

The Encore Bulletin

Encore Experiences at Harleysville

312 Alumni Avenue
Harleysville, PA 19438

Phone: 215.256.6900

Fax: 215.256.9132

www.EncoreExperiences.org

Encore Experiences Hours

Monday-Friday

8:00AM to 4:00PM

occasional evening and weekend programming

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 at Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHNPS; nor are the opinions of speakers necessarily the opinions of GHNPS; nor are the representations and information presented tested or reviewed for accuracy or reliability by GHNPS.

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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Smoking Cessation

From clearer lungs to less time wasted for smoke breaks throughout the day, quitting smoking can have a profound and positive impact on your health. When you feel the urge to reach for a cigarette, keep in mind the troublesome health effects that accompany it. The short term effects of withdrawal, which can include sleeplessness and irritability, are minor compared to the damage that you are doing to vital organs such as your heart and lungs. Two of the main advantages to quitting smoking are that you will have more energy for exercise, and will be spending a few hundred dollars less per year.

It is important to keep in mind that smoking not only affects your health, but also the health of those around you. People who inhale secondhand smoke can suffer from lung cancer, frequent infections such as pneumonia and bronchitis, and severe asthma. Some of the top issues related to smoking include lung disease, including cancer and difficulty breathing, and other problems such as heart attacks and strokes. Your mouth and throat can also be affected, potentially leading to cancer of the throat, esophagus, larynx, and mouth.

Studies have shown that, after quitting smoking, your body will go through changes almost immediately. For example, your heart rate and blood pressure will become more stable, since both rates are elevated while you are smoking. After just

a few hours, the carbon monoxide levels in your blood will begin to normalize as well. Within a few weeks of stopping, your circulation and breathing will begin to improve. You will begin to cough less, produce less phlegm, and notice a relatively large increase in your lung function within several months of stopping.

When you have the urge to smoke a cigarette, try snacking on something healthy and nutritious. Not only will this give you something to do with your mouth, but it will also encourage a more balanced diet in the future. Learning to stop and take a deep breath to relax can be very beneficial. Allow yourself to sit in a quiet location and think of your favorite vacation spot, or a location that will put you at ease. In addition, move to a different room or go for a walk when your cravings become intense, as removing yourself from a location where you used to smoke can help your mind focus on something else.

The key to quitting smoking successfully is to ensure that you have as many resources as possible, and have sufficient knowledge of how to control cravings before you even stop. Join us at The PEAK Center, 1292 Allentown Road, Suite A, Lansdale (215-362-7432) for our Smoking Cessation program in January!

Adapted from www.smoking.answers.com

The Traditional Chinese New Year



The Chinese New Year period began in the middle of the 12th month and ended around the middle of the first month with the waxing of the full moon. Observance of the New Year period was traditionally divided into

New Year's Eve and the first days of the new year.

For the Chinese, New Year was the most important festival on the calendar. The entire attention of the household was fixed on the celebration. During this time, business life came nearly to a stop. Home and family were the principal focuses. In preparation for the holiday, homes were thoroughly cleaned to rid them of "huiqi," or inauspicious breaths, which might have collected during the old year. Cleaning was also meant to appease the gods who would be coming from heaven to make inspections. Ritual sacrifices of food and paper icons were offered to gods and ancestors. People posted scrolls printed with lucky messages on household gates and set

off firecrackers to frighten evil spirits. Elders gave money to children. In fact, many of the rites during this period were meant to bring good luck to the household and long life to the family—particularly to the parents.

Most important was the feasting. On New Year's Eve, the extended family would join around the table for a meal that included as the last course a fish that was symbolic of abundance and therefore not meant to be eaten. In the first five days of the New Year, people ate long noodles to symbolize long life. On the 15th and final day of the New Year, round dumplings shaped like the full moon were shared as a sign of the family unit and of perfection. Celebrate Chinese New Year with us, The Year of the Sheep

On Wednesday, February 18, we will be showing the DVD "In Search of China's Forbidden City" at 12:30PM. On Thursday, February 19 enjoy a delicious Chinese cuisine for lunch.

Inclement Weather Alert

Your safety is important to us. If Souderton Area Schools are closed, due to bad weather, we are too. Watch the news or go online to www.souderton.org/schools/closings/



Director's Report



Dear Friends, Members and Supporters of Greater Harleysville and North Penn Senior Services,

The New Year is always a wonderful time to reflect upon the accomplishments of the past year and to look ahead to exciting opportunities to come. As the new Executive Director of Greater Harleysville and North Penn Senior Services, I have so much to look forward to in 2015.

- I am looking forward to becoming a member of the Montgomery County community. I grew up in Delaware County, where my parents John and Kathy Walker still reside. I moved to Chester County in 2005 and lived in West Chester for almost 10 years. I am now living in Lansdale with my Fiancé, Tom, and his two beautiful daughters, Samantha and Alisha.
- I am looking forward to working with the dedicated Board of Directors of GHPSS. During the interview process for the position, I was so impressed with their passion and strategic vision for the organization. My past experience in working with non profit volunteer boards included my time as the Vice President of Membership with the Delaware County Chamber of Commerce (2001-2005), President of the Greater West Chester Chamber of Commerce (2005-20012), and as the Associate Executive Director with the Jennersville YMCA (2012-2014).

