

The Partnership TMA Septa Photo Key Card Event

PEAK was thrilled to host 120 participants for this event.

If you missed it, don't worry.

You can join us on November 28 at the PEAK Center from 9:30am to 11:30am.



Laughter is the BEST Medicine!

GHNPS members got a dose of "laughter" medicine at an event filled with personality!

Mike Cabot, a professional impersonator, thrilled the audience with his interpretations of Donald Duck, Rodney Dangerfield, Dean Martin, and others. He brought to life the comedy everyone remembers and loves.

Thank you Mike for making us laugh!



4 Menus



6 Regular Programs



10 Special Programs



11 Services for Seniors

The mission of Greater Harleysville and North Penn Senior Services is to provide access to programs and resources that help older adults live independently and remain active.

PEAK Center Staff

Margo Fine-Gabbay
Site & Program Director

Donna Byrne
Administrative Assistant

Sherry Rocchino
Administrative Assistant

Carol Costlow
Social Services Coordinator

Steve Zurad
Meal Assistant

Encore Experiences Staff

Deb Hunsberger
Site Lead & Social Service
Coordinator

Kris Baker
Administrative Assistant

Cindie Wood
Meal Coordinator

Barb Moore
Meal Assistant

Executive Director

Paul A. Nye

Encore Experiences in Harleysville

312 Alumni Avenue
Harleysville, PA 19438
P 215-256-6900
www.ghnpss.org

The PEAK Center in Lansdale

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

Encore and PEAK Hours:

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

Like us on Facebook!



Message from the Executive Director

This is our October/November newsletter. As I look at the calendar with the picture of a giant turkey, Thanksgiving jumps out at me, not only as a holiday but as an attitude. The holiday itself is certainly lots of fun, with Turkey, stuffing, cranberries, and time with families and friends. I especially like this holiday because unlike many other holidays, there is no pressure caused by having to provide gifts, cards, candy, cakes, extensive decorations or other distractions. At Thanksgiving we can focus on the people and things for which we are most thankful.

This Thanksgiving I am personally and professionally thankful for the incredible relationships that are such a huge part of the GHNPSS family at Encore Experiences and The PEAK Center. People at our centers care about each other, help each other, provide emotional support to each other, miss each other when someone is absent and look forward to their time together at the centers. I am thankful to witness every day the many ways our members help and encourage each other and the community in which they live.

In a world that seems to be filled with conflict, I encourage you to stop for a few moments to consider what you are thankful for. Maybe it is your family, job, friends, hobbies, mobility, home, nation, memories, grandkids, and hopefully...the joy you experience in your relationships with members, staff and supporters of GHNPSS at our centers. I am sincerely “thankful” for your partnership.

Thankfully,

Paul A. Nye

“Gratitude is the inward feeling of kindness received.
Thankfulness is the natural impulse to express that feeling.
Thanksgiving is the following of that impulse.”

Henry Van Dyke

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Encore Members Council Notes

Consolidation of Minutes from Encore Experiences in Harleysville Members' Council Meeting Oct. 2, 2018

President Rosetta Troutman opened the meeting with a moment of silence and pledge of allegiance. Rosetta Troutman, Barbara Buis, Deb Hunsberger, Kris Baker, Paul Nye, and 32 members at large were present.

The **Secretary's Report September Minutes** were read by Barbara Buis.

Motion to accept the minutes was made by Bill Downey and seconded by Ed Korchok. Flea Market is canceled.

SITE DIRECTOR & SOCIAL SERVICES - Deb Hunsberger
Open Enrollment Presentation: Ed at Apprise Medicare Counseling will be here November 7. November 6 Polling here at Encore.

Woodcarving and Art Show on December 13.
Open House on October 9 from 4pm to 7pm.

ADMINISTRATIVE ASSISTANT & PROGRAM DIRECTOR - Kris

Please check the binder on Greeter's desk and bulletin board.

OLD BUSINESS

Dave Boorse is knowledgeable about the AED Machine. Dave will provide general AED information for us.

