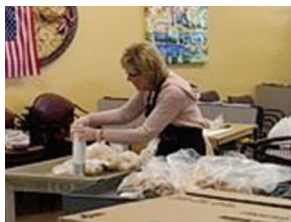


Helping Local Seniors During the Coronavirus (COVID-19)

When faced with a national crisis, GHPSS was there to help feed Seniors in our community.



March was a very challenging month. Everyone was dealing with the news of the Coronavirus making a presence in our communities and fear of the unknown set in. This was a particularly difficult time for Seniors because all community centers were shut down and supermarkets were low on supplies. Isolation is especially challenging for Seniors and because of social distancing being required by government officials, older adults were facing many days alone and away from their families and friends. They were also missing out on daily nutritious meals that are vital to their health.

When faced with the challenge of meeting the nutritional needs of Seniors in our region, GHPSS wanted to do everything possible to ensure aging adults had access to one healthy meal a day. Encore Experiences' chef Cindie Wood and her assistant Kathy Dillon were busy preparing and packaging meals and along with other staff, distributing them to Seniors who stopped by. The PEAK Center worked together with Manna on Main Street by opening their dining room for food preparation and packaging for food distribution to Lansdale residents.

When we face difficult times, working together for the greater good not only meets the needs of Seniors, it also offers them hope for a brighter future!

Save The Date For The Pillar of the Community Celebration

Due to COVID-19 we were forced to reschedule our Spring fundraiser, The Pillar of the Community to August 13, 2020. We are thrilled to honor Gary Volpe. For the past 50 years Gary has been a community entrepreneur who values quality, honesty and integrity. These values show not only in his business practices, but his personal life as well. Gary loves giving back to the community in various ways and helping Seniors is especially important to him. Volpe Enterprises, Inc., Gary's company, has been a supporter of GHPSS for many years and now we want to show him our appreciation.

We hope you will join us in celebrating and thanking Gary for all he has done for the community on August 13, 2020 at the Indian Valley Country Club. Tickets are on sale at www.bit.ly/2020PillarTix. All proceeds from this event benefit Seniors at GHPSS.

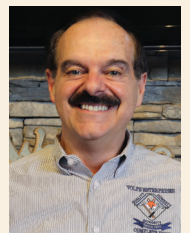
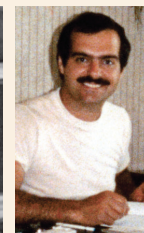
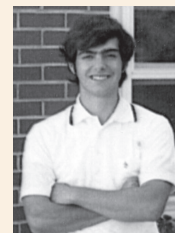
PILLAR
OF THE COMMUNITY
Greater Harleysville and North Penn Senior Services

August 13, 2020

6:00-9:00pm

Indian Valley Country Club

Honoring Gary Volpe



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DISCLAIMER: Due to the timing required to print this newsletter, and the impact of the Corona Virus (COVID-19), many of the activities, programs and schedules that are printed in this newsletter are subject to change. We ask for your understanding and patience because this is beyond our control. Please call either Center if you have questions about specific activities. Thank you.



A Message From The Executive Director

Due to the time required to prepare and send out our newsletter, this article is being written on March 17th, long before you receive this publication. What a fluid and changing world we currently live in (March-April), with new rules, adjustments and questions just about

every day. By the time you read this I am hopeful that we will have answers to many of our most significant questions and that we are on the way back to some "normalcy" in our daily lives.

The ever-changing world that we find ourselves in today makes it pretty clear that each of us can only control a certain amount of things in our own lives. The very real impact of foreign nations, the influence of the stock market, the regulatory actions of government, and even perhaps the availability of toilet paper or eggs at the grocery store can be beyond our own control. What POSITIVE lesson then can we learn from this current reality?

For me the terms "safety," "security," and "compassion" come to mind as key parts of our lives that we often want to, and can control. In challenging times and anytime it is helpful to ask "Where do I feel safe, secure and where do I feel sincere compassion?" I hope you have a home, an apartment, a friendship circle, a center of worship, a spiritual focus, a family or some other "place" that you can feel good in the midst of the challenges we face these days.

Recently one of our members said "I feel safer here (at our site) than I do anywhere else." It is my hope that all of our participants can say that they feel safe, secure and receive compassion while at either of our sites. That is certainly our goal. I do not know what our national situation will be regarding the Virus by the time you read this. I hope that it is MUCH better than it was in March. I want to assure you, no matter what the cultural situation is, that we will continue, especially in a changing and sometimes challenging world, to provide and to demonstrate safety, security and compassion for everyone who enters our doors. You are important to us.