• I am looking forward to accomplishing great things with the wonderful staff at Encore Experiences and the PEAK Center. I had the opportunity to attend the PEAK Center Wine and Silent Auction event that was held in October. There, I received a warm welcome from the staff and also witnessed their deep appreciation for Robin and all the great things that she did for the organization.

• I am looking forward to growing and strengthening the relationships with our contributors, donors and sponsors. The great work that we do at The PEAK Center and Encore Experiences would not be possible without their support.

• I am looking forward to building a strong bond with the people we serve and continuing to grow our role in the community. The work that we do is crucial to connecting active older adults to vital community services that can help them stay healthy and independent.

Over the next several months, I will be looking to meet many new faces and to attend events in our communities to introduce myself to our members and supporters. I am so very pleased to have this opportunity to lead GHPSS into a new year of growth. I truly look forward to connecting with many of you around our shared passion of providing access to programs and resources that help active older adults live independently and remain active.

Happy New Year!
Katie



GHPSS welcomes our new Executive Director, Katie Walker



To: The Members and Staff of the Greater Harleysville and North Penn Senior Services
Re: Executive Director Announcement
Dear Members/Staff:

On behalf of the Board of Directors of the Greater Harleysville and North Penn Senior Services (GHPSS), I am pleased to announce that Katie Walker will assume the role of Executive Director effective November 24, 2014. As Executive Director, Katie will have the overall responsibility for the operation of both Encore Experiences and the Peak Center along with Board directed strategic initiatives. Katie brings a wealth of experience to GHPSS from her former roles with both the Brandywine Valley YMCA and the Greater West Chester Chamber of Commerce.

While GHPSS continues to face funding challenges, we remain committed to our tradition of providing innovative programming for our area seniors. Our Board looks forward to working with Katie to execute the vision and mission of the organization.

Please join me in wishing Katie success in her new role.

With Regards,
Dan McKee, President, GHPSS Board of Directors



GHPSS STAFF MEMBERS

Katie Walker
Executive Director

Becky Carver
Administrative Assistant/Bookkeeper

Susan Andersen
Communications Manager

ENCORE EXPERIENCES STAFF MEMBERS

Kay Pagni, Assistant Director &
Social Services Coordinator

Michele Ross, Program Director

Beth Knize, Meal Coordinator

Katie Teats, Office Manager

PEAK STAFF MEMBERS

Sandi Chiriano
Welcome Desk Manager

Jennifer Metzger
Assistant Director

Carol Costlow
Consumer Resources & Education Coordinator

Steve Zurad
Meal Assistant

GHPSS Board of Directors

Dan McKee, President
Mary Metz, Vice President
Tammy Towers, Secretary
Bob Schoen, Treasurer
Sheri Strouse, NP Liaison
Charles Gardner
Anna Crouse
Katie Farrell
Mark Hoffman
Robert Iannozzi
Jason Klaskin
Andrew Santana
Deb Santoro
Hervey Schofield
Louise Shaheen

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 at Harleysville and The PEAK Center in Lansdale.

Encore Experiences at 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.

A Unit of the National Council on Aging



Please Consider Making a Donation!

ENCLOSED IS MY GIFT OF (PLEASE CIRCLE):
\$25.00 \$50.00 \$100.00 \$250.00 OTHER: \$ _____

Matching gifts from your employer could double your contribution. Please request a matching gift form at work and enclose it with your gift.

Mail to:
Encore Experiences at Harleysville
312 Alumni Avenue
Harleysville, PA 19438

Name _____

Address _____

Address line 2 _____

City _____ State _____ Zip _____

Your Response Is Greatly Appreciated!

EncoreCafé



Welcome to Encore Café! The Special of the Day at the Encore Café provides a lunchtime meal to eligible adults, aged 60 and older or disabled, or the spouse of an eligible person. Eligible persons are requested to make an anonymous, voluntary contribution of \$2.00 for the daily lunch special. The Café is also open to the entire community and everyone is welcome. The community member price is \$6.95. Other soup, salad, and sandwich options are available at reasonable prices. When possible, we try to incorporate fresh and local produce to prepare meals.

