

The Encore Bulletin

**ENCORE EXPERIENCES
IN HARLEYSVILLE**

312 Alumni Avenue
Harleysville, PA 19438

Phone: 215.256.6900

Fax: 215.256.9132

www.EncoreExperiences.org

Encore Experiences Hours

Monday-Friday*

8:00 AM to 4:00 PM

occasional evening and weekend programming

***Summer Hours: We close Fridays at
3:00 PM from Memorial Day-Labor Day**

It is our policy to request that each attendee completes a participant registration form. This helps us apply for additional funding and gives us vital information in case of incident/emergency. Thank you for your cooperation.

All speakers, products, services or advertisements which are presented as part of the Greater Harleysville and North Penn Senior Services activities at Encore Experiences in Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHN PSS; nor are the opinions of speakers necessarily the opinions of GHN PSS; nor are the representations and information presented tested or reviewed for accuracy or reliability by GHN PSS.

TransNet Rider Information

For new trip reservations to and from The PEAK Center or Encore Experiences call:

The PEAK Center at 215-362-7432

Encore Experiences at 215-256-6900

For next day reservations you must call by 1:00PM the previous day. To cancel your reservation, you must call TransNet at 215-542-7433.

If your call is not answered by an operator, listen closely for the prompts and follow the prompts for Mid County Transportation or Valley ParaTransit (whichever applicable).

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The PEAK Center's Move to North Penn Commons Q&A



What is the North Penn Commons (NPC)?

It is the future home to four highly respected

non-profit agencies – The PEAK Center in Lansdale, Manna on Main Street, the North Penn YMCA, and Advanced Living Communities. This vibrant public center is a symbol of a new vision for our community that will offer all an opportunity to thrive. NPC will offer shared resources and easy access to programs, services, and facilities on one shared campus.

Where are you moving to?

We are really excited to be moving to our new home, connected to the site of the Lansdale Area Family YMCA, at 606 East Main Street, Suite C just 2.5 miles from our current location on Allentown Road in Lansdale.

When are you moving?

We expect construction to be completed by the end of July and we hope to be fully moved in by

early September. PEAK will keep you updated on our move-in date and any closings of the center that will be necessary during the moving process. In the meantime, check out the live construction cam at <https://www.workzonecam.com/projects/mcdonald/northpenn/workzonecam>

Is transportation being provided to the new location?

The PEAK Center will continue to work with the county transportation system, Transnet, to schedule FREE rides for our participants, 65 and older, to and from the center. This free service is available once you register and receive your personalized I.D. card from Transnet. Please speak to a staff member at PEAK about getting an application to start the process of getting your I.D. card. There is also a Septa Bus stop located just out front of the Lansdale YMCA (located right next to the PEAK Center's new location) for Septa's 94 and 96 bus routes.

Continued on Page 15

Drive Safely

Pennsylvania traffic laws define the maximum speed that any motorist travelling on the Commonwealth's roadway can legally drive. With the passing of a relatively new legislation, you are able to save a few minutes on highways where the speed limit is now 70 mph. Safety advocates, however, question whether drivers will pay the price in more crashes, injuries and fatalities. Will arriving at your destination in these saved minutes be worth the price?

How slowly or fast you drive isn't the only factor in determining your safety in a car. As you age, your driving patterns change. Retirement, different schedules, and new activities affect when and where you drive. Most older adults drive safely because you have a lot of experience behind the wheel. When you become involved in a crash, however, you are often hurt more seriously than younger drivers. Age-related declines in vision, hearing, and other abilities, as well as certain health conditions and medications, can affect your driving skills.

Driving is a complex task. It requires you to see and hear clearly, pay close attention to other cars, traffic signs, signals, and pedestrians; and react quickly to events. You must be able to accurately judge distances and speeds and monitor movement

on both sides as well as in front of you. Decline in visual, thinking, or physical abilities can be problematic in making left turns, changing lanes, and navigating through intersections. Common mistakes of older drivers include failing to yield the right of way, failing to stay in lane, misjudging the time or distance needed to turn in front of traffic, failing to stop completely at a stop sign and speeding or driving too slowly. The risk of crashes rises with age, especially after age 75.

"The best defense is a good offense" is an adage that has been applied to many fields of endeavor, including games and military combat, and can certainly fit the topic of driving. You are fortunate to have several programs at your disposal to help you keep your driving knowledge and skills up to speed, which ultimately prolongs your independence. For example, AAA created a CD-ROM called "Roadside Review" which gives you the information you need to take responsibility for your driving decisions and maintain your fitness behind the wheel. Copies can be borrowed from the Social Services Office and viewed in the privacy of your own home.

Continued on Page 14

Director's Report



It's hot outside. During these warm summer months come in to the cool (we have air conditioning), and then heat up with a fitness class or good discussion. Enjoy lunch or help in the kitchen or garden. Whatever your interest, you will find it at Encore Experiences and The PEAK Center

Don't forget to use your Farmers' Market checks. They are good till November, but the most varied produce is in season right now. Have you seen our garden lately at Encore? We are growing tomatoes, cucumbers, beans, zucchini, basil, and asparagus!

The PEAK Center is counting down the days now until our move to North Penn Commons. We anticipate a September 1st move-in date. As we get closer towards this date, we will be sure to provide the details to our participants. We also welcome a

new Administrative Assistant to The PEAK Center, Annette Corrado. Annette started with us in late May and will be responsible to manage all of the happenings at PEAK's front desk. Please be sure to say hello to Annette when you come to visit us at PEAK.

By this time, you should have received your reminder in the mail to renew your membership. Please respond promptly to ensure there is continuity in receiving the newsletter in a timely manner. Thanks to all of you who send in your renewals from the slip in our last issue of the newsletter.

It's hot outside. It's cool inside at Encore Experiences and The PEAK Center and it's warm. There is always a warm friendly smile to greet you and make you feel at home, and welcome.

See you soon,
Katie



GHPSS STAFF MEMBERS

Katie Walter
Executive Director

Becky Carver
Administrative Assistant/Bookkeeper

Susan Andersen
Communications Manager

ENCORE EXPERIENCES STAFF MEMBERS

Michele Ross
Site and Program Director

Kay Pagni
Social Services Coordinator

Vacant
Administrative Assistant

Beth Knize
Meal Coordinator

THE PEAK CENTER STAFF MEMBERS

Teresa Ascher
Site and Program Director

Carol Costlow
Social Services Coordinator

Annette Corrado
Administrative Assistant

Sherry Rocchino
Program Coordinator

Steve Zurad
Meal Assistant

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Greater Harleysville and North Penn Senior Services is a 501(c)3 nonprofit corporation as determined by the IRS.