Rosetta brought up the First Aid Kit is full and in the office if needed.

TREASURER'S REPORT

Naomi isn't here! Rosetta brought the report to the Member's. Suggested donation to Encore be \$500. Chuck motioned to agree; Ed seconded. We will be having a Bingo basket for October.

NEW BUSINESS

Please put the clocks up! Thank you!

Can computers be set up?

Pool table needs pockets fixed.

Next meeting will be November 13 instead of November 6 due to voting at Encore!

Nominee Committee will be Charlie Gardner, Betty White, Bruce Wahl, and Paul Nye, Ex-Officio.

As there was no further business, a motion to adjourn was made by Jack Horner and Seconded by Bill Downey at 12:55pm.

PEAK Members Council Notes

We have had some new programs added. Mystery Story Hour with Josephine monthly and Guided Mindful Meditation Class held bi-weekly. Both have been very popular.

The PEAK-A-Boo Ladies gathered at The PEAK Center and Eastern Dragon for very delightful luncheons in September and October. November 6, there will be a catered luncheon at PEAK. Cost is \$7.00 and is to be paid at the Welcome Desk by November 2.

We continue to collect nonperishable foods for Manna. Please drop your donations off at the Welcome Desk.

Please join us for our monthly meeting and bring any suggestions you may have about new activities. Our next meetings are scheduled for Tuesday, November 20 and December 18 at 12:30pm.

Happy and Blessed Birthday to all who are celebrating birthdays in November and December.



HOLIDAY OPEN HOUSE

Join us for **fun, food and festive music** as you explore our exquisite community!

Friday, December 28
2:00-4:00pm

RSVPs are appreciated –
Call 215-315-7762.

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OF HARLEYSVILLE
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www.arboursquare.com

2018 BEST OF HARLEYSVILLE
f l n p
2018 Award for Excellence

NOVEMBER 2018 | Menu for **Encore** and **PEAK**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fish and Chips Cole Slaw Milk	2 Veggie Chili Cheddar Cornbread Yogurt and Fruit Parfait Milk
5 Eggplant Parmesan Roll Green Salad Milk	6 Sloppy Joe Carolina Slaw Mixed Fruit Milk	7 Shrimp Pad Thai Salad Asian Cucumber Salad Milk	8 Grilled Chicken Salad with Spinach, Pecans and Feta Cheese Roll Milk	9 Sausage with Peppers and Onions Roasted Potatoes Mixed Fruit Milk
12 Tacos (Beef or Bean) Black Bean Soup Spanish Rice Milk	13 Grilled Salmon Wild Rice Citrus Salad Milk	14 Grilled Cheese Tomato Soup Mandarin Oranges Milk	15 Individual Shepherd's Pie Roll Mixed Fruit Milk	16 Chicken Salad Wrap Lettuce and Tomato Milk
19 PEAK Special Thanksgiving Lunch Encore Pierogies with Mushrooms and Onions Green Salad Milk	Encore 20 Special Thanksgiving Lunch: Turkey Tetrazzini, Autumn Salad, Roll & Pumpkin Surprise PEAK Pierogies with Mush- rooms and Onions, Green Salad, Milk	21 Baked Haddock Roasted Tomatoes Mac and Cheese Sliced Peaches Milk	22 CLOSED Thanksgiving Day	23 CLOSED Day After Thanksgiving
26 Veggie Chili Cheddar Cornbread Yogurt and Fruit Parfait Milk	27 Taco Salad with Corn Chips Pineapple Milk	28 Chicken Marsala Wild Rice Broccoli Milk	29 Meatball Sub Sweet Potato Bites Mixed Fruit Milk	30 Fish and Chips Cole Slaw Milk