The Special of the Day is subsidized by grants from:

*Aging and Adult Services of
Montgomery County*

United Way of GPSNJ

NP United Way

BNY Mellon Charitable Trusts

Clemens Foundation

Fourjay Foundation

Genuardi Foundation

TD Bank North Foundation

The Patricia Kind Foundation

The Philadelphia Foundation

Walmart Foundation

January Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
		Encore Café Hours <i>Breakfast 8:00AM to 10:00AM</i> <i>Lunch 11:30AM to 1:00PM</i>	Encore Experiences Closed	Field Greens Salad with Grilled Chicken, Pear, Feta & Candied Nuts Brownie
Turkey Chili with Cornbread Topping Caesar Salad Fruit	Broccoli & Cheddar Baked Potato Quinoa, Kale & Apple Salad Chocolate Chip Cookie	Pork & Sauerkraut Roasted Root Vegetables Stewed Apples	Chicken & Corn Chowder Whole Wheat Roll Fresh Fruit	Mediterranean Tuna with Capers and Dill on Mini Croissant Vegetable Soup Chocolate Mousse Tart
Chicken & Waffles Grapefruit & Greens Salad with Apple Cider Vinegar Yogurt & Fruit Parfait	Sausage & White Bean Stew Roasted Beets, Parsnips, Turnips & Sweet Potatoes Blueberry Tart	Tomato Olive & Rosemary Quiche Mixed Greens with Mandarins & Cranberries Oatmeal Cookie	Chicken Parmesan on Focaccia Sun Chips Grapes & Yogurt	Open Faced Crab Sandwich with Avocado Mayo & Lettuce Cranberry Grain Salad Macaroons
Monte Cristo with Maple Syrup Fresh Fruit Salad Cookie	Chicken Pot Pie with Puff Pastry Mixed Greens Salad Pumpkin Squares	Sloppy Joe on Whole Wheat Bun Roasted Sweet Potatoes Mandarin Orange	Potato Gnocchi Turkey Bolognese Mixed Greens Salad Grapefruit Slices Frozen Yogurt	Tilapia Imperial with Asparagus Kale & Mini Pierogie Salad Fruit
Baked Eggplant Parmesan Mixed Greens Salad Fresh Fruit	Meatloaf Red Skin Smashed Potatoes Edamame & Corn Succotash Apple Crisp	Baked Tilapia with Fresh Fruit Salsa Farro Pilaf Green Salad Oatmeal Cookie	Turkey & Quinoa Stuffed Pepper Mixed Greens Salad Orange Slices	Field Greens Salad with Grilled Chicken, Pear, Feta & Candied Nuts Brownie

February Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Mediterranean Tuna with Capers and Dill on Mini Croissant Vegetable Soup Chocolate Mousse Tart	Broccoli & Cheddar Baked Potato Quinoa, Kale & Apple Salad Chocolate Chip Cookie	Pork & Sauerkraut Roasted Root Vegetables Stewed Apples	Chicken & Corn Chowder Whole Wheat Roll Fresh Fruit	Turkey Chili with Cornbread Topping Caesar Salad Fruit
Tomato Olive & Rosemary Quiche Mixed Greens with Mandarins & Cranberries Oatmeal Cookie	Open Faced Crab Sandwich with Avocado Mayo & Lettuce Cranberry Grain Salad Macaroons	Chicken & Waffles Grapefruit & Greens Salad with Apple Cider Vinegar Yogurt & Fruit Parfait	Chicken Parmesan on Focaccia Sun Chips Grapes & Yogurt	Sausage & White Bean Stew Roasted Beets, Parsnips, Turnips & Sweet Potatoes Blueberry Tart
Chicken Pot Pie with Puff Pastry Mixed Greens Salad Pumpkin Squares	Monte Cristo with Maple Syrup Fresh Fruit Salad Cookie	Tilapia Imperial with Asparagus Kale & Mini Pierogie Salad Fruit	Chinese New Year Special Lunch No Café Service	Sloppy Joe on Whole Wheat Bun Roasted Sweet Potatoes Mandarin Orange
Turkey & Quinoa Stuffed Pepper Mixed Greens Salad Orange Slices	Meatloaf Red Skin Smashed Potatoes Edamame & Corn Succotash Apple Crisp	Field Greens Salad with Grilled Chicken, Pear, Feta & Candied Nuts Brownie	Baked Eggplant Parmesan Mixed Greens Salad Fresh Fruit	Baked Tilapia with Fresh Fruit Salsa Farro Pilaf Green Salad Oatmeal Cookie
We allow people to take meals out to eat for lunch. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.				

Encore Wellness



Thinking Outside the Pillbox — Medication Adherence

Poor adherence to treatment regimens has long been recognized as a substantial roadblock to achieving better outcomes for patients. Data show that as many as half of all patients do not adhere faithfully to their prescription-medication regimens — and the result is more than \$100 billion spent each year on avoidable hospitalizations. Non adherence to medication regimens also affects the quality and length of life.

What is less clear is why adherence to the 3.8 billion prescriptions written every year is so poor. Out-of-pocket costs for medication clearly affect adherence; people use more drugs when the prices of the drugs are lower. But even if drugs were free,

non-adherence would persist: one recent study showed that even among patients who have health plans with no cost sharing for medications, rates of non-adherence were nearly 40.3 %.