Greater Harleysville and North Penn Senior Services operates two senior center facilities: Encore Experiences in Harleysville and The PEAK Center in Lansdale.

Encore Experiences in Harleysville and The PEAK Center in Lansdale are supported in part by funding received from Montgomery County Office of Aging and Adult Services. We are participating agencies of the North Penn United Way and the United Way of Greater Philadelphia and Southern New Jersey. Other sources of support include grants, wills & bequests, corporate donations, foundations, special events and individual contributions.

The official registration and financial information of Greater Harleysville and North Penn Senior Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Like us on Facebook!



A Unit of the National Council on Aging



Members' Council Notes



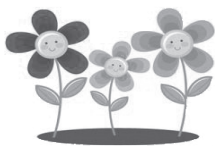
OK, so nothing's perfect, but member affairs are, in fact, going pretty well. Remember that members meet monthly after lunch to conduct business and to hear staff announcements of significance. This takes an hour or less and is of particular advantage to new members who want to find out what's going on. Here is a chance to ask Katie questions directly; find out where the Saturday Bingo money goes; foresee some of the changes that will take place at our sister organization, PEAK; make suggestions, etc. And a chance for new people to feel their full citizenship as members! (11 new and still counting)

Good citizenship requires showing up even when there's nothing that needs fixing...We welcome the participation of all members!

Have a happy July and August,
Charlie Gardner



Vera and Evelyn...lasting friendships is what we're all about!



Dues Are Due

Membership Form

Your \$20.00 annual membership fee includes 6 bi-monthly issues of "The Encore Bulletin," voting rights at Members' Council meetings and local discounts. Additional household members may join for \$5.00 each. If you just joined for the first time and paid your dues in April or May already, your membership is good until June 2017.

July 1, 2016 - June 30, 2017

Name (s):

Address:

City, State, Zip:

Phone:

\$20.00 Annual Membership (one person)
Includes bulk mailing of the Encore Bulletin \$

\$10.00 ONLY if requesting first class mail \$

\$5.00 per additional household member \$

Additional Donation \$

Total Enclosed \$

Please make checks payable to:
Encore Experiences in Harleysville
312 Alumni Avenue
Harleysville, PA 19438

EncoreCafé



*Eligible persons, aged 60 and above or disabled, (or the spouse of an eligible person), are requested to make an anonymous voluntary contribution of \$2.00 for the daily special. These funds are returned to Montgomery County Aging and Adult Services for redistribution to support nutrition programs throughout Montgomery County. The Café is also open to the entire community and everyone is welcome. The community member price (persons under the age of 60) is \$6.95. Other sandwich options are available at reasonable prices. Lunch is served from 11:30 AM – 1:00 PM.

Special luncheons are also offered at Encore Experiences throughout the year. These luncheons may be cultural or theme based and require early registration. During special luncheons, The Encore Café is not open to the public.

The Special of the Day is subsidized by grants from:

<i>Aging and Adult Services of</i>	<i>Genuardi Foundation</i>
<i>Montgomery County</i>	<i>TD Bank Foundation</i>
<i>United Way of GPSNJ</i>	<i>The Patricia Kind Foundation</i>
<i>NP United Way</i>	<i>The Philadelphia Foundation</i>
<i>BNY Mellon Charitable Trusts</i>	<i>Walmart Foundation</i>
<i>Clemens Foundation</i>	<i>W.W. Smith Charitable Trust</i>
<i>Fourjay Foundation</i>	<i>VNA Foundation of Greater North Penn</i>

July Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Take Out meals are available at a cost of \$4.00 per meal. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.				Open Faced Tuna Melt ¹ on Rye Vegetable Soup
Encore Experiences ⁴ Closed Independence Day	Monte Cristo ⁵ Green Salad	Chicken Salad ⁶ Stuffed Tomato on a Bed of Greens Fresh Fruit	Spinach & Feta Phyllo Pie ⁷ Fresh Fruit Salad	Sloppy Joe on ⁸ Whole Wheat Roll Pineapple & Celery Slaw
Sweet & Sour Pork Sliders ¹¹ Potato Salad	Grilled Salmon ¹² Wild Rice Citrus & Jicama Salad	Veggie Lasagna ¹³ Mixed Greens Salad Yogurt and Fruit Parfait	French Dip with Au Jus ¹⁴ Sweet Potato Bites	Grilled Chicken Caesar Salad ¹⁵ with Housemade Croutons Fresh Fruit
Open Faced Tuna Melt ¹⁸ on Rye Vegetable Soup	Chicken Pot Pie ¹⁹ Tossed Green Salad	Flatbread Pizza ²⁰ with Turkey Sausage, Roasted Red Peppers & Mozzarella Greek Salad	Taco Salad ²¹ with Corn Chips	BLT Quiche ²² Green Salad Fresh Melon
Oven Baked ²⁵ Cheesesteak Eggrolls with Marinara Green Salad	Roasted Turkey ²⁶ with Pesto Mayo Roasted Peppers & Spinach on Foccocia Potato Salad	Spinach Salad with ²⁷ Grilled Chicken, Strawberries and Nuts Housemade Dressing	Tuna Salad Nicoise ²⁸ Potatoes, Green Beans, Tomatoes and Kalamata Olives Lemon Vinaigrette	Stuffed Peppers ²⁹ with Sausage, Quinoa, Spinach, Sundried Tomatoes & Caramelized Onions Fresh Fruit

August Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Lasagna ¹ Mixed Greens Salad Yogurt and Fruit Parfait	Sweet & Sour Pork Sliders ² Potato Salad	Grilled Salmon ³ Wild Rice Citrus & Jicama Salad	French Dip with Au Jus ⁴ Sweet Potato Bites	Grilled Chicken Caesar Salad ⁵ with Housemade Croutons Fresh Fruit
Flatbread Pizza ⁸ with Turkey Sausage, Roasted Red Peppers & Mozzarella Greek Salad	BLT Quiche ⁹ Green Salad Fresh Melon	Taco Salad ¹⁰ with Corn Chips	Chicken Pot Pie ¹¹ Tossed Green Salad	Open Faced Tuna Melt ¹² on Rye Vegetable Soup
Sloppy Joe on ¹⁵ Whole Wheat Roll Pineapple & Celery Slaw	Spinach & Feta Phyllo Pie ¹⁶ Fresh Fruit Salad	Chicken Salad ¹⁷ Stuffed Tomato on a Bed of Greens Fresh Fruit	Monte Cristo ¹⁸ Green Salad	Herb Crusted Flounder ¹⁹ Roasted Tomatoes & Mac-n-Cheese
Stuffed Peppers ²² with Sausage, Quinoa, Spinach, Sundried Tomatoes & Caramelized Onions Fresh Fruit	Tuna Salad Nicoise ²³ Baby Potatoes, Green Beans, Tomatoes & Kalamata Olives Lemon Vinaigrette	Roasted Turkey ²⁴ with Pesto Mayo Roasted Peppers & Spinach on Foccocia Potato Salad	Spinach Salad with ²⁵ Grilled Chicken, Strawberries and Nuts Housemade Dressing	Oven Baked ²⁶ Cheesesteak Eggrolls with Marinara Green Salad
Open Faced Tuna Melt ²⁹ on Rye Vegetable Soup	Flatbread Pizza ³⁰ with Turkey Sausage, Roasted Red Peppers & Mozzarella Greek Salad	Chicken Pot Pie ³¹ Tossed Green Salad	Encore Café Hours <i>Lunch 11:30AM to 1:00PM</i>	

Encore Wellness



Encore Integrative Health *Services*

Reiki

Fridays, July 1 and August 5
By appointment starting at 9:00 AM
Provided by Rose Marie Grauer,
Practitioner Facilitator
Cost: \$7.00 for thirty minutes

Reiki is a form of palm healing, a gentle but powerful tool to balance body, mind, heart, and spirit, using an individual's own natural latent healing energy.

Foot Reflexology

Fridays, July 8 and August 12
By appointment starting at 10:00 AM
Cost: \$7.00/fifteen minutes;
\$15.00/thirty minutes
Payment due at time of registration
Provided by Susan Andersen,
Certified Reflexologist

Fridays, July 15 and August 19
By appointment starting at 9:00 AM
Cost: \$7.00/fifteen minutes
Payment due at time of registration
Provided by Sue Taylor, Certified Reflexologist
Reflexology is a relaxing and revitalizing therapy. Improve your blood circulation and reduce the effects of stress upon your body. We always have a waiting list so sign up early.

Acupuncture Treatments

Thursdays, July 21 and August 18
Group setting treatments 12:00 PM- 2:00 PM
Treatment Cost: \$20.00
Provided by Kim Niezgoda,
Board Certified Licensed Acupuncture

The service requires a sign up. You may do this in two ways. Call Kim directly at 215-500-3399 or email her at kim.niezgoda@gmail.com. You may choose to come and sit in on a session and ask questions with no charge. Learn how it may help relieve pain in your body, reduce the effects of stress, and lower your blood pressure. Join this community treatment, seated comfortably with other attendees.

Massage Therapy (Table/Chair)

Fridays, July 22 and August 26
By appointment starting at 9:00 AM
Provided by A Body Balanced by Heidi Puppo,
Licensed Massage/Bodywork Therapist
Cost: Chair \$1.00 per minute;
Table \$25.00/thirty minutes; \$50.00 for one hour
Enjoy a relaxing and healing experience through the combination of energy and massage therapy modalities that benefit the whole person, body, mind, emotions and spirit.

Encore *Fitness*

For a full description of classes, call 215-256-6900

**Programs/events marked with * are specifically targeted to persons age 60 and older. Everyone is welcome to participate regardless of age.*

Ballroom Dancing

Experienced: Thursday Evenings 5:30-6:30 PM
Beginner: Thursday Evenings 6:45-7:45 PM
Cost: \$4.00
Learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Core Fitness

Thursdays 9:15 AM Cost: \$2.00

DVD Chair Exercises

Stay Fit While You Sit
By request when a room is available.

Options to choose from:

Happy Thoughts Tai Chi
Enhance your body-mind harmony in a chair
Chair Stretch Meditation
This is an easy going chair stretch and mediation.
WHOGA Chair Yoga
Wellness, Happiness, Opportunity
for Gentle Activity
Dr. Chen's Exercises
Warm-up and stretching forms in a chair

Line Dancing

Thursdays 10:15 AM Cost: \$2.00

MERCK Fitness Room

Anytime

Stretch and Tone

Mondays, Wednesdays, Fridays
9:45 AM Cost: \$2.00

*Tai Chi

Mondays and Wednesdays
10:45 AM Cost: \$3.00

Walkaerobics

Mondays, Wednesdays, Fridays
9:00 AM Cost: \$2.00

Wii

We have Wii when there is a room

Yoga

Fridays, 9:00 AM Cost: \$3.00
Instructed by Terri Kuenzer
A mind, body and soul experience you will not want to miss! No prior experience needed.

*Zumba Gold

Tuesdays 1:30 PM and Fridays 1:15 PM
Cost: \$2.00

Encore *Screenings & Other*

Diabetic Shoe Fitting

First Wednesday of each month; By appointment
Diabetics on Medicare may receive one pair of shoes and inserts per year. Your first visit includes an evaluation and foot measurement. When scheduling appointment, please verify insurance coverage. Bring your Medicare and supplemental insurance cards to appointment as well as the name and phone number of your primary care physician.

*Glucose Testing

Monday, August 1 10:00 AM
Provided by Bayada Nurses

A nurse will be here to test your blood glucose level. Fasting is not required, but if you have breakfast, it is best to limit your sugar intake.

Health Checks

First Wednesday of each month 9:30 AM
Provided by Abington Health
Blood pressure and weight checks. Jane is here to answer any questions you may have.

Help Yourself to Healthy Living

Second Thursday of each month 12:30 PM
Provided by Abington Health

July- "Maximizing Your Memory"

Have you found yourself forgetting where you put your keys to the car? Did you forget what was on your grocery list? You are not alone. Come to our July HYTHL workshop to learn what factors affect memory. Learn strategies to help keep your brain in shape and possibly keep memory loss at bay.

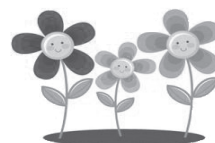
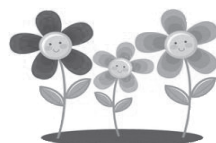
August - TBD

We have Wii

When room is available

Be Calm Coloring

By request
We will find you a table to color, relax and explore the artist inside you.



