



~ Enjoy Fun Holiday Activities With Us ~



Create “Make-It & Take-It” Crafts at Encore Experiences

The Holidays are a time for our creative side to come to life. Making decorations or event gifts brings joy to you and to those who receive your hand made gift. Join Karen Feher from Encore Experiences as she helps you to create your holiday masterpieces!

Thanksgiving Craft: Friday, November 12 from 1pm to 3pm

Christmas Craft: Friday, December 10 from 1pm to 3pm

To join the “craft crew,” call 215-256-6900 to sign-up. Cost is \$10. Space is limited, so sign up soon!

Build a Gingerbread House at The PEAK Center

Have you ever built a gingerbread house? **You can be part of the “building crew” on December 8 at 11am at The PEAK Center!**

Gingerbread houses originated in Germany during the 16th century. The elaborate cookie-walled houses, decorated with foil in addition to gold leaf, became associated with the Christmas tradition. The house required a building permit and was built much like a traditional house. Rest assured, you won't need a permit to build the gingerbread house at The PEAK Center! Just bring your Christmas cheer.

To join the “building crew,” call 215-362-7432 to sign-up.





A Message From the Executive Director

Greetings Friends!

The holidays are approaching! It's the wonderful time of year with festive decorations, delicious meals (and desserts!), and family get-togethers to share joy, laughter, and gratitude. Even with all we have been through over the last

two years, we must keep gratitude at the forefront of our minds. We should remain grateful for all the blessings we have of family, friends, and the abundance in our country. Personally, I am very grateful for all the staff and volunteers that make Greater Harleysville and North Penn Senior Services' two centers operate day in and day out. I'm also grateful for your continued support. It's been a joy seeing so many of you back at Encore Experiences and The PEAK Center.

Greater Harleysville and North Penn Senior Services has continued to remain open throughout the summer and into fall. I have had many of our members and participants ask me about when our congregate meal programs will return and, unfortunately, at the time of this writing, we still don't have a clear answer on when that will be. We will continue to keep everyone updated as best as possible as to our additions or subtractions, based on the conditions at that time, and recommend everyone check our website for the latest updates.

As we move forward, you will notice that we have added a few more classes. There are additional exercise classes, especially at Encore. We also brought back "Happy Hour" as a Zoom offering in October on the 2nd and 4th Fridays of the month with Heather Shutters. We invite you to take advantage of all our programs, whether in person or virtually, to stay connected with all your friends at GHPSS.

One final note: during these months we do occasionally deal with stormy wintry weather. In the event of inclement weather, our Centers may close or have a delayed opening. The safety of members, participants, and staff is our highest priority. Generally, Encore Experiences will follow the lead of the Souderton Area School District and The PEAK Center will follow the lead of the North Penn Area School District in making decisions regarding weather-related closures. Our decision will be relayed to the staff and posted on our website.

Happy Holiday Season to all!

Regards,

Peter Stinson

GHPSS Staff

Organizational Support

Peter Stinson
Executive Director

Jim McCarthy
Bookkeeper

Connie Maurer
Marketing Communications Coordinator and Development Specialist

Encore Experiences

Deborah Hunsberger
Site Manager and Social Services Coordinator

Karen Feher
Administrative Assistant

Cindie Wood
Meal Coordinator

Brenda Nicodemus
Meal Assistant

The PEAK Center

Heather Shutters
Site Manager

Joanne Kramlik
Administrative Assistant

Carol Costlow
Social Services Coordinator

Ways to Contact Us

Encore Experiences in Harleysville

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900
M-F: 8:00 AM to 4:00 PM

The PEAK Center in Lansdale

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

www.ghpss.org

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<https://bit.ly/GHPSSyoutube>



GHPSS Education and Services for Seniors

AARP SMART Driver Course

AARP has suspended all its in-person classes through December 2021. Call PEAK at 215-362-7432 to get up-to-date information.