Sincerely,

Paul A. Nye

***"I feel safer here than
I do anywhere else."***

A member of GHNPSS

Greater Harleysville and North Penn Senior Services Staff

The PEAK Center

Donna J. Byrne
Site Manager

Carol Costlow
Social Services Coordinator

Heather Shutters
Administrative Assistant

Alice Lee
Administrative Assistant

Steve Zurad
Meal Assistant

Encore Experiences

Deborah Hunsberger
Site Manager and Social Services Coordinator

Karen Feher
Administrative Assistant

Cindie Wood
Meal Coordinator

Kathy Dillon
Meal Assistant

Organizational Support

Paul A. Nye
Executive Director

Jim McCarthy
Bookkeeper

Connie Maurer
Marketing Communications Coordinator and Development Specialist

Encore Experiences in Harleysville

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

The PEAK Center in Lansdale

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


www.ghnpss.org

Encore and PEAK Hours:

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

Follow Us On:

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 instagram.com/encoreandpeak



Members Council Notes

ENCORE EXPERIENCES

I am writing this during the beginning of County, State and Federal closedowns. We are faced with many changes and uncertainties. The list of open venues is shorter than the list of closed. Seniors are more vulnerable than many which increases our concern.

During this time we can leisurely do yard work or enhance flower beds. Spring flowers with bright colors and fragrances abound. Remember when our thoughts of retirement included watching birds, young wildlife, or reading a book on the patio. Then we retired and found ourselves rushing about—not enough hours in the day to get done.

Eventually this will be a memory. Slow down—enjoy our spring time and see you when we can be together again.

Rosetta Troutman

Encore Experiences Members' Council President

THE PEAK CENTER

As we gradually enter May and June, we wish you a happy and healthy spring.

As we missed several activities in the past few weeks, we look forward to many new programs. Check your newsletter.

Many thanks to the staff at Encore and PEAK for all they did to keep the members updated and our centers running due to our closure.

If you do not get your newsletter please let Alice or Heather know.

The PEAK-Boo Ladies will have their meeting at Peak on May 5th at the Center and our June luncheon will be at Tigers on Broad Street Lansdale on June 2nd. Make reservation at the Welcome Desk.

Please join us for our monthly meeting and bring your suggestions about new activities. Our next meetings are scheduled for Tuesday May 19th and June 16th at 12:30.

We continue to collect nonperishable food for Manna.

Happy and Blessed Birthday to all who are celebrating birthdays in May and June.

Louise Shaheen

The PEAK Center Members' Council President



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JeffersonHealth.org/AbingtonLansdale



**Abington
Jefferson Health**

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

GHNPS Education and Services for Seniors

AARP Smart Driver Course

PEAK: May 7 and 8 from 8:30am to 12:30pm;
Refresher Class – June 10 from 8:30am to 12:30pm
Call 215-362-7432 to register.

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 is available on Wednesday May 6 and June 3 from 1:00 to 3:00pm. Call 215-256-6900 to schedule.

Farmers' Market Vouchers

Eligibility requirements for 2020: 1) you must be 60 years or older, and 2) a Montgomery County resident, and 3) you must have income below \$23,606/yr. or \$1,967/mo. for a single person and \$31,984/yr. or \$2,658/mo. for a couple. If you qualify, each person will receive \$20 in vouchers which can be used at farmers' markets to purchase fresh produce grown in PA. The vouchers can be used June-November 2020. Bring your driver's license or photo ID to receive your vouchers.

PEAK: The annual distribution of Farmers' Market vouchers will be held Tuesday and Wednesday, June 2 and 3, 1:30-4:00pm. Thereafter, every Wednesday, 8:00am-4:00pm, while supplies last.

Encore: Farmers' Market vouchers will be available from 1:30-3:30pm starting June 1st.

Legal Counseling

PEAK: Free legal consultations will be available on May 26 and June 23 at noon. Call 215-362-7432 to make an appointment.

Encore: Free legal consultations will be available on May 15 and June 19 at 8:30am. Call 215-256-6900 for appointment.

Low-Income Heating Assistance Program (LIHEAP)

This is a seasonal program that will accept new applications beginning November 1, 2020. For more information, go to www.compass.state.pa.us.

Property Tax/Rent Rebate

Applications for the 2019 tax year are available and must be submitted by December 31, 2020. If you qualify, you can receive a rebate up to \$650. Also, the North Penn School District is offering an additional rebate for its residents. Learn more, pick up applications and get help from the Social Services Coordinator at the Center.

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.

America in Blessed Hope

by Alfredo Linares Gabaldón, member of The PEAK Center

The flowers withered
The fireflies went dark
The waters were tainted
The old oaks were consumed
The clouds vanished
Our sun became confused
That life was suspended
Our time died there.

I did not understand the sadness
I did not interpret the signs
There was no good news
The memories did not spring forth
I did not understand the conflicts
I did not see the absent night
The waves did not appear
There was no more truth.

It is the other good earth
It is renewed with love
It is beautiful reality
It is inspiring to the thought
It is of dreams and progress
It is sprinkled with prayer
It is familiar affection.
It is the light of the celestial

Thanksgiving America
Mayflower America
Independent America
Industrialized America
Airspace America (NASA)
America of the Saints (LDS)
World Power America
America of the Eternal Dream.



Do You Need A Ride?

For trip reservations to and from our centers call:

Encore Experiences: 215-256-6900

PEAK Center: 215-362-7432

Foster Grandparent Program

Help children in your community develop the academic and life skills critical for their development and future success.

