



Renovations at Encore Are Underway

You may have noticed some changes happening at Encore and wondered what is going on?

The physical renovations and updates at Encore Experiences will provide an enhanced visual and technical environment for members to enjoy.

Please be patient as the construction crews do their work...soon you will be pleasantly surprised at the final outcome. Stay tuned for the finished results!



OPEN HOUSE
OCTOBER 9

Join us from 4 to 7 PM as we celebrate the completed renovations at Encore.



PEAK Volunteers Read to Local Children

PEAK Volunteers spent some time enriching the lives of children during the 'Back to Readiness' event at North Penn Commons.

Children love stories and our volunteers had them captivated with fun and witty tales that had their imaginations run wild. Thanks to everyone who took some time to make the day special for them.



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.

**GHN PSS
Board of Directors**

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- Rosetta Troutman, *Encore Rep.*

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 programming. See schedule.)

Like us on Facebook!



@ghnpss



**Message from the
Executive Director**

Greetings from Greater Harleysville and North Penn Senior Services (GHN PSS)! At the time you read this most of us will be experiencing changes. The seasons will be in transition, students will be returning to classrooms, vacations will be concluding and we will be gearing up for Autumn activities. While never wavering in our mission to provide access to programs and resources that help older adults live independently and remain active, positive changes are also occurring at GHN PSS.

Our changes include: Physical renovations and updates at Encore Experiences that are intended to provide an upgraded visual and technical environment that will be upbeat and encouraging. Special lunches which include exciting programs at both sites. New activities such as "Agatha Christie Mystery Story Hour," a Chess Tournament, additional Computer Instruction Sessions, "Guided Mindful Meditation," a "Keep Yourself Safe At Home" series and many others. The Café is again open to the public and members for light breakfasts at Encore. New staff, including an Administrative Assistant, a Bookkeeper and the Executive Director. There are frankly, too many positive changes to list all of them here.

Changes require adjustment, and not all changes are easily accepted, but I assure you we are moving forward thoughtfully with a clear focus on the well being of our members and the communities we serve. I invite you to share your opinions and ideas with me regarding our services and programs.

Thank you for being part of the GHN PSS family and for taking time to read through this newsletter. I hope you will find the new format of our newsletter to be appealing and the information to be helpful. It is a privilege and a joy to serve our members and community.

Sincerely,
Paul A. Nye

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Encore Members Council Notes

Consolidation of Minutes from Encore Experiences in Harleysville Members' Council Meeting August 7, 2018

SITE Lead and Social Services Coordinator Deb Hunsberger reported on special lunches scheduled for Sept. 19 & October 24th. Farmer's Market Vouchers are available. Renovations start Thursday and some classes will be canceled during the project.

Administrative Assistant Kris Baker encouraged us check the binder at the Greeter's desk and bulletin board. Seafood fest is on Wednesday. Computer Tech trouble shooting is available today and on Friday.

OLD BUSINESS

Ask Kris if you need a copy of minutes from our Member's Council Meeting. The Pool table is fixed!

NEW BUSINESS

Could we get Bingo flyers and put them at stores. We need more advertising for Saturday Bingo.

Rosetta suggested we replace and expand the 1st Aid Kit. Everyone said to proceed.

Deb is the only certified AED Machine person right now. It was suggested and approved that Member's Council pay for training additional people.

Hayden presented his Eagle's Scout project of improving the garden for Encore. We will be having a fundraiser ~ yard sale on October 6th from 8 AM to noon. Contact the office to donate items. Hayden was thanked for his work.

We need to cover our outdoor grill. Ed and Chuck will take care of it.

MARK YOUR CALENDAR

North Penn Commons Events at the PEAK Center

HEALTH & WELLNESS EXPO
Thursday, September 20, 9 AM - 12 noon

FLU CLINIC (sponsored by Giant Food Stores)
Tuesday, September 25
Shingles and Pneumonia Vaccines available.
Call 215-362-7432 for info.

RED CROSS BLOOD DRIVE
Wednesday, October 10, 1:00 - 6:00 PM
Call 215-362-7432 for info or visit
www.redcrossblood.org.

PEAK Members Council Notes

Hope everyone had an enjoyable summer. Here at PEAK we enjoyed a Cookout/BBQ provided by the North Penn Commons and in August we had a special lunch and a return visit of "Elvis!"

Staff (Margo and Carol) report that programs are going well and that people are consistently accessing social services and information. The Farmers' Market coupons are of special interest during this season.