The bottom line is this: we've known for some time that improved adherence can lead to improvements in health outcomes and reductions in health care spending. What we haven't known is where to start. Learn more about Medication Adherence on Wednesday, January 28 presented by Carla Herling R.Ph Wegmans Pharmacy.

Source: The New England Journal of Medicine

EncoreFitness

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

What is durable, stylish, and can help you decrease your carbon footprint? The answer is: Reusable water bottles.

Why not bring along a reusable water bottle to your fitness class? Make sure you put your name on it.

Ballroom Dancing

Cost: \$4.00

Experienced: Thursday Evenings 5:30-6:30PM

Beginner: Thursday Evenings 6:45-7:45PM

Learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Core Fitness

Thursdays 9:15AM Cost: \$2.00

Line Dancing

Thursdays 10:15AM Cost: \$2.00

MERCK Fitness Room

Anytime

The Pace Setters

Mondays 8:00AM

Meet at Encore Experiences

Stretch and Tone

Mondays, Wednesdays, Fridays

9:45AM Cost: \$2.00

*Tai Chi

Mondays and Wednesdays

10:45AM Cost: \$3.00

Tap Dancing

Fridays 10:30AM Cost: \$2.00

Walkaerobics

Mondays, Wednesdays, Fridays

9:00AM Cost: \$2.00

*Zumba Gold

Tuesdays 1:30PM Cost: \$2.00

Please Note:

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

Protecting Benefits for Seniors

A new law allows anyone who was enrolled in the PACE or PACENET programs as of Dec. 31, 2012, to remain eligible for the low-cost prescription drug programs through December 2015 even if Social Security cost-of-living increases push them over the maximum income limit allowed by the programs. Representative Godshall co-sponsored Act 12 of 2014, which extended eligibility to older Pennsylvanians who would have lost their benefits due to an upward adjustment in Social Security earnings. For more information on PACE, PACENET and other programs, call 1-800-225-7223.

EncoreScreenings

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. Bring your Medicare and supplemental insurance cards to appointment as well as the name and phone number of your primary care physician.

*Glucose Testing

First Monday of each month 10:00AM

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.

Help Yourself to Healthy Living

Second Thursday of each month 12:30PM

January 8: Healthy Eating

February 12: Is it my Heart? Recognize the difference between stroke and heart attack

Provided by Abington Health

Support Group for anyone managing chronic health conditions. Prior registration is appreciated for preparation purposes.

Health Checks

First Wednesday of each month 9:30AM

Provided by Abington Health

Blood pressure and weight checks. Jane is here to answer any questions you may have.

Lost and Found

Numerous articles of clothing have been hanging on our coat racks for almost a year. We will be donating these items to a worthy charity if they have not been claimed by January 23rd. We encourage all of you to put your name on coats, sweaters, canes, keys, etc. so that they are not taken by someone else by mistake, which often happens. Remember, too, to check around your chair, the shelf above the coat rack, and on the lobby floor for clothing and bread that you intended to take home. Thank you!



WILLIAMS-BERGEY-KOFFEL FUNERAL HOME, INC.

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J. Lowell Bergey, F.D., Supervisor

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Encore Wellness



Wellness Programs

Programs are free unless otherwise noted.

Reiki

Fridays, January 2 and February 6

By appointment starting at 9:00AM

Provided by Rose Marie Grauer, Practitioner/Facilitator

Cost: \$7.00 for 30 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. It universally honors and coexists with all belief systems.

WHOGA

Wednesdays, January 7 and 21, February 4 and 18
9:30AM-10:15AM

WHOGA: Wellness, Happiness, Opportunity for Gentle Activity. WHOGA is a gentle activity that brings all the benefits of yoga to individuals seated in a chair. Experience joy and well-being as WHOGA brings body, mind and spirit together.

Yoga for Beginners

Wednesdays, January 14 and February 11 1:15PM

Want to create a new you? With Gaiam Rodney Yee's Yoga for Beginners DVD, you will learn accurate posing and workout techniques. You will receive mind-centering and mistake-eliminating instruction.

Acupuncture Lecture and Treatments

Thursdays, January 15 and February 19

Lecture 12:00PM; Treatments by appt. 12:30PM

Treatment Cost: \$20.00

Provided by Kim Niezgoda,
Board Certified Licensed Acupuncture

Learn how and why this style of community treatment is effective and so beneficial.

Rosen Method Movement

Fridays, January 16 and February 20 1:30PM

Gentle movements set to a variety of lovely music on a DVD. Designed to lubricate the joints, ease breathing, improve flexibility, and deepen awareness of the body and more. Move easily, age gracefully.

Fall Prevention

Wednesday, January 21 12:30PM

Presented by Kayla Riley, Bayada Nurses

Falls are preventable. The opportunity to help reduce falls among older adults has never been better. Join us today and learn how to reduce falls and live better, longer lives. Attendees will have a chance to win an Easy Reach stool.