Join us for an informative session with Chandeir McCalvin, Foster Grandparent Program Coordinator, from Tri-County Area YWCA, who will share what opportunities are available in Montgomery County, PA for adults over 55 and older to provide person-to-person services to children with exceptional and special needs in schools and child-care centers.

Foster grandparents will receive 40 hours of orientation and training and are assigned to a child and work a minimum of 5 hours per week. They also receive a non-taxable stipend (if eligible), transportation or reimbursement for travel costs, a meal each workday, ongoing training, recognition for their service, and more. Most importantly, Foster Grandparents make a vital difference in a child's life!

To learn more about the benefits of being a Foster Grandparent for you and children in the community, please **join us at Encore Experiences on June 16 from 11:00am to 11:30am**. To sign up, visit the greeters' desk at Encore or call 215-256-6900.

Nurture children. Strengthen communities.



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A *Grace*
Inspired
Ministries
Community

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Let Your Creativity Flow</i></p> <p>Art Classes are held every Monday at 1pm</p>	 <p>ZUMBA[®] gold</p> <p>Zumba with Lynn Klein</p> <p>Thursdays at 9:30am</p>		<p>1</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee</p>
<p>4</p> <p>9:00 Walk with Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>5</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>6</p> <p>9:00 Walk with Ease 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 10:00 The Writer's Club 10:45 Tai Chi* 1:00 Apprise Medicare Counseling 6:00pm Zumba GOLD*</p>	<p>7</p> <p>9:30 Zumba GOLD* 9:30-11:30am Blood Pressure Checks 9:30 Stitch & Chat 9:30 Wood Carving 12:30 Pinochle 12:30 Bridge 12:45 HYTHL: Allergy, Asthma and COPD 2:00 Chair Yoga*</p>	<p>8</p> <p>9:00 Walk with Ease 10:00 Tech Tutoring 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee</p>
<p>11</p> <p>9:00 Walk with Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>12</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD*</p>	<p>13</p> <p>9:00 Walk with Ease 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 10:00 The Writer's Club 10:45 Tai Chi* 12:00 Special Lunch* 6:00pm Zumba GOLD*</p>	<p>14</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>15</p> <p>8:30 Legal Consultations 9:00 Walk with Ease 10:30 Little Studies: Peace on Earth 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee</p>
<p>18</p> <p>9:00 Walk with Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>19</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 1:30 Zumba GOLD*</p>	<p>20</p> <p>9:00 Walk with Ease 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 10:00 The Writer's Club 10:45 Tai Chi* 6:00pm Zumba GOLD*</p>	<p>21</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>22</p> <p>9:00 Walk with Ease 10:00 Tech Tutoring 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee</p>
<p>25</p> <p>CLOSED Memorial Day</p>	<p>26</p> <p>9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD*</p>	<p>27</p> <p>9:00 Walk with Ease 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 10:00 The Writer's Club 10:45 Tai Chi* 2:00 Volunteer Recognition 6:00pm Zumba GOLD*</p>	<p>28</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>29</p> <p>9:00 Walk with Ease 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Walk with Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks	2 9:00 Haircuts 10:00am-2:00pm Stamp Show 10:00 Group Trivia 10:30 Pet Therapy 12:45 Members' Council Meeting 1:30 Zumba GOLD*	3 9:00 Walk with Ease 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 10:00 The Writer's Club 10:45 Tai Chi* 1:00 Apprise Medicare Counseling 6:00pm Zumba GOLD*	4 9:30 Stitch & Chat 9:30 Wood Carving 9:30 Zumba GOLD* 9:30-11:30am Blood Pressure Checks 12:30 Pinochle 12:30 Bridge 12:45 HYTHL: Vision, Hearing and Dental Health 2:00 Chair Yoga*	5 9:00 Walk with Ease 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee
8 9:00 Walk with Ease 11:00-12:00 Gun Safety 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks	9 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD*	10 9:00 Walk with Ease 9:00-12:00 Reflexology* 9:30 Coloring for Calmness 10:00 The Writer's Club 10:45 Tai Chi* 6:00pm Zumba GOLD*	11 9:30 Stitch & Chat 9:30 Wood Carving 9:30 Zumba GOLD* 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 2:00 Coin Club	12 9:00 Walk with Ease 10:00 Tech Tutoring 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee
15 9:00 Walk with Ease 10:00 Clip & Save 10:45 Tai Chi* 1:00 Art Class* 1:45 Bingo for Bucks	16 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 11:00-11:30am Foster Grandparent Program 1:30 Zumba GOLD*	17 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 GOLD*	18 9:30 Stitch & Chat 9:30 Wood Carving 9:30 Zumba GOLD* 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga*	19 8:30 Legal Consultations 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:30 Little Studies: Non-Violence in a Violent World - Martin Luther King 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee
22 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	23 9:00 Miracle Ear Screenings 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 12:00 Vet Connect Lunch 1:30 Zumba GOLD*	24 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 GOLD*	25 9:30 Stitch & Chat 9:30am-2:30pm Wood Carver's Show 9:30 Zumba GOLD* 12:30 Pinochle 12:30 Bridge 2:00 Chair Yoga* 7:00-9:00pm Book Club	26 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Tech Tutoring 10:30 Pet Therapy 10:30 Zumba GOLD* 1:00 Movie Matinee
29 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	30 9:00 Haircuts 10:00 Group Trivia 10:30 Pet Therapy 1:30 Zumba GOLD*	 <p>Stretch & Tone <i>If you Rest... you will Rust!</i> Mon., Wed., and Fri. at 9:45am resuming on June 17 \$3.00 per class</p>		<p>Walk Aerobics Low impact exercise! Mon., Wed., and Fridays at 9am resumes June 17 \$3.00 per class No Experience Necessary</p>