DECEMBER 2018 | Menu for **Encore** and **PEAK**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sloppy Joe Carolina Slaw Mixed Fruit Milk	4 Shrimp Pad Thai Salad Asian Cucumber Salad Milk	5 Eggplant Parmesan Roll Green Salad Milk	6 Sausage with Peppers and Onions Roasted Potatoes Mixed Fruit Milk	7 Grilled Chicken Salad with Spinach, Pecans and Feta Cheese Roll Milk
10 Individual Shepherd's Pie Roll Mixed Fruit Milk	11 Grilled Cheese Tomato Soup Mandarin Oranges Milk	12 Chicken Salad Wrap Lettuce & Tomato on the Side Milk	13 Grilled Salmon Wild Rice Citrus Salad Milk	14 Tacos (Beef or Bean) Black Bean Soup Spanish Rice Milk
17 Baked Haddock Roasted Tomatoes Mac and Cheese Sliced Peaches Milk	18 Encore Special Lunch PEAK BBQ Pulled Pork Wild Rice Three Bean Salad Milk	19 PEAK Special Holiday Lunch Encore BBQ Pulled Pork Wild Rice Three Bean Salad Milk	20 French Dip Sandwich French Fries Horseradish Mixed Fruit Milk	21 Pierogies with Mushrooms and Onions Green Salad Milk
24 Chicken Marsala Wild Rice Broccoli Milk	25 CLOSED Christmas Day	26 Fish and Chips Cole Slaw Milk	27 Veggie Chili Cheddar Cornbread Yogurt and Fruit Parfait Milk	28 Meatball Sub Sweet Potato Bites Mixed Fruit Milk
31 Sausage with Peppers and Onions Roasted Potatoes Mixed Fruit Milk				

NOVEMBER 2018 | Regular Programs at Encore

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
	POLLING STATION Tuesday, November 6 Encore will serve as a polling place to the public. Stop by and cast your vote.		9:15 Zumba GOLD* 1 9:30 Woodcarving 9:30 Stitch & Chat 9:30 Blood pressure check 12:30 Bridge 12:30 Help Yourself to Healthy Living 1:30 Chair Yoga* Ballroom Dancing* 5:30 Experienced 6:45 Beginner	2 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy with Dixie
5 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	6 9:00 Hair Cuts 10:00 Group Trivia 10:00 Stamp Club 1:30 Zumba GOLD* Cancelled Encore will serve as a Polling Place today.	7 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Coloring for Calmness 10:45 Tai Chi* 11:00 Medicare Enrollment Presentation 6:15pm Zumba GOLD*	8 9:15 Zumba GOLD* 9:30 Woodcarving 9:30 Stitch & Chat 12:30 Bridge 1:30 Chair Yoga* 2:00 Coin Club Ballroom Dancing* 5:30 Experienced 6:45 Beginner	9 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy with Dixie
12 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	13 9:00 Hair Cuts 10:00 Group Trivia 11:30 Vet Connect Lunch 12:30 Vet Connect Mtg. 12:30 Member's Council Meeting 1:30 Zumba GOLD*	14 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Coloring for Calmness 10:45 Tai Chi* 1:45 Transit Bingo 6:15pm Zumba GOLD*	15 9:15 Zumba GOLD* 9:30 Woodcarving 9:30 Stitch & Chat 12:30 Bridge 1:30 Chair Yoga* Ballroom Dancing* 5:30 Experienced 6:45 Beginner	16 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy with Dixie 12:45 Healthy Holiday Cookies 2:00 Little Studies "Frankenstein"
19 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	20 9:00 Hair Cuts 10:00 Group Trivia 12:00 "Let's Give Thanks" Special Lunch, \$7 1:30 Zumba GOLD*	21 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Coloring for Calmness 10:45 Tai Chi* 6:15pm Zumba GOLD*	22 CLOSED Thanksgiving Day	23 CLOSED Day After Thanksgiving
26 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	27 9:00 Hair Cuts 10:00 Group Trivia 11:30 Vet Connect Lunch 12:30 Vet Connect Mtg. 1:30 Zumba GOLD*	28 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Coloring for Calmness 10:45 Tai Chi* 6:15pm Zumba GOLD*	29 9:15 Zumba GOLD* 9:30 Woodcarving 9:30 Stitch & Chat 12:30 Bridge 1:30 Chair Yoga* Ballroom Dancing* 5:30 Experienced 6:45 Beginner 7:00 Book Club	30 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy with Dixie