PA MEDI (formerly APPRISE Medicare Counseling)

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

PEAK: Call 215-362-1076 to request counseling.

Encore: Call 215-256-6900 to request counseling.

Farmers' Market Vouchers

Don't forget - the vouchers can be used through November 2021. Check with your favorite farm stand to learn its hours of operation.

Low Income Heating Assistance Program (LIHEAP)

This seasonal program is accepting applications beginning November 1, 2021 through March 2022. For eligibility and to apply online, go to www.compass.state.pa.us. Applications and help can be found by contacting the Social Service Coordinators at Encore or PEAK.

Legal Counseling

PEAK: Free legal consultations will be available November 23 and December 28. Call 215-362-7432 to request an appointment.

Encore: Free Legal consultations will be available November 19 and December 17. Call 215-256-6900 to request an appointment.

PA Property Tax/Rent Rebate

Applications for the 2020 tax year are available and must be submitted by Dec. 31, 2021. If you qualify, you can receive a rebate up to \$650. New for 2021: you can apply online for this rebate at the PA Dept. of Revenue's myPATH website at <https://www.revenue.pa.gov/OnlineServices/mypath/Pages/default.aspx>.

Also, the North Penn School District is offering an additional rebate for its residents, but you must have already qualified for and received the PA Property Tax/Rent Rebate for 2020. You can apply to the school district for their additional rebate through June 30, 2022. Learn more, pick up applications and get help from the Social Services Coordinator at Encore or PEAK.

Do You Need Help?

Are you looking for food stamps or SNAP benefits or Medicaid applications? Do you know if you qualify for monthly food boxes? Do you need help with the forms or mail from these programs? Call the Social Service Coordinator at PEAK (215-362-7432) or Encore (215-256-6900) for more information.

Do You Need a Ride to Our Centers?

To schedule transportation through TransNet, please call Encore Experiences at 215-256-6900 or The PEAK Center at 215-362-7432.

In Loving Memory

Roland Spaar
Wilhemina "Billie" Shafer
Jean Wolkowicz
Margaret "Margie" Briggs

WE ♥ OUR VOLUNTEERS

Without the dedication of our volunteers, we would not be able to serve Seniors the way we do.

Would you like to join our team of wonderful volunteers and serve at either Encore Experiences or The PEAK Center?

If the answer is **YES**, please call us TODAY!

215-256-6900 (Encore)

215-362-7432 (The PEAK Center)

Help Yourself to Healthy Living *Virtual Presentations*

Join Jane Cero of Jefferson Lansdale Hospital as she discusses topics to help you live a healthy life. To sign up call 215-256-6900.

Thursday, November 4 at 12:30pm

TOPIC: Diabetes Update 2021

Diabetes is a national epidemic and affects millions of Americans. Many people have undiagnosed diabetes! Please join us to learn what you can do to minimize your risk of developing diabetes. If you have diabetes, learn how to maximize your health!

Thursday, December 2 at 12:30pm

TOPIC: New Cholesterol Guidelines 2021

Cholesterol is a type of fat in our bodies. Cholesterol is needed for our body to function properly, but too much of it in our blood can be harmful. Please join us to learn more about cholesterol, how to prevent high cholesterol, and new cholesterol guidelines to help us live healthy lives.



Holiday Message from Heather Shutter

Site Manager at The PEAK Center

Cheers to the New Year from The PEAK Center! This year has brought some changes to The PEAK Center and we thank all of you for your continued support as we move forward through these challenging times. We wish you the very happiest and most peaceful of holidays and we look forward to a new year full of programs and fun times at The PEAK Center. Thank you and wishing you all the best!