The Peak-a-Boo Ladies gathered at The Village Tavern in July and in August at Valentino's Bistro for our monthly luncheons. Stayed tuned for future gathering updates.

Congratulation to Ruth Schafer for winning our summer raffle basket. We made \$135 that goes to the Center for future programs.

We continue to collect nonperishable foods for Manna. Last month we collected 28.35 pounds.

Please join us for our monthly meeting and bring your suggestions you may have about new activities. Our next meetings are scheduled for Tuesday September 18th and October 16th at 12:30.

And Happy and Blessed Birthday to all who are celebrating birthdays in September and October.



Getting your Documents in Order

Thursday, September 20 • 4-6pm

Join us to learn more about organizing and assembling vital financial, healthcare, and estate-planning documents.

POA • Healthcare Directives • Trusts • And More!

Presented by Slutsky Elder Law
RSVP to 215-315-7762 by September 14.

ARBOUR ♦ **SQUARE**
OF HARLEYSVILLE
LOVE. LIFE. HERE.

Drinks and appetizers provided.



Independent Living with No Entrance Fee!



695 & 699 Main Street • Harleysville, PA 19438
www.arboursquare.com



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED for Labor Day	4 Taco Salad with Corn Chips Pineapple Milk	5 Chicken Marsala Wild Rice Broccoli Milk	6 Fish and Chips Cole Slaw Milk	7 Meatball Sub Sweet Potato Bites Mixed Fruit Milk
10 Sausage with Peppers and Onions Roasted Potatoes Mixed Fruit Milk	11 Eggplant Parmesan Roll Green Salad Milk	12 Shrimp Pad Thai Salad Asian Cucumber Salad Milk	13 Sloppy Joe Carolina Slaw Mixed Fruit Milk	14 Grilled Chicken Salad with Spinach, Pecans and Feta Cheese Roll Milk
17 Encore Tacos (Beef or Bean) Black Bean Soup Spanish Rice Milk PEAK Special Lunch	18 Grilled Salmon Wild Rice Citrus Salad Milk	19 Encore Special Lunch "Welcome Fall" Menu PEAK Tacos (Beef or Bean) Black Bean Soup Spanish Rice Milk	20 Individual Shepard's Pie Roll Mixed Fruit Milk	21 Grilled Cheese Tomato Soup Mandarin Oranges Milk
24 Baked Haddock Roasted Tomatoes Mac and Cheese Sliced Peaches Milk	25 BBQ Pulled Pork Wild Rice Three Bean Salad Milk	26 Pierogies with Mushrooms and Onions Green Salad Milk	27 Grilled Chicken Caesar Salad Roll Quinoa and Lentil Salad Milk	28 French Dip Sandwich French Fries Horseradish Mixed Fruit Milk

Thank you
ELVIS
for stopping
by to
entertain us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Marsala Wild Rice Broccoli Milk	2 Veggie Chili Cheddar Cornbread Yogurt & Fruit Parfait Milk	3 Fish and Chips Cole Slaw Milk	4 Meatball Sub Sweet Potato Bites Mixed Fruit Milk	5 Taco Salad with Corn Chips Pineapple Milk
8 Sloppy Joe Carolina Slaw Mixed Fruit Milk	9 Shrimp Pad Thai Salad Asian Cucumber Salad Milk	10 Grilled Chicken Salad with Spinach, Pecans and Feta Cheese Roll Milk	11 Sausage with Peppers and Onions Roasted Potatoes Mixed Fruit Milk	12 Eggplant Parmesan Roll Green Salad Milk
15 Grilled Cheese Tomato Soup Mandarin Oranges Milk	16 Individual Shepard's Pie Roll Mixed Fruit Milk	17 Grilled Salmon Wild Rice Citrus Salad Milk	18 Chicken Salad Wrap Lettuce & Tomato on the Side Milk	19 Tacos (Beef or Bean) Black Bean Soup Spanish Rice Milk
22 Pierogies with Mushrooms and Onions Green Salad Milk	23 Baked Haddock Roasted Tomatoes Mac and Cheese Sliced Peaches Milk	Encore 24 Special Lunch "International Foods" PEAK Grilled Chicken Caesar Salad, Roll Quinoa and, Lentil Salad, Milk	25 French Dip Sandwich French Fries Horseradish Mixed Fruit Milk	26 BBQ Pulled Pork Wild Rice Three Bean Salad Milk
29 Meatball Sub Sweet Potato Bites Mixed Fruit Milk	30 Chicken Marsala Wild Rice Broccoli Milk	Encore 31 Tacos (Beef or Bean) Black Bean Soup Spanish Rice Milk PEAK Special Lunch		