Encore Wellness



For Strengthening the Heart, Vitamin D Gets an A+!

For people with weak heart muscles, there's D-lightful news about the sunshine vitamin. There's no doubt that vitamin D is involved in your good health, and a large body of research links low levels with heart disease, along with certain types of cancer and a host of other conditions. But whether supplementing with vitamin D can help to prevent or treat those conditions remains murky. A new, five-year study put vitamin D supplements to

the test among people with chronic heart-muscle weakness, a condition known as heart failure, which affects more than 5 million Americans. A daily dose of vitamin D3 was shown to improve heart function by up to 36 percent. If you have been diagnosed with heart failure, talk with your doctor about supplementing with vitamin D, and be sure your diet includes dietary sources such as salmon and a fortified form of either dairy or nut

milk. For everyone, it's a great time of year to get vitamin D from the sun, but remember that a little goes a long way! Basking sunscreen-free for 10 to 15 minutes, with your arms and legs exposed, is all you need to generate vitamin D. After that, slather on sunscreen to protect your skin from damage that can lead to skin cancer. No need to swap one problem for another!

Source: Cleveland Clinic

When to Use the Emergency Room

Whenever an illness or injury occurs, you need to decide how serious it is and how soon to get medical care. This will help you choose whether it is best to:

- Call your doctor
- Go to an urgent care clinic
- Go to an emergency department right away

It pays to think about the right place to go. Treatment in an emergency department can cost two to three times more than the same care in your doctor's office. Think about this and the other issues listed below when deciding.

Signs of an Emergency

How quickly do you need care? If a person or unborn baby could die or be permanently disabled, it is an emergency.

Call 911 to have the emergency team come to you right away if you cannot wait, such as for (list has been modified; see website for full list):

- Choking
- Stopped breathing
- Head injury with passing out, fainting, or confusion
- Injury to neck or spine, especially if there is loss of feeling or inability to move
- Electric shock or lightning strike
- Severe burn

Go to an emergency department or call 911 for help for problems such as:

- Trouble breathing
- Passing out, fainting
- Pain in the arm or jaw
- Unusual or bad headache, especially if it started suddenly
- Suddenly not able to speak, see, walk or move
- Suddenly weak or drooping on one side of the body
- Dizziness or weakness that does not go away
- Inhaled smoke or poisonous fumes
- Sudden confusion
- High fever with headache and stiff neck
- High fever that does not get better with medicine
- Throwing up or loose stools that does not stop
- Poisoning or overdose of drug or alcohol
- Suicidal thoughts
- Seizures

When to Go to an Urgent Care Clinic

When you have a problem, do not wait too long to get medical care. If your problem is not life threatening or risking disability, but you are concerned and you cannot see your doctor soon enough, go to an urgent care clinic.

The kinds of problems an urgent care clinic can deal with include:

- Common illnesses, such as colds, the flu, earaches, sore throats, migraines, low-grade fevers, and limited rashes

- Minor injuries, such as sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries

If You Are Not Sure, Talk to Someone

If you are not sure what to do, and you don't have one of the serious conditions listed above, call your doctor. If the office is not open, your phone call may be forwarded to someone. Describe your symptoms to the doctor who answers your call, and find out what you should do.

Your doctor or health insurance company may also offer a nurse telephone advice hotline. Call this number and tell the nurse your symptoms for advice on what to do.

Prepare Now

Before you have a medical problem, learn what your choices are. Check the website of your health insurance company. Put these telephone numbers in the memory of your phone:

- Your doctor
- The closest emergency department
- Nurse telephone advice line
- Urgent care clinic
- Walk-in clinic

*Source: U.S. Department of Health and Human Services
National Institutes of Health*

Wellness Programs

The Science of Integrative Medicine

Mondays, July 11-August 15 12:30 PM-1:30 PM

Join a Mayo Clinic expert to examine the scientific facts behind integrative medicine therapies and learn how they complement conventional medicine. Lectures are on a DVD. Registration is required due to limited space.

July 11 - Complementary and Integrative Medicine and Making the Case for Integrative Medicine

July 18 - Herbal Supplements and Supplements in Practice

July 25 - Mind-Body Medicine and Guided Imagery, Hypnosis, and Spirituality

August 1 - Practicing Meditation and Moving

Programs are free unless otherwise noted.

Meditation: Yoga, Tai Chi, and Qi Gong
August 8 - Relaxation Therapies and Effective Acupuncture

August 15 - Massage Therapy and Spinal Manipulation and Living Well

Healthy Mini Series

Wednesdays, July 13 and 20

and Friday, July 29 12:30 PM

Presented by Cierra Robbins, RD, LDN

Registered Dietitian for the ShopRite of Hatfield

July 13 - How to read a food label and snacking smart finally

July 20 - Meal planning 101

July 29 - What to do with all that fresh summer produce

Prime Time Health Walk

Thursday, September 8 10:00 AM - 1:00 PM

Fischer's Park

Register by August 26

This year's walk promises to be the best one yet! Sponsored by Aging and Adult Services, you will have the opportunity to meet folks from the other county senior centers, eat a delicious free lunch, enjoy nature's beauty, and walk the park trails as often as you wish. With Elvis making a special appearance, you will easily get into the groove if you dig out your poodle skirt or bobby socks and celebrate this year's Sock-Hop theme.



EncoreConsumer Education

EncoreConsumer Services

For information or to schedule an appointment for any of these services, contact Kay Pagni at 215-256-6900

Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come for a quick screening to determine if you may be eligible.

Credit Counseling

Call 610-275-4357 directly to schedule your Encore appointment with Nikki Holcroft, Genesis Housing Corporation.

Evening Social Service Assistance

The Social Services Coordinator will be available evenings by appointment to help you with eligibility for benefits, family caregiver issues, provide information and referrals, and assist with other matters.

Farmers' Market Vouchers

Vouchers will be distributed Mondays, Tuesdays and Wednesdays, while supplies last. Please call Encore before coming to center to be sure vouchers are still available. Income eligibility and Montgomery County residency required. Please see box on this page for details.

Financial Advice

Michael Toth offers services as needed to help with financial advice and planning.

Legal Advice

An attorney from Fox Rothschild is available by appointment on the second Friday of the month from 9:00-10:00 AM.

Low-Income Heating Assistance Program (LIHEAP)

This is a seasonal program available November to April.

Medicare Advice

Ed Savitsky guides you through the Medicare maze the first Wednesday of each month.