Encore Menu | May 2020

* Meals may be substituted due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Springtime Special Lunch May 13 at 12pm 			Baked Mac & Cheese 1 Stewed Tomatoes Green Beans & Milk
Fish and Chips 4 Fries Mixed Vegetables Apple & Milk	Asian Pork Loin 5 Herb Rice Corn Milk	Meatloaf with 6 Mushroom Gravy Garlic Mashed Potatoes Green Beans & Milk	Sausage with 7 Peppers & Onions Roasted Potatoes Snap Peas & Milk	Italian 8 Chicken Stew Egg Noodles Peaches & Milk
Pierogies with 11 Mushroom & Onion Corn, Apple Milk	Paprika Chicken 12 Brown Rice Green Beans Milk	Special Lunch 13 Springtime Special Entertainment by Donna & Ed, Piano & Vocalist	Pineapple 14 Chicken Brown Rice Broccoli & Milk	Oven Roasted 15 Salmon Roasted Potatoes Tossed Salad with Herb Vinaigrette & Milk
Chicken 18 Parmesan Buttered Penne Pasta Mixed Vegetables & Milk	Beef Stew 19 Egg Noodles Peaches Milk	Baked Haddock 20 with Tomato Compote Wild Rice, Green Beans Milk	Pierogies with 21 Mushroom & Onion Corn, Apple Milk	Pulled Pork 22 Brown Rice Bean Trio, Apple Milk
CLOSED 25 Memorial Day	Chicken Marsala 26 Wild Rice Broccoli & Milk	Baked Ziti 27 Roasted Vegetables Peaches & Milk	Fish and Chips 28 Fries, Mixed Vegetables Apple & Milk	Asian Grilled 29 Chicken Lo Mein Lo Mein with Ginger & Soy, Asian Vegetable Medley & Milk

Encore Menu | June 2020

* Meals may be substituted due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish and Chips 1 Fries Mixed Vegetables Apple & Milk	Asian Pork Loin 2 Herb Rice Corn Milk	Baked Mac & Cheese 3 Stewed Tomatoes Green Beans & Milk	Meatloaf with 4 Mushroom Gravy Garlic Mashed Potatoes Green Beans & Milk	Sausage with 5 Peppers & Onions Roasted Potatoes Snap Peas & Milk
Pierogies with 8 Mushroom & Onion Corn, Apple Milk	Oven Roasted 9 Salmon Roasted Potatoes Tossed Salad with Herb Vinaigrette & Milk	Ground Beef 10 Stroganoff Noodles, Mixed Vegetables & Milk	Pineapple 11 Chicken Brown Rice Broccoli & Milk	Pulled Pork 12 Brown Rice Bean Trio, Apple Milk
Eggplant 15 Parmesan Penne Marinara Mixed Vegetables Milk	Beef Stew 16 Egg Noodles Peaches Milk	Special Lunch 17 Wedding Theme Share your pictures and memories	Pierogies with 18 Mushroom & Onion Corn, Apple Milk	Paprika Chicken 19 Brown Rice Green Beans Milk
Fish and Chips 22 Fries Mixed Vegetables Apple & Milk	Chicken 23 Marsala Wild Rice Broccoli & Milk	Baked Ziti 24 Roasted Vegetables Peaches Milk	Asian Grilled 25 Chicken Lo Mein Lo Mein with Ginger & Soy, Asian Vegetable Medley & Milk	Baked Mac & Cheese 26 Stewed Tomatoes Green Beans & Milk
Chicken 29 Parmesan Buttered Penne Pasta Mixed Vegetables Milk	Italian 30 Chicken Stew Egg Noodles Peaches & Milk	 Wedding Theme Special Lunch June 17 at 12pm Share your photos & memories		