Massage Therapy (table/chair)

Fridays, January 23 and February 27

By appointment starting at 9:00AM

Provided by A Body Balanced by Heidi Puppo,
Licensed Massage/Bodywork Therapist

Cost: Chair-\$1.00 per minute;

Table-\$25.00/half an hour; \$50 for one hour

You will be provided with a relaxation and healing experience through the combination of energy and massage therapy modalities that benefits the whole person, body, mind, emotions and spirit.

Parkinson's Support Group

Fourth Wednesday, January 28 and February 25
1:00PM

January topic: Medication Adherence

Presented by Carla Herling, R.Ph. Wegman's Pharmacy
Taking medication correctly may seem like a simple or personal matter, but non-adherence is a complicated and common problem. Establishing a strong relationship with your doctor or pharmacist can create an open environment where you feel comfortable asking questions and expressing concerns about a medication.

February topic: Laughter is the Best Medicine
Presented by Kayla Riley, Bayada Nurses
Learn how to harness the powerful health benefits of laughter and humor.

This group is open to the public. A support group is not a substitute for medical treatment or professional counseling and it is not a replacement for family and friends.

Successful Aging

Wednesday, February 4 12:30PM

Presented by Brad Trout, Seniors Helping Seniors

Learn tips associated with each aspect of successful aging.

CAROL For Heart

Wednesday, February 11 12:30PM

Presented by Jeannine McKeogh,
CAROL For Heart Organization

Join us for this very informative presentation—your heart health may depend on it. This presentation will be fun, and interactive.

Knowledge is power. Be proactive in your own heart health.

Did you know that saving seats at lunchtime is not a practice that we encourage or endorse at Encore?

Admittedly, it happens at almost every senior center and the habit probably began when you were in grade school; wanting to sit with your friends where you felt liked and secure. While we love the sounds of laughter and camaraderie and want you to enjoy your dining experience, Encore is a public facility not a club and we never want to give the impression of exclusivity. We encourage all of you to welcome one another, especially those coming through our doors for the first time. An exception would be reserving tables through the office for a special event.



Go-go girl, Paula, leads the Stretch & Tone class on Halloween.



Attendees learn about Medicare open enrollment from APRISE counselor, Ed Savitsky.

APOTHECARY
of
Harleysville

Prescriptions

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**Mention this ad and save 10% off all
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345 Main Street, Suite 7

Harleysville, PA 19438

(Behind Pizza Hut/across from PennDot
photo center in Harley Commons)

267-932-8157 267-932-8253 (fax)

*Cannot repackage other pharmacies medications

EncoreFinance



Steps for Organizing Your Financial House

As you gather documents in preparation for another tax filing season, it's a good opportunity to get your financial house in order. Here are some tips to get you started:

1. Clean out and organize your financial records. Then tell a family member or trustworthy friend where your important documents are stored. Tax records should ideally be kept for seven years; medical records should be kept indefinitely, while other records and receipts can be saved or shredded, depending on their importance to you. Most can usually be thrown out after one year.

2. Review your credit reports – use the Internet to order them every four months from a different one of the three agencies at www.annualcreditreport.com or request them in writing

from one of the three credit reporting agencies directly: TransUnion, Experian, and Equifax.

3. Learn how to maximize your Social Security benefits. Social Security retirement benefits can be a lifeline for those who don't have a lot in retirement savings. But if you're able to delay taking Social Security until after your official retirement age, you can maximize your monthly benefit payment. The Social Security Administration and AARP have several tips on how to pick the best time to claim your benefits.

4. Plan for the future by creating the legal documents you want so that your family and closest friends understand and carry out your wishes should you become too ill to make those decisions. This could include a will, a durable

power of attorney, and a living will for indicating your health care preferences in advance.

5. Mark your calendar with important dates, such as monthly or quarterly bill due dates, to avoid penalties and late fees.

6. Update your beneficiary choices on your life insurance policy and other financial agreements such as IRAs.

The more organized you can be with your financial affairs, the less daily stress you will experience. We can all do with less stress!

Compiled from websites: financialplan.about.com, schwab.com, dailyfinance.com, nia.nih.gov

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:

Family Size	Annual	Monthly
1	\$15,171	\$1,265
2	\$20,449	\$1,705
3	\$25,727	\$2,145

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.

Food
for you!

Tax Preparation for 2014 Tax Year

By appointment

Tax preparers will be available to assist you with your 2014 taxes. Income eligibility applies.

*Please call after January 23
to schedule your appointment.*

FinanceServices

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

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. Don't leave money on the table that could help you.

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.

Financial Advice

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

Legal Advice

Attorney Mark Hoffman offers his expertise on the third Friday of each month.

Low-Income Heating Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) began accepting applications as of November 1, 2014 for the current heating season. This program helps low-income households pay their heating bills. LIHEAP is a grant; you don't have to pay it back. Income Guidelines 2014-2015 for Homeowners and Renters:

Household Size	Maximum annual income
1	\$17,505
2	\$23,595
3	\$29,685

Add \$6,090 for each additional person

Apply online at www.compass.state.pa.us or pick up an application at Encore Experiences.