A New Face at The PEAK Center

If you have visited The PEAK Center recently, you probably noticed a friendly new face! **We are excited to welcome Joanne Kramlik as our new Administrative Assistant at PEAK.** When we asked her about working at GHPSS and what some of her hobbies are, Joanne stated, *"I am looking forward to working here at The PEAK Center and to be able to offer guidance and help to Seniors. I enjoy engaging with the Seniors as they have many wonderful stories to tell and can offer valuable bits of advice. Our society needs to take better care of them. Everyone here has been very friendly and welcoming to me. In my spare time, I enjoy puzzles, reading, and spending time with my grandsons."*

When you see Joanne, be sure to say "Hello!"



Harleysville

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215-256-8828



Lansdale Branch
215-855-1011

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Grab and Go Lunch Menu

November 2021

Reserve your lunch by calling 215-256-6900.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk</p>	<p>2</p> <p>NO LUNCH</p>	<p>3</p> <p>Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk</p>	<p>4</p> <p>Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk</p>	<p>5</p> <p>Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk</p>
<p>8</p> <p>Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk</p>	<p>9</p> <p>Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk</p>	<p>10</p> <p>Pork Loin Sauerkraut Mashed Potatoes Applesauce 1% Milk</p>	<p>11</p> <p>Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk</p>	<p>12</p> <p>Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk</p>
<p>15</p> <p>Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk</p>	<p>16</p> <p>Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk</p>	<p>17</p> <p>Low Carb Beef Stew Roll and Butter Peaches 1% Milk</p>	<p>18</p> <p>Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk</p>	<p>19</p> <p>Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk</p>
<p>22</p> <p>Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk</p>	<p>23</p> <p>Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk</p>	<p>24</p> <p>Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk</p>	<p>25</p> <p>CLOSED in observance of Thanksgiving</p>	<p>26</p> <p>CLOSED in observance of Thanksgiving</p>
<p>29</p> <p>Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk</p>	<p>30</p> <p>Special Lunch (Standard Donation) Chili, Baked Potato Cornbread Muffin Rice Pudding 1% Milk</p>	 <p><i>Special Lunch November 30</i></p>		

Grab and Go Lunch Menu

December 2021

Reserve your lunch by calling 215-256-6900.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Special Lunch</i> December 28</p> 		<p>1</p> <p>Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk</p>	<p>2</p> <p>Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk</p>	<p>3</p> <p>Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk</p>
<p>6</p> <p>Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk</p>	<p>7</p> <p>Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk</p>	<p>8</p> <p>Pork Loin Sauerkraut Mashed Potatoes Applesauce 1% Milk</p>	<p>9</p> <p>Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk</p>	<p>10</p> <p>Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk</p>
<p>13</p> <p>Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk</p>	<p>14</p> <p>Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk</p>	<p>15</p> <p>Low Carb Beef Stew Roll and Butter Peaches 1% Milk</p>	<p>16</p> <p>Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk</p>	<p>17</p> <p>Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk</p>
<p>20</p> <p>Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk</p>	<p>21</p> <p>Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk</p>	<p>22</p> <p>Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk</p>	<p>23</p> <p>Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk</p>	<p>24</p> <p>CLOSED in observance of Christmas</p>
<p>27</p> <p>Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk</p>	<p>28</p> <p>Special Lunch (Standard Donation) Chicken Corn Chowder, Bacon and Cheese Muffins, Special Dessert 1% Milk</p>	<p>29</p> <p>Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk</p>	<p>30</p> <p>Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk</p>	<p>31</p> <p>CLOSED in observance of New Year's Eve</p>



Holiday Message from Deb Hunsberger

Site Manager and Social Services Coordinator at
Encore Experiences

Encore continues to offer lunch via our drive thru Grab & Go program. We hope to offer a new menu in January! Still uncertain when we will be able to safely eat together indoors. I would like to thank all our volunteers, fellow staff and Board members for their fine service and good camaraderie. Together we have been able to offer a place of comfort, fellowship and care to the seniors in our community. I wish you many things to be thankful for and may you have the happiest of holidays.