Notary Service

Claire Schumaker, Notary, volunteers her services for Encore Experiences' members.

Outreach

Are you or someone you know homebound and can benefit from services provided at our Center? We will reach out to those who may need assistance.

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2015 tax year are available at Encore Experiences. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2015, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted. As of this writing, the application deadline has been extended to December 31, 2016.

TransNet

Free shared ride service to Encore Experiences is available if you are age 65 or older. Rides must be booked at least one day in advance by calling Encore Experiences by 1:00 PM. Inquire in the office for TransNet registration information. To cancel a Transnet ride, please call Transnet directly at 215-542-7433.

Veterans Service

A Montgomery County Office of Veterans Affairs representative will meet with veterans and/or spouses to discuss opportunities and claims upon request.

Consumer Education Programs

Programs are free unless otherwise noted.

Peace of Mind

Friday, July 15 12:30 PM

Presented by Washington Memorial Park

Receive advice for preplanning so your family will be financially prepared and not be overwhelmed by the details.

Tenant Landlord Issues

Tuesday, July 19 12:30 PM

Presented by Susan Strong, Legal Aid of S.E. PA
Some issues tenants face can seriously threaten your enjoyment of your rental—or worse, your ability to stay in the rental at all. You will learn about renters' rights and how to protect these rights.

Wills, Trusts, Estate Planning

Wednesday, August 10 12:30 PM

Presented by Andrew Ney

Montgomery County Bar Association

Debit Cards vs. Credit Cards

Wednesday, August 24 12:30 PM

Presented by Christine O'Neil, Harleysville Savings
When you understand what each card actually does it is easier to figure out which card to use. There are pluses and minuses to using both. Today learn the clear definitions. Then you decide which one you should use.

Farmers' Market Vouchers

The annual Farmers' Market checks, or vouchers, can be used in local farmers' markets to purchase fresh produce grown in PA.

Eligibility requirements:

- 1) You must be 60 years or older and
- 2) a Montgomery County resident, and
- 3) you must be living on a limited income. This year's income limits will be \$21,978, or \$1832/month for singles and \$29,637, or \$2470/month for a couple. If you are qualified, each individual will receive \$20.00 worth of vouchers. Please bring proof of your age and residency in Montgomery County.

Distribution will be on Mondays, Tuesdays and Wednesdays, while supplies last.

Did You Know???

Retired Pennsylvanians receiving Social Security or other pension funds whose incomes are under \$19,200 annually may register one passenger car or non-commercial light truck at a reduced rate. Instead of the regular \$36 fee for a passenger vehicle or truck, you pay just a \$10.00 processing fee. The discount does not apply to title fees, transfer fees or sales tax, just a vehicle registration fee.

Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following (Updated 4/2016):

Family Size	Annual	Monthly	Weekly Income
1	\$15,444	\$1,287	\$297
2	\$20,826	\$1,736	\$401
3	\$26,208	\$2,184	\$504

To register for this program, please see Kay and bring with you:

- Proof of Age (Driver's License);
- Proof of Residency (Utility bill, Driver's License);
- and Proof of Gross Income (Statement from Social Security, Pension Statement, etc.).

The monthly CSFP Food Package contains: 4 vegetables, 2 juices, 2 fruits, 1 protein, 2 cereals, 1 protein alternate, milk product, carbohydrate, and 2 lbs. cheese.

Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint alleging discrimination, write USDA, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Looking for Community Resources?

Call or Search 211

You can ask for help from Kay, but what if she wasn't available? There is a new, easy to use directory of health and human service programs that lists resources like food pantries, emergency shelters, transportation, health clinics, rent or utility assistance, legal help, and more. www.211sepa.org

If you need additional assistance or don't have internet access you can also dial 2-1-1 to speak directly with an Information & Referral Specialist.

EncoreEnrichment



A Behind the Scenes Look Into the Film Production Industry

When most people think of movies, they give actors most of the credit, but it takes a huge film production crew to make every movie a success. From lighting to costumes to special effects, it takes many components in combination for every film, so earning a degree to work in one of the background roles might be a great option if you are interested in working in this industry. So what is film production all about? Let's take a behind the scenes look into the film industry and the jobs you can hold with this type of degree.

Create the Scene – Pre-Production Jobs

It takes more than good acting to get an audience involved in a scene. The entire mood has to be right, whether the characters are on a Civil War battlefield or a far-off planet hundreds of years in the future. Before the actors ever get to set, pre-production staff members get to work creating the parts of the scene needed to bring it to life. Workers are needed in several areas, including:

- Set creation
- Props
- Costumes
- Hair
- Makeup
- Script writing
- Casting

Depending on the film, workers might also be needed to make models, work with actors on dialects, ensure historical accuracy, and more.

Production Jobs

The leader of the entire production is the director, and depending on the scene, other workers might be necessary as well. Cinematographers set the scene and make sure the mood is exactly what the director wants. Camera operators and assistants shoot the scenes or set up cameras for extreme shots. Gaffers deal with lighting, working closely with the director or photographer. A sound crew, including technicians, boom operators, and more, make sure you can hear everything going on during a movie.

Along with actors, scenes may also need extras, stunt doubles, and animated characters, drawn by artists. During the production, people who worked on the film in its pre-production stage are also typically busy making adjustments as needed.

Post-Production Jobs

After a film is shot, it goes into post production. This is where the shot scenes are edited together, special effects and CGI pieces are added, and sound effects are added and edited. Workers are also needed in marketing, advertising, sales, event planning, and other fields to help ensure that the film is promoted and successful. Join us on Wednesday, August 17 to learn about theatre lighting.

Source: Film Production Schools

EnrichmentPrograms

Programs are free unless otherwise noted.

German Group

Fourth Friday of the month 1:00 PM
Facilitated by Mark Hoffman

In these sessions you will read a book in German. The goal is to unlock the language by improving vocabulary and grammar. This is opposed to memorizing rules and words. The books will be short. The first meeting you will be reading *die Lisa*. Copies will be provided. This is not a beginning course, but anyone who is interested in invited, because reading can only help understand the language.

Chess Tournament

Wednesday, August 3 9:00 AM

Multiple chess boards played simultaneously. Chess sets are provided or bring your own. Learn or improve your skills. All abilities welcome.