PEAK Menu | May 2020

* Meals may be substituted due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cinco de Mayo Special Lunch May 1 at 11:30am 			1 Special Lunch Cinco de Mayo
4 Fish and Chips Fries Mixed Vegetables Apple & Milk	5 Asian Pork Loin Herb Rice Corn Milk	6 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Green Beans & Milk	7 Sausage with Peppers & Onions Roasted Potatoes Snap Peas & Milk	8 Italian Chicken Stew Egg Noodles Peaches & Milk
11 Pierogies with Mushroom & Onion Corn, Apple Milk	12 Paprika Chicken Brown Rice Green Beans Milk	13 Ground Beef Stroganoff Noodles, Mixed Vegetables & Milk	14 Pineapple Chicken Brown Rice Broccoli & Milk	15 Oven Roasted Salmon Roasted Potatoes Tossed Salad with Herb Vinaigrette & Milk
18 Chicken Parmesan Buttered Penne Pasta Mixed Vegetables Milk	19 Beef Stew Egg Noodles Peaches Milk	20 Baked Haddock with Tomato Compote Wild Rice, Green Beans Milk	21 Pierogies with Mushroom & Onion Corn, Apple Milk	22 Pulled Pork Brown Rice Bean Trio, Apple Milk
25 CLOSED Memorial Day	26 Chicken Marsala Wild Rice Broccoli & Milk	27 Baked Ziti Roasted Vegetables Peaches & Milk	28 Fish and Chips Fries, Mixed Vegetables Apple & Milk	29 Asian Grilled Chicken Lo Mein Lo Mein with Ginger & Soy, Asian Vegetable Medley & Milk

PEAK Menu | June 2020

* Meals may be substituted due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fish and Chips Fries Mixed Vegetables Apple & Milk	2 Asian Pork Loin Herb Rice Corn Milk	3 Baked Mac & Cheese Stewed Tomatoes Green Beans & Milk	4 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Green Beans & Milk	5 Sausage with Peppers & Onions Roasted Potatoes Snap Peas & Milk
8 Pierogies with Mushroom & Onion Corn, Apple Milk	9 Oven Roasted Salmon Roasted Potatoes Tossed Salad with Herb Vinaigrette & Milk	10 Ground Beef Stroganoff Noodles, Mixed Vegetables & Milk	11 Pineapple Chicken Brown Rice Broccoli & Milk	12 Pulled Pork Brown Rice Bean Trio, Apple Milk
15 Eggplant Parmesan Penne Marinara Mixed Vegetables Milk	16 Beef Stew Egg Noodles Peaches Milk	17 Baked Haddock with Tomato Compote Wild Rice, Green Beans Milk	18 Pierogies with Mushroom & Onion Corn, Apple Milk	19 Special Lunch Summer Solstice
22 Fish and Chips Fries Mixed Vegetables Apple & Milk	23 Chicken Marsala Wild Rice Broccoli & Milk	24 Baked Ziti Roasted Vegetables Peaches Milk	25 Asian Grilled Chicken Lo Mein Lo Mein with Ginger & Soy, Asian Vegetable Medley & Milk	26 Baked Mac & Cheese Stewed Tomatoes Green Beans & Milk
29 Chicken Parmesan Buttered Penne Pasta Mixed Vegetables Milk	30 Italian Chicken Stew Egg Noodles Peaches & Milk	Summer Solstice Special Lunch June 19 at 11:30am 		

May 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.
M.C.K.S.A. stands for the Montgomery County Korean Seniors' Association



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A Stitch in Time: Sewing Repair  May 4 and June 1 at 10am		 Widow/Widowers Support Group May 5 and June 2 at 2pm		1 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 11:30 Special Lunch* 12:30 Bingo* 2:00 M.C.K.S.A.
4 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:00 A Stitch in Time: Sewing Repair 10:30 Movie: The Green Book 12:30 Movie (part two) 1:15 Zumba GOLD* 2:00 Line Dancing* 2:00 M.C.K.S.A. 2:00 Mindful Meditation	5 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/Scrabble 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. 2:00 Widow/Widowers Group	6 9:00 Computer Lab 10:00 Diabetes Prevention 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinocle 12:45 Zumba Chair* 2:00 M.C.K.S.A.	7 8:30 AARP Smart Driver Course* 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.	8 8:30 AARP Smart Driver Course* 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.
11 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing*	12 9:00 Medicare Counseling 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Reflexology (Appts)* 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.	13 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:30 Hand Therapy 12:45 Progressive Pinocle 12:45 Zumba Chair* 2:00 M.C.K.S.A.	14 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.	15 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.
18 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Mind Matters 12:30 Mind Matters 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* 2:00 Mindful Meditation	19 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/Scrabble 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	20 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 10:15 Safe Driving for Seniors 12:45 Progressive Pinocle 12:45 Zumba Chair* 2:00 M.C.K.S.A.	21 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.	22 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.
25 CLOSED Memorial Day	26 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/Scrabble 10:15 Tai-Chi* 11:45 Bowling at Facenda Whitaker* 12:00 Book Club 12:00 Legal Counseling 12:45 Fit for the Future 2* 1:00 Art Class (Drawing)* 2:00 M.C.K.S.A.	27 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinocle 12:45 Zumba Chair* 2:00 M.C.K.S.A.	28 9:00 Blood Pressure/ Glucose Screening 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 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.	29 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.