Cooking Class with Chef Cindie

Join Chef Cindie from Encore Experiences as she shows you how to create delicious treats you can do at home. *All classes are held on ZOOM.*

Friday, November 19 at 1:00pm
"Thanksgiving's Ruby Fruit"



Experience the exciting holiday recipes that incorporate cranberries into them.

Friday, December 17 at 1:00pm
"Winter Wonderland"



Explore treats for the holidays that also beat the winter woes.



Cooking with Color: Create an Autumn Appealing Meal

LEARN HOW TO CREATE A COLORFUL AUTUMN MEAL
THAT WILL MAKE YOUR TASTE BUDS SMILE!

Thursday, November 4 • 1:00pm • PEAK (in person)

Thursday, November 18 • 1:00pm • Encore (in person)

Registration Required • Email Twassel@montcopa.org

RSVP by Nov. 2 for PEAK and Nov. 6 for Encore.

Sprinkle Kindness

at PEAK "in person" on
Monday, November 8 at 11:30am

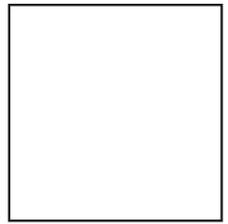
Patricia Gallagher, an active senior, is the founder of three national kindness projects. Patricia has been invited to be a guest on The Today Show with Hoda & Jenna, The CBS Early Show, The Oprah Winfrey Show, and CNN. She is the author of 28 books. She holds a BA from Villanova University and an MBA from Saint Joseph's University. She will be at The PEAK Center for "Sprinkle Kindness."





Greater Harleysville and North Penn Senior Services
312 Alumni Avenue, Harleysville, PA 19438

Electronic Service Requested



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



Program calendars are available on our website at www.ghnpss.org. To request a program calendar in print, please call either Encore Experiences at 215-256-6900 or The PEAK Center at 215-362-7432.

Polling Site at Encore Experiences

No lunch will be served on Tuesday, November 2, 2021 as Encore will be a polling site. **The center will be open for in-person activities. NOTE: 1:30 Zumba Gold class is canceled.**

Haircut Services at Encore Experiences

Need a haircut? Visit Robin on Tuesday mornings from 9am to 11am at Encore Experiences. \$10 per haircut. Please call 215-256-6900 to schedule your appointment.

Art Class is Back at Encore Experiences!

Join Pat Wilson-Schmid for in-person classes on Mondays at 1:30pm at Encore. Call 215-256-6900 for questions. \$3 per class.

Evening Zumba Gold at Encore Experiences

Zumba is a fusion of Latin and International music combining fast and slow rhythms and movements that tone and sculpt the body. Build cardiovascular health while building hip, leg and arm muscle. Call 215-256-6900 for questions. \$3 per class. Wednesdays at 5:45 - 6pm.

Virtual Happy Hour is Back By Popular Demand

Join us via Zoom on the 2nd and 4th Friday of the month at 2:30pm for an hour of conversation, laughter, and more! Call 215-362-7432 to sign-up.

In-Person Yoga at The PEAK Center

Join Nadine Chudoba (YoHa Instructor) on Tuesdays at 11am for Wellness Yoga where you can reach for your highest health potential. Wellness Yoga fits your level of skill and ability. Please join us whether you want to sit in a chair or can twist into a pretzel. Learn how to invite health through gentle movements, poses, mindfulness, and breath. Lengthen your spine and settle your mind with Wellness Yoga. Call 215-362-7432 to sign-up for class. \$3 per class.

Free Bread Pick Up

Free bread is distributed during Grab and Go Lunches at Encore on Wednesdays from 11:30am to 12:15pm. First come, first served.

GHNPS is on YouTube

Did you know GHNPS has a YouTube channel? There you can view past virtual events, cooking classes with Chef Cindie, announcements and more. Visit <https://bit.ly/GHNPSyoutube> and be sure to subscribe to our channel by clicking on the "Subscribe" button.