DECEMBER 2018 | Regular Programs at Encore

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 9:00 Hair Cuts 10:00 Group Trivia 10:00 Stamp Club 12:30 Member's Council Meeting 1:30 Zumba GOLD*	5 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Coloring for Calmness 10:45 Tai Chi* 6:15pm Zumba GOLD*	6 9:15 Zumba GOLD* 9:30 Woodcarving 9:30 Stitch & Chat 9:30 Blood pressure check 12:30 Bridge 12:30 Help Yourself to Healthy Living 1:30 Chair Yoga* Ballroom Dancing* 5:30 Experienced 6:45 Beginner	7 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy with Dixie
10 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	11 9:00 Hair Cuts 10:00 Group Trivia 11:30 Vet Connect Lunch 12:30 Vet Connect Mtg. 12:30 Shoveling Tips 1:30 Zumba GOLD*	12 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Coloring for Calmness 10:45 Tai Chi* 6:15pm Zumba GOLD*	13 9:15 Zumba GOLD* 9:30 Woodcarving Show 9:30 Stitch & Chat 12:30 Bridge 1:30 Chair Yoga* 2:00 Coin Club Ballroom Dancing* 5:30 Experienced 6:45 Beginner	14 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 11:00 Perkiomen Tours Day Trip* 10:30 Zumba GOLD* 10:30 Pet Therapy with Dixie
17 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	18 9:00 Hair Cuts 10:00 Group Trivia 12:00 Holiday Celebration Special Lunch, \$7 1:30 Zumba GOLD*	19 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Coloring for Calmness 10:45 Tai Chi* 6:15pm Zumba GOLD*	20 9:15 Zumba GOLD* 9:30 Woodcarving 9:30 Stitch & Chat 12:30 Bridge 1:30 Chair Yoga* Ballroom Dancing* 5:30 Experienced 6:45 Beginner	21 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy with Dixie
24 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	25 CLOSED Christmas Day	26 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:00 Creative Writing 10:45 Coloring for Calmness 10:45 Tai Chi* 6:15pm Zumba GOLD*	27 9:15 Zumba GOLD* 9:30 Woodcarving 9:30 Stitch & Chat 12:30 Bridge 1:30 Chair Yoga* Ballroom Dancing* 5:30 Experienced 6:45 Beginner	28 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 10:30 Pet Therapy with Dixie
31 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	Start off the Holiday with a Show, "The First Noel" at the American Music Theatre Friday, December 14th Join your friends at Park View at Oak Crest for a day trip with Perkiomen Tours. Departure time is 11:00am from Encore. At 12:30 a home style lunch will be served at Fulton Steamboat. The show will begin at 3:00pm and departure for home at 5:00pm. Please call Sue Ciaccio at 215-513-2803 to sign up. There is a cost for this trip.			