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 2014 tax year should be available by the end of January, 2015. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2014, with a maximum household income level of \$35,595 for a homeowner and \$15,255 for people who rent. Widows and widowers age 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.

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.

EncoreEnrichment



Feed Your Brain, Nourish the Mind

Scientific research reveals that more than ever before, a challenged, stimulated brain may well be the key to a vibrant later life. As you prepare to redefine your own retirement, news that staying active and keeping your brain constantly engaged may help stave off mental and physical ailments or diseases, has many asking how best to do so. The answer is simple: lifelong or later-life learning.

Lifelong learning is the continued educational experience that utilizes non-credit academic courses, educational travel, and volunteerism for the purpose of fully engaging your brain, heightening your physical activity, and maintaining your healthy social relationships. Lifelong learning is like a health club for your brain.

In her book, "Learning Later, Living Greater: The Secret for Making the Most of Your After-50 Years," Nancy Merz Nordstrom offers these top ten benefits of lifelong learning. According to the author, your continued education helps to fully develop your natural abilities; opens your mind; creates a curious, hungry mind; increases your wisdom; makes the world a better place; helps you adapt to change; helps you find meaning in your life; keeps you involved as an active contributor to society; helps you make new friends and establish valuable relationships; and leads to an enriching life of self-fulfillment.

In addition to the many programs offered at both Encore Experiences and The PEAK under the GHPSS umbrella, you have additional opportunities to grow in mind, body and spirit by utilizing the credit and non-credit classes at Montgomery County Community College. At their recently opened Culinary Arts Institute in Towamencin, for example, you can sign up for a memorable cooking experience to share with your child or grandchild, or develop an appreciation for a variety of dishes from other cultures.

Both Souderton Area and the North Penn School Districts publish brochures twice a year highlighting courses that are open to members of the community. Classes run the gamut from learning ballroom dancing and foreign languages to using the latest computer software programs. In appreciation of your support and dedication to their students these districts offer to their residents who are 62 years of age or older a Gold Card, which is your ticket to a variety of activities, programs and events. Gold Card holders may also receive a discount on some community education programs. In the words of Henry Ford: "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." Carpe Diem!

Source: www.selfgrowth.com



EnrichmentPrograms

Programs are free unless otherwise noted.

Senior Orchestra

Practice held on Thursday mornings
10:00-11:30AM

Location: Schwenkfeld Manor in Lansdale

How about joining a senior orchestra? Do you play an Instrument? (Guitar, violin, and mandolin players and also flute, cello, harp, viola, or even an accordion player.) The newly formed Young at Heart Senior Orchestra members would like to invite anyone who has ever played an instrument to join. This group uses easy to read music with large notes and plays jazz, patriotic, semi-classical, classical, romance and show tunes. Contact Michele at 215-256-6900 to get connected.

Albert Einstein: Physicist, Philosopher, Humanitarian

Mondays, January 5 – February 2 12:45PM
30 minutes per lecture

The Great Courses, taught by Professor Don Howard,
University of Notre Dame

Lecture 5: *Essentials to Special Relativity*

Lecture 6: *From Bern to Berlin*

Lecture 7: *Background to General Relativity*

Lecture 8: *Essentials of General Relativity*

Lecture 9: *From Berlin to Princeton*

In May 1905, an unknown 26-year-old Swiss patent clerk wrote to a friend about four scientific papers he had been working on in his spare time. He casually alluded to one as "revolutionary," and he confidently asserted that another would modify the "theory of space and time." He had not yet started on a fifth paper that would also come out in 1905 and that would propose a surprising and earth-shaking equation, $E=mc^2$.

Chess Tournament

Make The Right Move.... Play Chess

Monday, January 19 10:00AM

Registration is recommended, but not required. Multiple games will be played simultaneously in tournament format. Competition rules will be determined according to the number of players and their familiarity with the game. All rules will be discussed right before the competition begins. Seniors, students, we welcome the intergenerational opportunity to compete with each other and share the excitement of the game. No School today! So grandparents invite the grandchildren. Encore Experiences has many sets and boards or you may choose to bring your own favorite. This will be informal. Souvenir prizes and snacks will be furnished by volunteers. Stay for lunch.

EnrichmentGroups

Bells

First Friday of the month 10:30AM

No need to know how to read music.

Clip and Save

Every Monday 10:00AM

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. Local grocery store coupons are accepted.

Coin Club

Second Thursday of the month 2:00PM

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 2:00PM

This discussion group with Mark Hoffman uses a series of pamphlets that he wrote called "Little Studies." No particular point of view is advocated.

January Topic: Loretta Lynn

February Topic: Hermann Göring

Photography

Second Friday of the month 10:00AM

Instructor: Walt Fitzgerald

This class emphasizes PC based digital photography. You will progress to some of the more technical aspects of using the computer to enhance your photos. All levels welcome. If you have a camera and/or laptop, please bring it.