Shedding Some Light on Theater Lighting

Wednesday, August 17 12:30 PM

Presented by John Stangl, Lighting Designer
for Laymen Playmen & Playcrafters

Come and discover how one transforms a blank stage into the proper mood for a given theatrical scene. The presentation will explain the lighting design process and reveal some of the lighting tricks like creating three different cars from one stage prop. A live demonstration of some of the lighting equipment and audience participation is also planned.

July is National Ice Cream Month!

In 1984, President Ronald Reagan designated July as National Ice Cream Month. It is fun and can even be nutritious. It is enjoyed by over 99 % percent of the nation's population. Enjoy some local homemade ice cream on Monday, July 11 at lunch.



EnrichmentGroups

Clip and Save

Every Monday 10:00 AM

Cutting coupons does not just save you money, it allows you to maintain strength by building up the tiny muscles in the palms of your hands.

Coin Club

Second Thursday of the month 2:00 PM

Do you have some old coins that you think are valuable? Join us to discuss current coin news.

Little Studies

Third Friday of the month 1:00 PM

This discussion group with Mark Hoffman uses a series of pamphlets that he wrote called "Little Studies." No particular point of view is advocated. Little Studies will begin at 1:00 in July and August.

July Topic: Friedrich Nietzsche

August Topic: Hillary Clinton

Digital Photography

Second Friday of each month 10:00 AM

Instructor: Walt Fitzgerald

One-on-one sessions are available. Indicate your interest when making appointment.

Stitch and Chat

Every Thursday 9:30 AM

Join others who enjoy quilting, knitting, crocheting, or other needle work, and meet for friendship and fun. Instruction available from Naomi and Rosetta.

Group Trivia

Every Tuesday 10:00 AM

This group is for anyone who loves answering or learning about trivia. If you don't know an answer, your teammates can help you.

Stamp Club

Tuesdays 10:00 AM – 11:30 AM

Embrace this opportunity to gather and talk stamps, trade stamps and in general, share a common interest. Adjourn at 11:30 AM in time for a delicious lunch.

EnrichmentServices

Computer Use

Use our computers to create letters, documents or spreadsheets or spend time e-mailing the grandkids on the Internet.

Library

A vast array of biographies, romance novels, fiction, and non-fiction works available. Books are donated on a regular basis so you never know what you'll find! Do you have a reading disability, or a vision challenge? The Free Library of Philadelphia's Library for the Blind and Physically Handicapped offers free services by mail:

Braille books and magazines, audio books and magazines, large print books and more. Visit them on their Facebook page – facebook.com/lbphflp
See Michele for more information.

Encore Recreation



Recreation Programs

Explore Montgomery County

The first two are just a sample of the many activities Montgomery County has to offer. They are on your own transportation trip suggestions.

Guided Bird Walks

Saturdays in July & August 8:00 AM- 10:00 AM
James Audubon Center at Mill Grove
This is a free, family oriented, guided bird walk. Extra binoculars are available.

In the Good Old Summertime

Saturday, August 6 11:00 AM-3:00 PM
Pennypacker Mills
Suggested donation \$2.00 per person
Lawn games, Victorian dress-up for photos, garden tours, a vintage car show and a juggler/magician.

Mennonite Heritage Center

Friday, August 12 10:00 AM
Let's all meet at 565 Yoder Road! It's only a hop, skip and a jump away from Encore. See changing exhibits, use their historical library and learn about Mennonite faith and life in eastern Pennsylvania.

Movies

Hazy, hot and humid outside. Inside, cool, comfortable, and free. Movies begin at 12:30 PM

Programs are free unless otherwise noted.

Concussion Friday, July 8

Based on the true story of the doctor who discovered CTE (chronic traumatic encephalopathy) in football players and the uphill battle he faced in bringing the information to the public.

Zoo Keeper Thursday, July 21

Celebrate National Zoo Keepers Week July 17-23.

Blue Hawaii Tuesday, August 16

August 10-16th is Elvis Presley Week

Iron Jawed Angels Thursday, August 18

Women's Equality Day! Designated by Congress in 1971. Commemorating the passage of the 19th amendment which was ratified on August 18, 1920.

Grand Canyon Aerial Adventure Thursday, August 25

The National Park Service turns 100 on August 25, 2016, and you can take part in the celebration! This video give you wings, flying you through or over many of the different canyons and soaring above the tumultuous Colorado River a mile below.

The Intern Wednesday, August 31

A retired successful business owner and widower lands an internship at a fashion website run by a young, career-driven woman.

Recreation Activities

Art Class

Mondays 1:00 PM Cost: \$2.00
Instruction from Pat Wilson-Schmid. Bring your materials; easels are available.

Billiards

Anytime

Bingo For Bucks

Mondays 1:45 to 3:30 PM
Cost: \$1.00/card (2 games/card)
Note: Doors open at 1:30PM. Low vision Bingo cards are available upon request.

Bowling

Fridays 10:00 AM Cost: \$2.75/game
Earl Bowl Lanes, 392 Morwood Road, Earlington. Ask at the counter to join the Encore Experiences in Harleysville League.

Cards

Anytime; most groups meet on Thursdays 12:30 PM

Chess

Anytime

Croquet and Shuffleboard

Anytime, weather permitting; Location, park across from center. Equipment is available at Encore Experiences.

Mah Jongg

Mondays 12:30 PM

Woodcarving Class

Thursdays 9:30 AM
Instruction is available. Donations accepted for materials as needed.

Haircuts

Tuesday mornings \$6.00
Call Encore for appointment
at 215-256-6900

PRIME TIME HEALTH WALK

THURSDAY, SEPTEMBER 8
10:00 AM - 1:00 PM
Fischer's Park
Register by August 26



This year's walk promises to be the best one yet! Sponsored by Aging and Adult Services, you will have the opportunity to meet folks from the other county senior centers, eat a delicious free lunch, enjoy nature's beauty, and walk the park trails as often as you wish. With Elvis making a special appearance, you will easily get into the groove if you dig out your poodle skirt or bobby socks and celebrate this year's Sock-Hop theme.



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EncoreRecreation



RecreationTrips

Trips Policy: Trips are filled on a first come-first served basis. Trips are non-refundable, non-transferable. If you must cancel, please contact the office as soon as possible. If you are single and looking for double occupancy, contact the office and we will try to accommodate. Payment is due at time of registration.

