook!

A *Grace*
Inspired
Ministries
Community

Medicare Specialists

*We help you find the right
Medicare Plan for You!*

Offices in
Souderton,
Horsham and
York, PA



*Medicare Related Health Plans
Long Term Care • Final Expense Coverage
Vision/Hearing/Dental*

We can also help you with your
Auto • Home • Life • Annuities • Business Coverage



Carl O. Cutrone
Covenant Insurance Group, Inc.
215-330-5493
carlc@covenantcares.com

Visit our Website at:
covenantcares.com

Call us today and find out why over 12,000 clients and friends make Covenant Insurance their agency of choice for Personal, Business, and Group Benefits Insurance. **Covenant Insurance, Promises Kept!!!**



REAL HEALTH QUOTES

PROVIDING A PERSONAL TOUCH

MEDICARE INDIVIDUAL / FAMILY SUPPLEMENTAL INSURANCE

SUSAN 267-664-5311 OR 888-838-7281
SUSANSLOAN@REALHEALTHQUOTES.COM

Join The Bucks-Mont Senior Golf League

Do you love to play golf? Do you want to make new friends? Are you looking for ways to be active? Consider joining the Bucks-Mont Senior Golf League!

Both men and women who are 55 years and older are welcome to join. Golf League members play 9 holes weekly from April to October with a 4pm shotgun start. The league plays at Twin Woods Golf Course in Hatfield, PA and the registration fee is only \$20. The weekly green fee is \$16 with a free pull cart. You can also enjoy a weekly beverage and snack for \$3. Optional riding cart available at \$8 and weekly prize fee of \$7. Cash prizes are awarded for low-net scores and on-course contests. Prize money is awarded at an after-golf social every week.

If you want to participate in this low cost, high fun activity please contact Tom Engleman at 215-715-9809 or visit www.bucksmontgolf.com. Registration is accepted throughout the 2020 golf season.



Harleysville

SINCE 1915 BANK

Stop by our Harleysville or Lansdale branches to learn more about our **Rewards Checking** products!!



Christine O'Neill
Harleysville Branch Manager
215-256-8828



Tom McAteer
Lansdale Branch Manager
215-855-1011

Visit www.harleysvillebank.com for more information

Member
FDIC



312 Alumni Avenue, Harleysville, PA 19438

Return Service Requested

NONPROFIT ORG
US POSTAGE
PAID
PERMIT NO. 351
LANSDALE, PA 19446

PAID PUBLICATION
TIME SENSITIVE MATERIAL

Bar Code Information

<First Name> <Last Name>
<Address1>, <Address2>
<City>, <State> <Zip>



PILLAR
OF THE COMMUNITY
Greater Harleysville and North Penn Senior Services

Save the Date
for a Celebration
May 7, 2020
6-9pm
Indian Valley Country Club
RSVP: Connie Maurer, 215-256-6900, ext. 104
Tickets: \$110/person
bit.ly/2020PillarTix
Proceeds benefit
Seniors at GHPSS

Honoring
GARY VOLPE
Entrepreneur & Community Leader

2ND SATURDAY



Join us at Encore Experiences on
March 14 and April 11
Doors open at 11:00am • Games 1:00-4:00pm
Food Available



Monday - Friday
May 11-15, 2020

Experience a week of various competitions such as basketball, billiards, bowling, horseshoes, and more.

For the 35th consecutive year, seniors from Montgomery County and beyond will gather for a week of exercise, competition and socialization. Any Montgomery County resident 50 years or older is eligible.

For more information visit:
www.montcoseniorgames.com

In Remembrance
We remember with respect:
David Hanwell
Laurence "Larry" Deflavees