June 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.
M.C.K.S.A. stands for the Montgomery County Korean Seniors' Association



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:00 A Stitch in Time: Sewing Repair 10:30 Movie: The Wife 12:30 Movie (part two) 1:15 Zumba GOLD* 2:00 Line Dancing* 2:00 M.C.K.S.A. 2:00 Mindful Meditation	2 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/Scrabble 10:15 Tai-Chi* 11:30 PEAK-A-Boo Lunch (Tiger's/Lansdale)* 11:45 Bowling at Facenda Whitaker* 12:45 Fit for the Future 2* 1:00 Art Class (Drawing)* 1:30 Farmer's Mkt. Vouchers 2:00 M.C.K.S.A. 2:00 Widow/Widowers Group	3 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 10:00 Diabetes Prevention 12:45 Progressive Pinochle 12:45 Zumba Chair* 1:30 Farmer's Market Vouchers 2:00 M.C.K.S.A.	4 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.	5 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.
8 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing*	9 9:00 Medicare Counseling 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Reflexology (Appts)* 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.	10 8:00-4:00pm Farmers' Market Distribution 8:30 AARP Smart Driver Refresher Course* 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A.	11 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.	12 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.
15 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Mind Matters 12:30 Healthy Eating on a Budget 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing* 2:00 Mindful Meditation	16 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Puzzles/Scrabble 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	17 8:00-4:00pm Farmers' Market Distribution 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A.	18 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.	19 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 11:30 Special Lunch* 12:30 Bingo* 2:00 M.C.K.S.A.
22 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 10:30 Folkdancing* 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing*	23 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Puzzles/Scrabble 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.	24 8:00-4:00pm Farmers' Market Distribution 9:00 Computer Lab 10:00 Rummikub 10:00 Wii-Bowling 10:15 Talking with Your Doctor: How to Prepare 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 M.C.K.S.A.	25 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 12:00 Arts & Crafts 1:00 Mah Jong 1:00 Bridge 2:00 M.C.K.S.A.	26 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.
29 9:00 Computer Lab 9:00 Woodworking 9:00 Yoga* 10:00 Rummikub 12:00 Book Club 1:15 Zumba GOLD* 2:00 M.C.K.S.A. 2:00 Line Dancing*	30 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Art Class (Painting)* 10:00 Rummikub 10:00 Puzzles/Scrabble 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.	 <p>Free Seminar Talk with Your Doctor: How to Prepare June 24 at 10:15am</p>		 <p>Farmers' Market Distribution June 10, 17 & 24 from 8am to 4pm</p>

Encore Special Programs | May / June 2020

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

May 5 - Tuesday 10:00am Stamp Club; 12:45pm Members' Council Meeting

May 6 - Wednesday 1:00pm Apprise Medicare Counseling

May 7 - Thursday 9:30am Blood Pressure Checks; 12:45pm HYTHL: Allergy, Asthma and COPD. This presentation provides a discussion about how to best recognize and manage allergies, asthma, and chronic obstructive pulmonary disease (COPD). Presented by Abington Jefferson Health.

May 8 - Friday 10:00am Tech Tutoring by Dave

May 9 - Saturday 2nd Saturday Bingo. **Cancelled this month.**

May 12 - Tuesday 12:00pm Vet Connect Lunch

May 13 - Wednesday 12:00pm **Springtime Special Lunch.** Donna and Edd, piano & vocalist, will entertain us with songs from the 40's and 50's. Cost for this lunch is \$8 per person. Please sign up early.

May 14 - Thursday 2:00pm Coin Club

May 15 - Friday 8:30am Legal Consults by Ashby Law Offices, LLC; 10:30am Little Studies: Peace on Earth, Trajan.

May 22 - Friday 10:00am Tech Tutoring by Dave

May 25 - Monday **CLOSED - Memorial Day**

May 26 - Tuesday 12:00pm Vet Connect Lunch

May 27 - Wednesday 2:00pm Volunteer Appreciation. Calling all volunteers to join us for light refreshments and program to recognize your special contribution!

May 28 - Thursday 7:00-9:00pm Book Club: Animal Farm by George Orwell

May 30 - Saturday 4:00-8:00pm Motown Senior Prom sponsored by Home Instead Senior Care. Free event. RSVP by calling 610-584-8200.

June 2 - Tuesday 10:00am-2:00pm Stamp Show in the lobby; 12:45pm Members' Council Meeting

June 3 - Wednesday 1:00-3:00pm Apprise Medicare Counseling

June 4 - Thursday 9:30am Blood Pressure Checks; 12:45pm HYTHL: Vision Health - The Eyes Have it/ Hearing/Dental Health: This presentation provides an overview on how to maintain healthy eyes as well as recommendations for vision screenings. This presentation also explains the different types of hearing loss and how to manage hearing loss. Finally, this presentation will explain the importance of oral and dental health and how maintaining proper oral health contributes to better overall health. Presented by Abington Jefferson Health.