Take a Bus to Ladore Lodge

Waymart, Pennsylvania

Monday, October 3-Friday, October 7

\$282 per person double occupancy

\$417 per person single occupancy

Includes transportation both ways, lodging and meals. One of their newest additions at Ladore is their enclosed pool. This area is over 7,500 sq ft and features a glass enclosure on three sides, deco lighting, two comfortable seating areas with a number of loungers, tables w/umbrellas and chairs. Take advantage of this opportunity to get away at a reasonable price. In some cases individuals may qualify for a scholarship.

Take a Van to the Pearl S. Buck Estate Ghost Tour, Perkasio

Sunday, October 30

Depart 3:00 PM

Cost: \$35.00

Price includes transportation and estate fee.



Volunteer Opportunities with Encore Experiences in Harleysville

The mission of Encore Experiences is to provide access to programs and resources that help older adults live independently and remain active.

I want to get involved!

Name: _____

Address: _____

Phone: _____ Email: _____

Volunteer Needs: Check those that interest you

- ☐ Light Maintenance Work- As needed
- ☐ Dishwasher- (Tuesday and/or Thursday 11:00am-2:00pm)
- ☐ Meal Service- (Monday—Friday anytime 8:00am-2:00pm)
- ☐ Front Desk Greeter— (Monday—Friday 9:00am-12:00 pm)
- ☐ Saturday BINGO - (Second Saturday of each month 11:00am— 3:00pm)
- ☐ OTHER - Tell us what special talent you might have that you could offer to the center as a volunteer: _____?

Please call 215-256-6900 for more information

312 Alumni Ave. Harleysville PA 19438

www.GHNPS.org



Chris



Harold



Jim



Ed

Congratulations to some of our participants who participated in this year's senior games!

Celebrating 100 Years of Service

On August 25, 2016 the National Park Service turns 100! The Centennial will celebrate the achievements of the past 100 years, but it is really about the future. It's about kicking off a second century of stewardship for America's national parks and for communities across the nation. Most importantly, it's about inviting you to join in the celebration. The National Park Service and National Park Foundation are working closely with partners and stakeholders across the country in encouraging you to embrace the opportunities to explore, learn, be inspired or simply have fun in their 407 national parks, as well as understand how the National Park Service's community-based recreation, conservation, and historic preservation programs positively impact your own community. Pennsylvania can boast four National Parks that are relatively close to home. The Delaware Water Gap is a 70,000-acre national recreational area

that runs along the Delaware River in both PA and NJ and welcomes those of you who seek the outdoors close to home. The Battle of Gettysburg was a turning point in the Civil War, the Union victory that ended General Robert E. Lee's second and most ambitious invasion of the North and the inspiration for President Lincoln's immortal "Gettysburg Address." Independence National Park in Philadelphia with its nearby old cracked Bell proclaiming liberty is a popular year-round tourist attraction. Valley Forge was the site of the 1777-78 winter encampment of the Continental Army. This National Historical Park commemorates the sacrifices and perseverance of the Revolutionary War generation and honors the ability of citizens to pull together and overcome adversity during extraordinary times. The Division of Parks, Trails and Historic Sites has seven parks spread throughout Montgomery

County. From as small as 15 acres to as large as 3400 acres, there is something for everyone. Boating, fishing, walking, jogging, summer concerts, programs, and live wildlife displays abound in Montgomery county parks. The division offers programming on a variety of nature-related topics to schools, scouts, and the general public at various locations throughout the year. If you wish to participate in this year's Centennial celebration, you have the opportunity to fully appreciate nature's beauty by visiting any or all of the following near-by parks: Central and Lower Perkiomen Valley, Green Lane, Lorimer, Norristown Farm, Upper Schuylkill Valley and a host of others treasures. Carpe Diem!

Source: <http://www.nationalparks.org>; <https://www.nps.gov/state>; <http://www.montcopa.org>

Drive Safely

Continued from Cover Page

AARP offers an eight hour Driver's Safety course and a four hour refresher course that is recognized by many auto insurance companies and allows you to receive a discount on your yearly fee. These courses are offered at both of our centers as well as hospitals. The PEAK has scheduled their next eight-hour AARP Mature Driving Program on July 7 and 8 from 9AM-1PM. The four-hour refresher course at The PEAK will take place on August 12 from 9AM-1PM. Both Encore and The PEAK have offered a program

called "Car Fit." This program examines the spacing from you to the steering wheel, proper seat belt use, and the correct position for head restraints among other things. Lastly, if your family or doctor has raised concerns about your ability to remain behind the wheel, please take them seriously. They are concerned not only about you, but other drivers and pedestrians.

Source: *NIH Senior Health*

SAFE DRIVING FOR A LIFETIME BOOKLETS

Available in the lobby starting July 1 while supplies last

LIST OF BOOKLETS:

- Your Road Ahead-A guide to comprehensive driving evaluations
- Your Road to Confidence- A widow's guide to buying, selling and maintaining a car
- We Need to Talk- Family conversations with older drivers
- You and Your Car- A guide to driving wellness

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Mildred Barr
Edward Bonner
Helen Bower
Vera Daw
Doris Hochgraf
Frank Menta
Patricia Needs
Patricia Loose
Marion Schnable

These participants enriched our fellowship by their presence at Encore Experiences. We are glad that the Center was part of their lives and we will miss them.



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The PEAK Center's Move to North Penn Commons Q&A

Continued from Cover Page

Will The PEAK Center continue to offer programs, including lunch at Schwenckfeld Manor on Allentown Road, after the center moves to its new location? Unfortunately The PEAK Center will be unable to continue offering programming at Schwenckfeld Manor. All of our programs, including lunch, will be offered at the center's new location at North Penn Commons. If you are a resident at Schwenckfeld Manor and would like to come to The PEAK Center at North Penn Commons we can provide you information for a ride through Transnet if you are in need of transportation.

Why are you moving?

We are eager to share with our participants that North Penn Commons is a one-of-a-kind service model that offers a unique opportunity for PEAK participants. They will have greater access to resources on a shared campus. In addition to the nutritious, delicious lunches that will be prepared on site by the awesome chef at Manna on Main Street, PEAK participants will have access to health and wellness programs, and multi-generational social interactions enabling common bonds to be formed through

quality, community programs, critical services, and fun! This vibrant, public center benefits every generation and will be a welcoming place for all. How awesome is that!

Will The PEAK Center still be part of Greater Harleysville and North Penn Senior Services (GHNPS)?

Yes! The PEAK Center's move to NPC will have no impact on the center being part of GHNPS. GHNPS will still operate two Senior Center locations – Encore Experiences in Harleysville and The PEAK Center in Lansdale (soon to be located at North Penn Commons).