Stitch and Chat

Every Thursday 9:30AM

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 10:00AM

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

EnrichmentServices

Computer Use

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

Library

Looking for a good book? Check out our library and the vast array of biographies, romance novels, fiction, and non-fiction works. Books are donated on a regular basis so you never know what you'll find!

Encore Recreation



Recreation Programs

Programs are free unless otherwise noted.



Jitterbug Dancing

Wednesdays, January 7 and 21 February 4 and 18
March 4 and 18 April 1 and 15 1:00PM

Instructor Stu Sanfield

Cost: \$4.00 per class

or \$10.00 individual; \$15.00 couple for eight weeks

Registration is required for eight week sign up

The Jitterbug is a popular swing dance, also known as the Lindy Hop and East Coast Swing. Bring a friend or come alone and enjoy an afternoon of dancing.

Friday Flicks

Fridays, January 9, 23, 30 and
February 6, 13 and 27

Wednesday, February 18

All movies begin at 12:30PM

Holiday Inn

January 9 112 minutes

When he loses in love, a song-and-dance man retires from show business to run a country inn.

Grumpy Old Men

January 23 103 minutes

A lifelong feud between two neighbors since childhood, only gets worse when a new female neighbor moves across the street.

March of the Penguins

January 30 80 minutes

A look at the annual journey of Emperor penguins as they march—single file—to their traditional breeding ground.

Love Actually

February 6 135 minutes

Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.

In Search of China's Forbidden City

February 13 50 minutes

For 500 years, it was the home of China's emperors. For 500 years, it was strictly prohibited for anyone but the royal attendants and family to venture inside the enormous palace complex known as The Forbidden City.

Brooklyn Castle

February 27 101 minutes

Brooklyn's I.S. 318 is home to America's best junior high school chess team, but budget cuts are threatening to undermine the team's success. This inspiring documentary goes inside the fight to keep chess alive and well at the struggling school.

Chinese New Year Lunch

Thursday, February 19 11:30AM

Cost: \$7.00 No Café Service

Register by Wednesday, February 11

Come join us and celebrate the Year of the Sheep. A delicious meal will be served.

Can You Spare a Pair?

Socks for a Shelter

During the month of January we will be collecting socks. How comforting it will be knowing that homeless veterans will have warm feet this winter.

Inquiring Minds Want To Know

Three suggestions/comments are related to our meal program:

1. Turn steam table on sooner. Food is cold.
2. How about pretzels rather than chips each time? Thanks.
3. Hire a part time person to help in the kitchen. I know we are fortunate. We would not want to lose this gem. Volunteer in the kitchen.

Response: We do the best we can to serve you a warm meal. The steam table is turned on at 7:30AM as soon as Beth arrives for work. We also use a plate warmer. If your meal is not hot enough for you, you can ask the wait staff to place your meal in the microwave for a minute. Serving pretzels instead of chips is a good idea and Beth is willing to accommodate this suggestion. She is always open to hear your thoughts.

We would love to be able to hire a part-time person in the kitchen but the budget does not permit it at this time. Beth is presently exploring the possibility of internships. We all recognize and value Beth and her volunteers and the wonderful job they all do. Continue to offer your support in whatever way you can. It is appreciated.

Suggestion: Book Club and Writing Group

Response: Both activities have been offered in the recent past but were discontinued due to lack of interest. Michele's time is already stretched to the max, but she is willing to entertain reinstating both of these ideas should someone volunteer to lead them.

Suggestion: I would like to suggest wearing name tags. I have a bad memory and easily forget a person's name. Thank you.

Response: There are name tags at the greeter's desk for anyone interested in wearing one. A few of our members have made their own and wear them when they volunteer or attend an activity, which is always an option.

Suggestion: Repair or replace soap dispenser in men's room. Add a water fountain to room.

Response: The soap dispenser that is mounted on the wall is in working order and should be the one you use. We have attempted to remove the one mounted on the mirror but it was placed there with a very strong adhesive, and so we don't want to break the glass.

As far as a water fountain goes, that is too costly for us, which is why we have pitchers of cold water near the kitchen. Beth is pricing another possibility – a four flavor dispenser with cold water being one of the options.

Have a suggestion? Leave it in the box located in entrance foyer.

Highlights from The PEAK Center's News & Notes

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

Smoking Cessation Program

6 week Program

Tuesdays, January 6, 13, 27 & February 3, 10, 17

12:30 PM \$30.00 for six week session

Register at the Welcome Desk

Offered by Abington Health

If you are ready to quit smoking and live a healthier life, The PEAK Center and Abington Health can help. Join our 6-week smoking cessation program! The program uses proven behavior-modification techniques developed by the American Cancer Society that will help you understand when and why you smoke so you can modify your behavior and find successful strategies for quitting. This class will provide tools for conquering your anxieties and fears, coping with external factors, and setting long-term goals as well as identifying resources to help you quit.

Valentine's Day Luncheon – That's Amore!