June 8 - Monday 11:00am-12:00pm Let Gun Safety Be Your Target: Explore issues that affect Seniors and how those issues play a role in gun safety. Learn the best and safest practices for any Senior who may find themselves in close proximity to a gun. Presented by the Montgomery County Office of Senior Services. Anyone, any age is welcome to attend this free presentation. Your adult children, friends and neighbors are welcome to attend.

June 9 - Tuesday 12:00pm Vet Connect Lunch

June 11 - Thursday 2:00pm Coin Club

June 12 - Friday 10:00am Tech Tutoring by Dave

June 13 - Saturday 2nd Saturday Bingo. Doors open at 11:00am; Food available; Games 1:00-4:00pm

June 16 - Tuesday 11:00-11:30am Tri-County Area YWCA Foster Grandparent Program presentation. Opportunities are available for adults 55 years and older to help children in our community develop the academic and life skills that are critical to their development and future success. Upon completion of a 40 hour training, you will be matched with your "foster grandchild."

June 17 - Wednesday 12:00pm Wedding Theme Special Lunch. Please bring your pictures and memories. Calling Encore and PEAK musical talent...Contact Karen at Encore to become part of the program.

June 19 - Friday 8:30am Legal consults by Ashby Law Offices, LLC; 10:30am Little Studies: Non-Violence in a Violent World - Martin Luther King

June 23 - Tuesday 9:00am-3:00pm Free Miracle Ear Hearing Screening. Tests done by: Blaire Remmey, H.I.S. Call the office to schedule; 12:00pm Vet Connect Lunch

June 25 - Thursday 9:30am-2:30pm Woodcarver's Show in the lobby; 7:00-9:00pm Book Club: The Grass is Singing by Doris Lessing

June 26 - Friday 10:00am Tech Tutoring by Dave



Let Gun Safety Be Your Target

11:00am-12:00pm on Monday, June 8

Explore issues that affect Seniors and how those issues play a role in gun safety.



Walk With Ease

9:00-10:00am on Monday, Wednesday and Friday, May 4 to June 15.

Program focuses on improving physical activity level, increasing balance, strength and walking pace, reducing the pain of arthritis, and improving overall health. Contact the office at Encore Experiences to sign up.

PEAK Special Programs | May / June 2020

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

May 1 – Friday 11:30am Special Lunch: Cinco de Mayo. Please sign up early. There is a fee for this lunch.

May 4 – Monday 10:00am "A Stitch in Time: Sewing Repair." Anything that comes apart, Anna Marina can put back together. Bring your things that need a hem, a button sewn and anything that needs mending. She will work on the items as you wait. Free of charge; **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!

May 4, 11 & 18 – Mondays 2:00pm Line Dancing. Instructor Victoria Kim. No partners needed! Learn new steps, dance to lively music and get in shape at the same time! Series Fee – ask at the front window.

May 5, 12, 10 & 28 – Tuesdays 9:30am Art Class: Painting Water Color and Acrylics – Instructor Ceil Nuyianes. All levels welcome! We will continue our study of famous painters: Georgia O'Keeffe and Frido Kahlo. We will be focusing on landscapes and seascapes this month. At 11am we will have a short basic teaching for beginner painters. Class fee: \$3; **1:00pm** Art Class: Beginner Drawing Class – Instructor Ceil Nuyianes. We will draw the planets, the stars and the phases of the moon. We will learn a new simple method for enlarging or copying a drawing using a grid. All lessons will be at a beginner's level. Class fee: \$3

May 5 – Tuesday 10:30am Widow/Widowers' Group. Self-led group for emotional support and outings.

May 11 – Monday 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

May 12 – Tuesday 10:00am to 1:00pm Reflexology. Please call to set up an appointment. The half hour appointment is \$30.00.

May 13 – Wednesday 12:30pm Hand Therapy. Diane Wright, North Penn Physical Therapy. This lecture will be geared towards treatment of arthritis and trigger finger, with exercises for range of motion and strength.

May 18 – Monday 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.

May 20 – Wednesday 10:15am Safe Driving for Seniors – Montgomery County Office of Senior Services. This Safe Driving presentation provides advice on how seniors can continue to drive safely! Includes indicators designed to gauge driving ability as well as alternatives for life after driving.

May 25 – Monday CLOSED – Memorial Day

*Explore
Your Creativity*
Art classes held
every Tuesday



June 1 – Monday 10:00am "A Stitch in Time: Sewing Repair." Anything that comes apart, Anna Marina can put back together. Bring your things that need a hem, a button sewn and anything that needs mending. She will work on the items as you wait. Free of charge; **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!

June 1, 8, 15, 22 & 29 – Mondays 2:00pm Line Dancing. Instructor Victoria Kim. No partners needed! Learn new steps, dance to lively music and get in shape at the same time! Series Fee – ask at the front window.