SEPTEMBER 2018 | Regular Programs at Encore

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED for Labor Day	4 9:00 Hair Cuts 10:00 Group Trivia 10:00 Stamp Club 12:30 Member Council Meeting 1:30 Zumba GOLD*	5 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:45 Tai Chi* 10:45 Coloring for Calmness 1:30 Creative Writing 6:00 Zumba GOLD* <i>Medicare Counseling (Call for Appointment)</i>	6 9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga* 2:00 Coin Club 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* 12:30 Mah Johng 1:00 Art Class* 1:45 Bingo for Bucks	11 9:00 Hair Cuts 10:00 Group Trivia 11:30 Vet Connect 1:30 Zumba GOLD*	12 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:45 Tai Chi* 10:45 Coloring for Calmness 12:30 Septa ID Workshop 1:30 Creative Writing 6:00 Zumba GOLD*	13 9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Woodcarving 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* 10:30 Zumba GOLD* 10:30 Pet Therapy with Dixie* 2:00 Little Studies*
17 9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 12:30 Mah Johng 1:00 Art Class* 1:45 Bingo for Bucks	18 9:00 Hair Cuts 10:00 Group Trivia 12:30 Special Program Interim Healthcare 1:30 Zumba GOLD*	19 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:45 Tai Chi* 10:45 Coloring for Calmness 12:00 Special Lunch* 6:00 Zumba GOLD*	20 9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga* 2:00 Little Studies 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* 12:30 Mah Johng 1:00 Art Class* 1:45 Bingo for Bucks	25 9:00 Hair Cuts 10:00 Group Trivia 11:30 Vet Connect 1:30 Zumba GOLD*	26 9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:45 Tai Chi* 10:45 Coloring for Calmness 1:30 Creative Writing 6:00 Zumba GOLD*	27 9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga* Ballroom Dancing* 5:30 Experienced 6:45 Beginner 7:00 Book Club	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*



DONATE TO THE EAGLE SCOUT PROJECT

Friday, September 28

We will be collecting donations for the Eagle Scouts. If you are downsizing or cleaning out your closet, garage or attic, bring your items to Encore... all day long!



OCTOBER 2018 | Regular Programs at Encore

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 12:30 Mah Johng 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>2</p> <p>9:00 Hair Cuts 10:00 Group Trivia 10:00 Stamp Club 12:30 Member Council Meeting 1:30 Zumba GOLD*</p>	<p>3</p> <p>9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:45 Tai Chi* 10:45 Coloring for Calmness 1:30 Creative Writing 6:00 Zumba GOLD* Medicare Counseling (Call for Appointment)</p>	<p>4</p> <p>9:15 Zumba GOLD* 9:30 Blood Pressure Checks 9:30 Stitch & Chat 9:30 Woodcarving 12:30 HYTHL 1:30 Chair Yoga* Ballroom Dancing* 5:30 Experienced 6:45 Beginner</p>	<p>5</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD*</p>
<p>8</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 12:30 Mah Johng 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>9</p> <p>9:00 Hair Cuts 10:00 Group Trivia 11:30 Vet Connect 12:30 Montgomery County Veterans Affairs Presentation 1:30 Zumba GOLD*</p>	<p>10</p> <p>9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:45 Tai Chi* 10:45 Coloring for Calmness 12:30 Special Presentation Master Gardener 1:30 Creative Writing 6:00 Zumba GOLD*</p>	<p>11</p> <p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga* 2:00 Coin Club Ballroom Dancing* 5:30 Experienced 6:45 Beginner</p>	<p>12</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 12:30 Special Program by Core3 Physical Therapy</p>
<p>15</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 12:00 Pearl's Picnic 12:30 Mah Johng 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>16</p> <p>9:00 Hair Cuts 10:00 Group Trivia 1:30 Zumba GOLD* 1:30 Special Program Grand View Health</p>	<p>17</p> <p>9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:45 Tai Chi* 10:45 Coloring for Calmness 1:30 Creative Writing 6:00 Zumba GOLD*</p>	<p>18</p> <p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga* 2:00 Little Studies Ballroom Dancing* 5:30 Experienced 6:45 Beginner</p>	<p>19</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD* 2:00 Little Studies</p>
<p>22</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 12:30 Mah Johng 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>23</p> <p>9:00 Hair Cuts 10:00 Group Trivia 11:30 Vet Connect 12:30 Special Program Interim Healthcare 1:30 Zumba GOLD*</p>	<p>24</p> <p>9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:45 Tai Chi* 10:45 Coloring for Calmness 12:00 Special International Lunch* 1:30 Creative Writing 6:00 Zumba GOLD*</p>	<p>25</p> <p>9:15 Zumba GOLD* 9:30 Stitch & Chat 9:30 Woodcarving 1:30 Chair Yoga* Ballroom Dancing* 5:30 Experienced 6:45 Beginner 7:00 Book Club</p>	<p>26</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Bowling at Earl Bowl* 10:30 Zumba GOLD*</p>
<p>29</p> <p>9:00 Walk Aerobics* 9:45 Stretch & Tone* 10:00 Clip & Save 10:45 Tai Chi* 12:30 Mah Johng 1:00 Art Class* 1:45 Bingo for Bucks</p>	<p>30</p> <p>9:00 Hair Cuts 10:00 Group Trivia 1:30 Zumba GOLD*</p>	<p>31</p> <p>9:00 Walk Aerobics* 9:30 Yoga* 9:45 Stretch & Tone* 10:45 Tai Chi* 10:45 Coloring for Calmness 1:30 Creative Writing 6:00 Zumba GOLD*</p>	<p>INTERNATIONAL LUNCH AT ENCORE Wednesday, October 24 at 12 PM</p> <p>In celebration of United Nations Day we will be serving a special lunch. One seating, \$7. Sign-up in the office.</p>	