NOVEMBER 2018 | Regular Programs at PEAK

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 12:30 Elder Abuse Awareness Class 1:15 Zumba GOLD* 2:00 Guided Mindful Meditation	6 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Studio Art Class* 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi* 11:30 PEAK-A-Boo Lunch 12:30 Bowling-Earl Bowl* 12:45 Fit for the Future 2*	7 9:00 Growing Stronger 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:45 Progressive Pinochle 12:45 Zumba Chair*	1 9:00 AARP Driving Course 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*	2 9:00 AARP Driving 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
12 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 10:30 Mystery Hour 12:30 Elder Abuse Awareness Class 1:15 Zumba GOLD*	13 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Studio Art Class* 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi* 12:30 Bowling-Earl Bowl* 12:45 Fit for the Future 2*	14 9:00 Growing Stronger 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 10:30 "Food in a Jar" 12:45 Progressive Pinochle 12:45 Zumba Chair*	15 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*	16 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo
19 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 11:30 Special Thanksgiving Luncheon, \$8 1:15 Zumba GOLD* 2:00 Guided Mindful Meditation	20 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Studio Art Class* 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi* 12:30 Bowling-Earl Bowl* 12:30 Member's Council Mtg. 12:45 Fit for the Future 2* 2:00 Grief Support Group	21 9:00 Growing Stronger 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:45 Progressive Pinochle 12:45 Zumba Chair*	22 CLOSED Thanksgiving Day	23 CLOSED Day After Thanksgiving
26 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 1:15 Zumba GOLD*	27 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Studio Art Class* 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi* 12:30 Legal Counseling 12:30 Bowling-Earl Bowl* 12:45 Fit for the Future 2*	28 9:00 Growing Stronger 9:00 Computer Lab 9:30 Septa Key Card (need appointment) 10:00 Wii-Bowling 10:00 Rummikub 12:45 Progressive Pinochle 12:45 Zumba Chair* 2:00 Seniors Self Defense Clinic	29 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 10:30 Nutrition Program 11:30 Tap Dancing* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*	30 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo

DECEMBER 2018 | Regular Programs at PEAK

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 12:00 Book Club, "The Wake Up" 1:15 Zumba GOLD* 2:00 Guided Mindful Meditation	4 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Studio Art Class* 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi* 11:30 PEAK-A-Boo Lunch at Red Lobster 12:30 Bowling-Earl Bowl* 12:45 Fit for the Future 2*	5 9:00 Growing Stronger 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:45 Progressive Pinochle 12:45 Zumba Chair*	6 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 10:30 Tea & Poetry 11:30 Tap Dancing* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*	7 9:00 AARP Refresher 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
10 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 10:30 Mystery Story Hour 1:15 Zumba GOLD*	11 9:00 Computer Lab 9:00 Fit for the Future 1* 9:30 Studio Art Class* 9:30 Medicare Counseling 10:00 Rummikub 10:15 Tai-Chi* 11:30 Lunch & Learn 12:30 Bowling-Earl Bowl* 12:45 Fit for the Future 2*	12 9:00 Growing Stronger 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:45 Progressive Pinochle 12:45 Zumba Chair*	13 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*	14 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo
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24 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 1:15 Zumba GOLD*	25 CLOSED Christmas Day	26 9:00 Growing Stronger 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:45 Progressive Pinochle 12:45 Zumba Chair*	27 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*	28 9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo
31 9:00 Growing Stronger 9:00 Computer Lab 9:00 Woodcarving 10:00 Rummikub 1:15 Zumba GOLD*				

PEAK-A-BOO'S LUNCHEON

Tuesday, November 6 at 11:30 AM
at the PEAK Center.

Tuesday, December 4 at 11:30 AM
at Red Lobster.

Join us for these special gatherings.
Call 215-362-7432 for reservations.

NOV./DEC. 2018 | Special Programs for **Encore** and **PEAK**

These are "special" events not found on the regular calendars.

ENCORE "SPECIAL" PROGRAMS

*RSVP to events by calling 215-256-6900.

NOVEMBER 1 - Thursday

9:30–11:30: Blood Pressure Checks

12:30–1:30: HYTHL presents "Sleep: What happens when we sleep and how do I maximize my restful sleep?"

NOVEMBER 6 - Tuesday

Encore will serve as a Polling Place

NOVEMBER 7 - Wednesday

1:00: Medicare Open Enrollment Presentation

NOVEMBER 10 - Saturday

11:00: Bingo (Food 11:30; Bingo 1 to 4 PM)

NOVEMBER 13 - Tuesday

12:30: Balance & Vestibular Talk (The Physical Therapy & Wellness Institute)

12:30: Member's Council Meeting

NOVEMBER 14 - Wednesday

1:45: Transit Bingo by The Partnership TMA

NOVEMBER 16 - Friday

12:45: Healthy Holiday Cookies with Teri Wassel

2:00: Little Studies, "Frankenstein"