June 2, 9, 16, 23 & 30 – Tuesdays 9:30am Art Class: Watercolor & Acrylics – Instructor Ceil Nuyianes. All levels welcome! This month we will explore weather conditions in both painting and drawing classes. How do you paint raindrops? What are the painting elements for a misty fog or a raging snow blizzard? For our famous Artist study we will look at the lives of Pablo Picasso and Pierre Auguste Renoir. At 11am we will have a short basic teaching for beginner painters. Class fee: \$3; **1:00pm** Art Class: Beginner Drawing Classes – Instructor Ceil Nuyianes. We will explore the weather: rain, snow, sunshine, heat and cold. How do we as beginners portray weather changes with a pencil and paper? Class fee: \$3.

June 2 and 3 – Tuesday & Wednesday 1:30pm to 4:00pm Farmers' Market Voucher Distribution.

June 10, 17 & 24 – Wednesdays 8:00am to 4:00pm Farmers' Market Voucher Distribution.

June 9 – Tuesday 10:00am to 1:00pm Reflexology. Please call to set up an appointment. The half hour appointment is \$30.00.

June 15 – 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; **12:30pm** Healthy Eating on a Budget. Montgomery County Dept. of Health and Human Services. Discussion will be on how a healthy diet can help prevent chronic diseases, provide strategies for purchasing healthy foods while maintaining a budget, and help set a healthy eating goal. Prepare a healthy dry soup mix that you can take with you; and receive recipes for other healthy, low cost meals.

June 19 – Friday 11:30am Special Lunch: Summer Solstice. Please sign up early. There is a fee for this lunch.

June 8 & 22 – Monday 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

June 24 – Wednesday 10:15am Talking with your Doctor: How to Prepare. Montgomery County Office Senior Services. Learn how you can take an interactive role in your healthcare! This presentation features getting ready for a doctor's visit, effectively talking with a doctor about health concerns, making decisions about treatment, and remembering what was discussed following the appointment.

Thoughts of a Volunteer *Written by "An Old Volunteer"*

I never really thought about getting here,
to this age I mean —
But I am here.

I can't do some of the things I could "always" do
I can't remember some of the things I could
"always" remember
I can still move pretty well and do many things
But the changes are undeniable.

How will people view me five years from now?
Will they remember what a capable person...I was?
Will they feel sorry when they consider my
growing limitations?
Will they limit me from doing things I CAN still do?
How will I view myself five years from now?

I hope people will see who I still am "inside."
That they will value what I HAVE done and who
I STILL am.
I hope people will want me to be part of their
lives, their activities
And that I will feel that I am giving and not just
being or taking
I hope that I will feel...ALIVE...and that YOU
will feel that too.



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Safe Driving for Seniors

The Montgomery County Office of Senior Services is offering a "Safe Driving for Seniors" class on **Wednesday, May 20 at 10:15am at The PEAK Center**. This FREE presentation will provide advice on:

- How Seniors can continue to drive safely
- Indicators designed to gauge driving ability
- Alternatives for life after driving and more

Please contact the greeters' desk at the PEAK Center for more information or to sign-up for this presentation or call 215-362-7432.

Leaving a Legacy

Did you know planned giving is a great way to leave a legacy and help other Seniors in your community? There are many options available to include GHPSS in your planned giving:

- Bequests
- Charitable Gift Annuities
- Charitable Remainder Trusts
- Charitable Lead Trusts
- Charitable Gifts from IRA's
- Gifts of Life Insurance
- Immediate Gifts
- Donor Advised Funds

For more information on ways you can support Seniors or for planned giving options, contact Paul Nye at pny@ghnpss.org or call 215-256-6900, ext. 201. GHPSS partners with Univest Foundation for our Planned Giving Partnership.

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What Seniors Are Saying

During our closure due to COVID-19, staff were busy reaching out to GHNPS members and participants to see if they needed assistance. Here are a few encouraging words we heard:

"...we are like family at PEAK..."

"...thanks for the call, I love everybody there..."

"I miss you all at Encore and I want you all healthy."

"Thank you so much! Without your help, I would have never found someone to fix my sump pump and stop my basement from flooding."

"You people at PEAK are so on-the-ball and do such a wonderful job. Thank you."

"Thank you so much for returning my call. I didn't know if I'd be able to reach anyone."

Note Regarding Future GHNPS Newsletters

In order to be fiscally responsible with our financial resources, starting July 1, 2020 we will be mailing this newsletter to **paid members only**.

Menus, services and program information will still be available to everyone who attends both Encore Experiences and The PEAK Center. Visit the greeter's desk for a copy.

New and Renewal Membership Season Starting Soon!

If you would like to become a member or renew your membership, please see the administrative assistant at the Center of your choice. Below are the rates for the 2020-2021 Membership which begins on July 1, 2020.

Individual Basic Membership – \$36
Couple Basic Membership – \$60
Individual Lifetime Membership – \$250
Couple Lifetime Membership – \$450

For more information on the benefits of membership, visit www.ghnps.org.

2ND SATURDAY

Join us at Encore Experiences on
June 13, 2020

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

In Remembrance
We remember with respect:

**Stanley W. Cywinski,
Pauline Walton,
Ethel Hawley & Elizabeth Hillegass**