SEPTEMBER 2018 | Regular Programs at PEAK

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 Computer Lab 9:00 Woodcarving 10:00 Zumba GOLD*</p>	<p>4</p> <p>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 12:45 Fit for the Future 2*</p>	<p>5</p> <p>9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair*</p>	<p>6</p> <p>9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 12:30 Bowling-Earl Bowl* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*</p>	<p>7</p> <p>9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo</p>
<p>10</p> <p>9:00 Computer Lab 9:00 Woodcarving 10:00 Zumba GOLD*</p>	<p>11</p> <p>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 12:45 Fit for the Future 2*</p>	<p>12</p> <p>9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair*</p>	<p>13</p> <p>9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 12:30 Bowling-Earl Bowl* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*</p>	<p>14</p> <p>9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo</p>
<p>17</p> <p>9:00 Computer Lab 9:00 Woodcarving 10:00 Zumba GOLD*</p>	<p>18</p> <p>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 Member Council 12:45 Fit for the Future 2*</p>	<p>19</p> <p>9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair*</p>	<p>20</p> <p>9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 12:30 Bowling-Earl Bowl* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*</p>	<p>21</p> <p>9:00 Computer Lab 9:00 Fit for the Future 1* 10:00 Rummikub 10:30 Fit for the Future 2* 12:30 Bingo</p>
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PEAK Bowling Team

Tuesdays: 12:15 sign-up; 12:30 Bowl

Interested in joining our league?

Join us at Facenda Whitaker Lanes
2912 Swede Road, E. Norriton, PA
610-272-6547



OCTOBER 2018 | Regular Programs at PEAK

* Fee required for these classes.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Computer Lab 9:00 Woodcarving 10:00 Zumba GOLD*	2 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 12:45 Fit for the Future 2*	3 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair*	4 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 12:30 Bowling-Earl Bowl* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*	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
8 9:00 Computer Lab 9:00 Woodcarving 10:00 Zumba GOLD*	9 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 12:45 Fit for the Future 2*	10 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair*	11 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 12:30 Bowling-Earl Bowl* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*	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
15 9:00 Computer Lab 9:00 Woodcarving 10:00 Zumba GOLD*	16 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 Member Council 12:45 Fit for the Future 2*	17 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair*	18 9:00 Computer Lab 9:00 Yoga* 10:00 Rummikub 10:30 Chair Yoga* 11:30 Tap Dancing* 12:30 Bowling-Earl Bowl* 1:00 Mah Jong 1:00 Bridge 1:00 Line Dancing*	19 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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29 9:00 Computer Lab 9:00 Woodcarving 10:00 Zumba GOLD*	30 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 Legal Counseling 12:45 Fit for the Future 2*	31 9:00 Computer Lab 10:00 Wii-Bowling 10:00 Rummikub 12:30 De-Stress Coloring 12:45 Progressive Pinochle 12:45 Zumba Chair*	PEAK-A-BOO'S LUNCHEON Tuesday, September 4 at 11:30 AM Tuesday, October 2 at 11:30 AM Join us at the PEAK Center for a special gathering. Call 215-362-7432 for reservations.	