NOVEMBER 20 - Tuesday

12:00: "Let's Give Thanks" Special Lunch \$7, Entertainment by our very own Readers Theater

NOVEMBER 29 - Thursday

7:00–9:00pm: Book Club, "99 Red Balloons" by Elizabeth Carpenter

DECEMBER 4 - Tuesday

12:30: Member's Council Meeting

DECEMBER 5 - Wednesday

Apprise Medicare Counseling Appointments

DECEMBER 6 - Thursday

9:30–11:30: Blood Pressure Checks

12:30–1:30: HYTHL presents "Flu vs. Common Cold: What is the difference? How do I prevent them?"

DECEMBER 7 - Friday

Lunch Time: Public Health Nutritionist Teri Wassel

DECEMBER 8 - Saturday

11:00: Big Bingo (Food 11:30; Bingo 1 to 4 PM)

DECEMBER 11 - Tuesday

12:30: Shoveling Tips and Tricks (The Physical Therapy & Wellness Institute)

DECEMBER 13 - Thursday

9:30: Woodcarving Show

2:00: Coin Club

DECEMBER 14 - Friday

11:00am–4:00pm: Day Trip with Perkiomen Tours (see page 7 for more information.)

DECEMBER 18 - Tuesday

12:00: "Holiday Celebration" Special Lunch, \$7

DECEMBER 21 - Wednesday

2:00: Little Studies CANCELLED

PEAK "SPECIAL" PROGRAMS

*RSVP to events by calling 215-362-7432.

NOVEMBER 1 & 2 - Thursday & Friday

9:00 - 1:00: AARP Driving Course

NOVEMBER 5 - Monday

12:30–1:30: "In Your Best Interest" Elder Abuse Awareness Class

2:00–2:45: Guided Mindful Meditation

NOVEMBER 6 - Tuesday

11:30: PEAK-A-Boo's Luncheon Gathering

NOVEMBER 9 - Friday

10:30: "Brain Health & Hearing Presentation/Screening"

NOVEMBER 12 - Monday

10:30: Mystery Story Hour – Lew Archer (Detective)

12:30–1:30: "In Your Best Interest" Elder Abuse Awareness Class

NOVEMBER 14 - Wednesday

10:30: "Food in a Jar" Program

NOVEMBER 19 - Monday

11:30: Special Thanksgiving Luncheon, \$8

2:00–2:45: Guided Mindful Meditation

NOVEMBER 20 - Tuesday

12:30: Member's Council Meeting

2:00: Grief Support Group

NOVEMBER 28 - Wednesday

9:30–11:30: Septa Key Card event (must call center to schedule appointment time).

2:00–3:00: Seniors Self Defense Clinic

NOVEMBER 29 - Thursday

10:30: Nutrition Program

DECEMBER 3 - Monday

12:00: Lansdale Area Book Club, "The Wake Up" by Catherine Ryan Hyde

2:00–2:45: Guided Mindful Meditation

DECEMBER 4 - Tuesday

11:30: PEAK-A-Boo's Luncheon Gathering at Red Lobster

DECEMBER 6 - Thursday

10:30: Tea & Poetry

DECEMBER 7 - Friday

9:00–1:00: AARP Refresher Course

DECEMBER 10 - Monday

10:30: Mystery Story Hour – Christmas with O'Henry

DECEMBER 11 - Tuesday

11:30–1:00: Lunch & Learn

DECEMBER 17 - Monday

2:00–2:45: Guided Mindful Meditation

DECEMBER 18 - Tuesday

12:30: Member's Council Meeting

2:00: Grief Support Group

DECEMBER 19 - Wednesday

11:30: Special Holiday Luncheon and DJ Dance Party, \$8

DECEMBER 20 - Tuesday

10:30: Crafts with Mags



NORTH PENN COMMONS

VETERAN'S DAY Breakfast & Program

NOVEMBER 7 • 9am–11am

GHPSS Education and Services for Seniors

AARP Driving Courses

Driving Courses (8-hour training)

PEAK: November 1 from 9 AM to 1 PM

PEAK: November 2 from 9 AM to 1 PM

Call 215-362-7432 to register.