How will it affect PEAK Participants?

At NPC, PEAK participants will enjoy improved access to greater community resources with three other highly respected non-profit agencies - the North Penn YMCA, Manna on Main Street and Advanced Living Communities. PEAK participants will have access to an improved FREE lunch that will be prepared on-site in The Manna on Main Street kitchen and served in PEAK's dining area. Individuals will have greater classroom options with state-of-the-art technology provided in the new computer lab,

a large multi-purpose room for exercise and wellness classes, a private fitness equipment room for PEAK participants and an additional activity room for many other exciting programs - all conveniently located under one roof!

How will it affect volunteers?

Volunteers can choose where to serve from among four highly respected non-profit organizations located on one community campus. North Penn Commons' volunteers will have the opportunity to impact individuals across generational lines to promote healthier lives in a healthy community.

How will it affect donors?

Donors can continue to give directly to PEAK, and in addition to their PEAK gift, make a special One-Four-All donation for North Penn Commons (NPC). NPC is a symbol of a new vision for our community and our donors are important partners in this one-of-a-kind service model. Our donors have an opportunity to be part of this pioneering effort and join the community of supporters who have already contributed to this project.

Highlights from

The PEAK Center's News & Notes

(these listings are held at The PEAK Center in Lansdale
1292 Allentown Road, Suite A, Lansdale)

Book Club

Monday, July 11 10:30 AM
Ken Johnson

"The Things They Carried" is as good as any piece of literature can get... It is controlled and wild, deep and tough, perceptive and shrewd." The Chicago Sun Times.

Loss and Support Group

Tuesday, July 12 12:30 PM
Presented by Crystal Gorel

Loss is just not just limited to death and divorce. Many other losses include losing independence, loss of job, loss of your home etc. Join us in this interactive group to help navigate through your grief.

Contact The PEAK Center
for more information
at 215-362-7432



THE FACTS: VETERANS' BENEFITS

Monday, August 15 • 2:00 pm at The Birches

(691 Main Street, Harleysville)

Save yourself time, heartache, and headaches by attending this workshop presented by VA Accredited Claims Agent. RSVP to 215-315-7762.

Family Fun!



Cruise in to our Car & Cycle Show...
"Vintage Rods and
Classic Wheels"

Saturday, August 27
11am-2pm (rain or shine)

Please join us for an afternoon to enjoy
classic cars, muscle cars, and motorcycles!

- Free Admission
- Live Entertainment & Food

Bring your own car or motorcycle
Free registration!

Please call 215-315-7762 or email
ptoal@arboursquare.com
to register!

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Meet Rhona and Mike



"The smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocation of innocence and delight. (Breadmaking is) one of those hypnotic businesses, like a dance from some ancient ceremony. It leaves you filled with

one of the world's sweetest smells...there is no chiropractic treatment, no Yoga exercise, no hour of meditation in a music-throbbing chapel that will leave you emptier of bad thoughts than this homely ceremony of making bread." (M.F.K. Fisher, *The Art of Eating*)

It makes one wonder if this compelling sensual experience was the impetus for Rhona Farrence and Mike Bowman to own their baking business, R&L Home Baked Goods, as their careers certainly didn't start out that way! Rhona, a Scranton/Taylor native, reveals that she always loved to cook and bake but she left Marywood University with a degree in Business Management and Computer Sciences. Following graduation Rhona first worked in the office of Schiffs Restaurant Services, followed by teaching computers in Lackawanna County then other counties under the auspices of the University of Pittsburgh. Additional responsibilities for many years were that of a caregiver for her parents. Native Philadelphian Mike, who first attended St. Joseph's University,

graduated from Holy Family University with a degree in Computer Management Information Systems. His employment at Johnson and Johnson in positions from manufacturing to writing programs lasted 38 years.

With their common background in computers, it is not surprising that our highlighted couple met on an AOL Chat Room in 1995. Six years later they integrated their wedding ceremony with the annual reunion of the USS DAY/DE225 former crewmen and family members. This reunion was an important event as Rhona's Dad was a yeoman on board this Navy ship. Moving from computers to the oven, Rhona and Mike opened a Bakery/Deli business and then operated their business from their home, primarily selling their delicious goods at Jake's Flea Market and to other appreciative customers.

We at Encore have often benefitted from the talents of Rhona and Mike. Remember the Irish Soda Bread served on St. Patrick's Day? How about the special birthday cakes and the sweets for dessert? Rhona and Mike are very generous with their donations and are ready to assist Beth whenever needed. In addition to making us happy consumers, they enjoy breaking bread with us during lunch, and the alternative treatments we offer such as massage therapy, acupuncture, foot reflexology, and the exercise machines. For Rhona and Mike, Encore is a friendly, homey, comfortable place to be and for us, you help make it so! Bon Appetit!

Healthy Mini Series

Wednesdays, July 13 and 20
and Tuesday, July 26 12:30 PM
Presented by Cierra Robbins, RD, LDN
Registered Dietitian, ShopRite of Hatfield

July 13 - How to read a food label and snacking smart finally
July 20 - Meal planning 101
July 26 - What to do with all that fresh summer produce

LION'S CLUB

EYEGLASS COLLECTION BOX

The Lion's Club Eyeglass Collection box is located in the Encore lobby. Donate your old and used eyeglasses! Our collected eyeglasses will be sent to the Lions Clubs Recycling Center in central New Jersey for repair and shipment to those in need in the USA and around the world (PA has no such center). Your donated glasses will make a great difference in many people's lives and standard of living.



Give the gift of sight to others. For more information about NJ Lions Clubs Eyeglass Recycling Center visit www.njlerc.org

Digital Photography Group

DO YOU WANT TO:

- Take worthwhile photographs?
- Learn how to edit?
- Snap unique shots like fireworks?
- Enhance and/or correct your images?
- Send more than one photo in an email?

Meets the second Friday of every month from 10:00 AM to 11:30 AM and by special appointment as schedule allow.

Join us!

CONTACT WALT AT FITZGERALD106@COMCAST.NET OR CALL THE OFFICE AT 215-256-6900



Mary surrounds herself with some of our fun-loving kitchen volunteers.

Greater Harleysville and North Penn Senior Services (GHNPS) operates both Encore Experiences in Harleysville and The PEAK Center in Lansdale. 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. Both centers offer a place of comfort, fellowship and care to the seniors in our community.