SEPT./OCT. 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.

SEPTEMBER 6

9:30 - 11:30: Blood Pressure Checks

12:30 - 1:30: HYTHL presents "Anxiety and Depression vs. Normal Sadness"

SEPTEMBER 7

12:30 - 2:30: Tech Tutoring (sign up at office for a 15-minute session to help you with your cell phone, tablet or whatever electrical device you may have!)

9:00 - 1:00: AARP Refresher Driving Course

SEPTEMBER 8

12:00: Bingo (Food 12 PM; Bingo 1 to 4 PM)

SEPTEMBER 19

12:00: "Welcome Fall Theme" Special Lunch. One seating, \$7.

1:15: Master Gardener Presentation, "Longwood Gardens," highlights and interesting facts

SEPTEMBER 21

10:00 - 12:00: Septa ID Workshop by The Partnership TMA and Greater North Penn Area Transportation Mngmt. Assoc.

12:30 - 2:30: Tech Tutoring

2:00: Little Studies, "Robert Oppenheimer"

SEPTEMBER 27

12:30 - 2:30: Tech Tutoring

7:00 - 9:00pm: Book Club, "Hillbilly Elegy" by J.D. Vance

SEPTEMBER 28

12:30: "Mindful Eating" program, presented by Registered Dietitian from the ShopRite of Hatfield. Sign up for program.

OCTOBER 4

9:30 - 11:30: Blood Pressure Checks

12:30 - 1:30: HYTHL presents "2018 Health Screening Recommendations"

OCTOBER 5

12:30 - 2:30: Flu Shots by Abington Jefferson Health.

12:30 - 2:30: Tech Tutoring

OCTOBER 14

12:00: Bingo (Food 12 PM; Bingo 1 to 4 PM)

OCTOBER 19

12:30 - 2:30: Tech Tutoring

2:00: Little Studies, "Edward Smith" Captain, RMS Titanic

OCTOBER 24

12:00: "International Menu" Special Lunch. One seating, \$7.

OCTOBER 25

7:00 - 9:00pm: Book Club, "A Great Deliverance" by Elizabeth George

OCTOBER 30

9:30: Harleysville YMCA Early Childhood Center

Halloween Parade

OCTOBER 31

11:30: Harleysville YMCA Early Childhood Center

Halloween Parade

PEAK "SPECIAL" PROGRAMS

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

SEPTEMBER 4

11:30: PEAK-A-Boo's Luncheon Gathering. No transportation.

SEPTEMBER 6

9:00 - 1:00: AARP Driving Course

SEPTEMBER 7

9:00 - 1:00: AARP Driving Course

SEPTEMBER 10

10:30 - 11:30: Mystery Story Hour – Edgar Allen Poe

2:00 - 2:45: Guided Mindful Meditation (bi-weekly)

SEPTEMBER 17

11:30 - 1:00: Special Lunch & Learn: How to Stay Young

SEPTEMBER 18

2:00 - 3:00: Grief and Loss Support Group. RSVP to Samantha at 610-941-6700.

SEPTEMBER 21

10:00 - 12:00: Septa ID Workshop by The Partnership TMA and Greater North Penn Area Transportation Mngmt. Assoc.

SEPTEMBER 24

12:00 - 1:00: Lansdale Area Book Club, "Need to Know" by Karen Cleveland

2:00 - 2:45: Guided Mindful Meditation (bi-weekly)

SEPTEMBER 25

12:30 - 1:30: Philly Game Show Virtual Photo Tour

12:30 - 1:30: Safety Group (meets weekly)

SEPTEMBER 26

10:30 - 11:30: Let's Get Crafty with Mags - Fall Flowers. \$2.

SEPTEMBER 27

10:30 - 11:30: Fill up with Fiber with Kristen Weaver, RD, LDN from ShopRite. Limited space.