Refresher Course (4-hour training)

PEAK: December 7 from 9 AM to 1 PM

Call 215-362-7432 to register.

\$15 AARP members; \$20 non-members.

APPRISE Medicare Counseling

Free unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers

PEAK: Pam and Krista on Tuesdays from 9:30 AM to 11:30 PM.

Call 215-362-1076 to request an appointment.

Encore: Ed on 1st Wednesday of the month from 1:00 PM to 3:00 PM. Call 215-256-6900 to request an appointment.

Legal Counseling

Free legal consultations are available by appointment.

Call 215-362-7432 to request an appointment.

PEAK: Appointments available on 11/27 and 12/18 at noon.

Low-Income Heating Assistance Program (LIHEAP)

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



Do You Need Help?

Looking for food stamps or SNAP benefits, Veterans' 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 info.

Property Tax/Rent Rebate

Applications are still being accepted until Dec. 31, 2018 for the 2017 tax year. If you qualify, you can receive a rebate up to \$650. In addition, property owners in the North Penn School District who qualify for the PA Property Tax rebate can apply for an additional rebate from the school district. Pick up applications and get help at the Center.

Medicare Open Enrollment Presentation on Plans and Potential Changes

Open Enrollment for Medicare Advantage and Part D plans continues through December 7. Any changes you make will take effect January 1, 2019.

Encore: November 7 at 1 PM. There will be a presentation on expected changes in Medicare Advantage and Part D plans along with a question and answer period.

Free Tax Preparation – Coming Soon!

This service, sponsored by AARP, will be offered February–April, 2019. Call the last week of January to make your appointment.

Do You Need A Ride?

For trip reservations to and from our centers call:

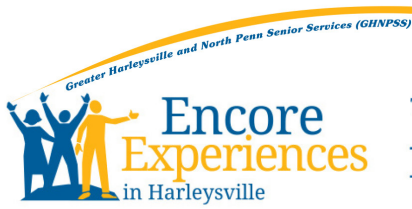
Encore Experiences: 215-256-6900

PEAK Center: 215-362-7432

Members Speak Out

"G," a program participant, told our receptionist "I realized that I was alone and needed to get out a bit," he said. So he started coming in. He made new friends, took on a volunteer job, and then one day his car broke down. He managed to get the car for service and make his way to Encore for the day. He told his friends about his car problems, and he said, "On the spot, I had offers for rides home that day, as well as offers to take me to get my car the next day!" "I never would have had that happen had I stayed home alone. This is a great place to make friends. Our conversation went full circle almost back to where it had started, when we began talking about the value of groups and the importance of joining them."

"S," a tall, slim, soft spoken gentleman, came into the Peak Center wanting to learn more about our activities. He listened carefully and asked a few questions. As we were describing the daily Congregate Meal, he perked up and asked more questions. The very next day he came back to sign up for membership. He told us that as a diabetic and being single, it was very hard for him to plan and prepare a balanced meal every day. The day after he became a member, he came in and joined us for lunch, receiving a warm welcome from Steve. He has been a regular at lunch ever since. He has made new friends and has also participated in other Center activities.



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Greater Harleysville and North Penn Senior Services (GHNPS)

Penn Senior Services (GHNPS) operates both Encore Experiences in Harleysville and The and North Penn Senior Services is to provide access to programs and resources that help n active. Both centers offer a place of comfort, fellowship and care to the seniors in our co


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Social Service Success!

Carol Costlow, our Social Services Coordinator at PEAK, met with "Jane" because "Jane" read in the latest newsletter (she is a participant only) that she can get help applying for the PA Property Tax Rebate. She said that she had tried to apply on her own in the past but gave up.

In one appointment they were able to complete not only that application, but also the North Penn School District's rebate application for a total expected rebate of \$375.

"Jane" was very happy when she left. This is one of MANY vital connections GHNPS has been able to facilitate.