OCTOBER 2

11:30: PEAK-A-Boo's Luncheon Gathering. No transportation

OCTOBER 5

9:00 - 1:00: AARP Refresher Driving Course

OCTOBER 8

2:00 - 2:45: Guided Mindful Meditation (bi-weekly)

OCTOBER 15

10:30 - 11:30: Mystery Story Hour with Josephine!

OCTOBER 17

10:30 - 11:30: Let's Get Crafty with Mags - Door Guards. \$2.

OCTOBER 22

2:00 - 2:45: Guided Mindful Meditation (bi-weekly)

OCTOBER 23

2:00 - 3:00: Grief and Loss Support Group. RSVP to Samantha at 610-941-6700.

OCTOBER 29

12:00 - 1:00: Lansdale Area Book Club, "Little Fires Everywhere" by Celeste Ng

OCTOBER 31

11:30: Halloween Party Special Lunch

PEAK: "In YOUR Best Interest" Safety Group

Enjoy interactive exercises, information on safety, self-care, and healthy boundaries.

Every Monday for 8 weeks from 12:30 PM to 1:30 PM beginning September 24 until November 12.

GHPSS Education and Services for Seniors

AARP Driving Courses

Driving Courses (4-hour training)

PEAK: September 6 from 9 AM to 1 PM

PEAK: September 7 from 9 AM to 1 PM

Call 215-362-7432 to register.

Refresher Course (4-hour training)

Encore: September 7 from 9 AM to 1 PM

Call 215-256-6900 to register.

PEAK: October 5 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 215-362-7432 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 once a month.

Call 215-362-1076 to request an appointment.

PEAK: Appointments available on 9/25 and 10/23 at noon.

Low-Income Heating Assistance Program (LIHEAP)

This program will be open for applications November 2018 through March 2019. Paper applications will be available by late October or can be completed online at www.compass.state.pa.us. New income eligibility guidelines for homeowners and renters will be published in October.

Do You Need Help?

Looking for food stamps or SNAP benefits, Veterans' benefits, or Medicaid applications? Do you wonder if you might be eligible? 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 is from October 15 to December 7. Any changes you make will take effect January 1, 2019. Information presentations are scheduled.

PEAK: October 30th at 1 PM. Medicare Counselors from APPRISE, Pam & Krista, and Carol Costlow, Social Services Coordinator, will present a program on expected changes in Medicare Advantage and Part D plans for 2019. Questions will be answered.

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.



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 About PEAK

"I started coming to PEAK after I moved in with my son and have been going for several months now. I love it! I have made new friends and enjoy playing Rummikub with them." **Mary D.**

"Jim and I would come to PEAK regularly for lunch but in February he passed away. Because of the friends I made there, I can still stay connected and appreciate them for it." **Helen N.**

"I came to NY in 1976 from Vietnam, then moved to Lansdale for a job. After working for 30 years at the same place in Hatfield, I retired in 2016. Since then I have been volunteering in the cafe at PEAK. I have been given so much since coming to the US that I wanted to give back. Along with my wife and her sister, I love helping others at PEAK." **Cau H.**

"I enjoy visiting the Reading Terminal in Philadelphia and since June, when I got my Farmer's Market vouchers at PEAK. I have loved using them there and can't wait to take another trip there next year." **Scarlett F.**



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Greater Harleysville and North Penn Senior Services (GHN PSS)

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

[Donate](#)

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Now you can donate to our services online!

Visit www.ghnps.org and give a gift today!

SAVE THE DATE

A TOAST & TASTE OF AUTUMN

Benefitting Encore and PEAK Senior Centers

NOVEMBER 2

at the Lutheran Community at Telford

An Ode to Encore A poem by Chris C. Scharpf, 2018

My wife is in a nursing home
 my life became gloomy and sad.
 I'm not accustomed to being alone
 My life went from good to bad.

Some friends said go check Encore
 go see what they can do,
 so I went to Encore and signed up
 now my lonely days are few.

Now I've learned to shoot pool
 and made some new friends.
 Now there is a list of benefits
 that goes on and never ends.

I go there five days to dine
 and the only thing I can say
 is the food there is just fine,
 and it is that way every day.

There is a Chef in the kitchen
 who is pretty and smart,
 and when she cooks up a meal
 she does it with all her heart.

I think it's time for this poem to end
 but I'll close by saying one thing;
 I dedicate this poem to some one
 whom I like to call my friend – Encore.

United Way

Consider designating a gift to **GHN PSS (#7285)** when giving your pledge to United Way.