Thursday, February 12

Lunch starts at 11:45 AM, show begins at 12:00 PM

\$7.00 per person

Register at the Welcome Desk by February 10

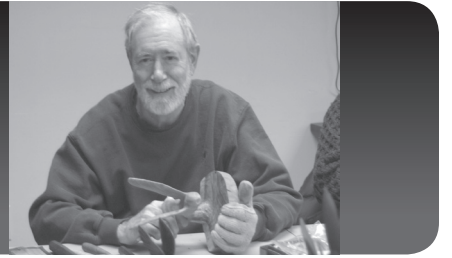
No Congregate Meal

It's the season of love! Join us to celebrate as Black Tie Talent presents "That's Amore: The Great Italian American Songbook" accompanied by a delicious pasta lunch!



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

EncoreRecreation



RecreationActivities

Art Class

Mondays 1:00PM Cost: \$2.00

Instruction from Pat Wilson-Schmid. Bring your materials; easels are available.

Billiards

Anytime

Bingo For Bucks

Mondays 1:45 to 3:30PM

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 at Harleysville League.

Cards

Anytime; most groups meet on Thursdays 12:30PM

Chess

Anytime

Croquet and Shuffleboard

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

Mah Jongg

Mondays 12:30PM

Woodcarving Class

Thursdays 9:30AM

Instruction is available. Donations accepted for materials as needed.

Haircuts

Tuesday mornings \$6.00

Call Encore for appointment at 215-256-6900



Woodcarvers spend their morning creating unique pieces.

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.

DayTrips:

911 Memorial New York City

May 2015

More information in the March/April newsletter.

Ladore Lodge

Monday-Friday August 31-September 4, 2015
Encore Experiences \$270/double; \$395/single
\$50.00 deposit due by April 1; balance due July 1

This year Ladore's theme is "Jungle."

Enjoy Ladore's NEW outdoor recreation area including an 18 hole handicap accessible miniature golf course, and international league sized bocce and shuffle board courts as well as a newly enclosed heated pool. There is biking, and nature walks, paddle boats, and pontoon boat rides on Ladore's prestigious and beautiful 265 acre lake. Join us for a fabulous safari. Prices include lodging, transportation, driver tips, and eleven meals and snacks. Limited income? See Michele to find out about the senior scholarship assistance opportunity.

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Attorney Talk

Relationships are very powerful, because they affect the course of the law. Consider the legal ramifications in a family. A person makes a will. She has a son and daughter. They do not get along. The mother wants to bequeath her collection of Hummel plates to daughter. The mother should put in the will a specific bequest for the Hummel plates to daughter. In so doing, however, there are more taxes to be paid, because they are in the will. If the family got along, however, mother could leave a note, indicating daughter gets the plates upon her death. Son respects the family and does

not object. The mother does not put it into the will. The result: less taxes. Another example: Widow who dies without a will, but has a law suit going. An estate must be raised. Relatives bicker, every one claiming to be favorites of the dearly departed and try to grab the estate, because the one in control handles the money. So, who is who and what is what becomes important. You see how important it is for there to be good relationships or, if not, then there is the need to put it into writing to avoid misunderstandings.

Written by: Attorney Mark Hoffman

You Have the Power

So often we become frustrated by not having control over personal, local, national, or even international issues. You may even think your efforts may be too miniscule to make a difference. When you think of air pollution, for example, you might easily imagine someone else overlooking the city of Los Angeles or a neighbor caught in miles and miles of backup traffic on the Schuylkill Expressway. In reality, what you do inside your home can be polluting the air both indoors and outside. Empower yourself to make a difference using some of the following tips: Recycle. Local recycling centers accept electronics, paper, organic, etc. Charities will accept any of those that are still usable. Properly dispose of common household items. Many items around the house can be very harmful

to the environment if not disposed of or stored properly. Make sure your paints, pesticides and solvents are stored in airtight containers. Inspect your appliances regularly. Inspecting heating and cooling systems can help reduce the emissions of harmful gases into the air both inside and outside your home. Have a professional check your home comfort system in the fall and spring each year. If you pay attention to the news, you know how many families have to be evacuated from their homes because of harmful fumes. Look at things in terms of your physical health. Exposure to air pollution can aggravate asthma, lead to potential lung damage, and cause coughing or shortness of breath. Read the article on the front cover on Smoking Cessation. It isn't fun for anyone.

For your safety and the safety of the wait staff, please use the coat racks in the hallway and the back of the Wambold Room. Placing your coats on the back of the chairs makes the dining room even more crowded. Thank you for your cooperation.

Intergenerational Chess Results

Eight players completed ten games before lunch on November 3. A roll-up chess board and bag were awarded to Dan Dowlin, 10, for winning three games and drawing one. Fans of the game were pleased to see three boards in simultaneous play. Next tournament will be planned for a no-school day when Encore Experiences is open, which will be January 19.

Written by: Charlie Gardner



Strategic thinking during Encore's chess tournament. Great job to all the participants!



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 \$36.00 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.



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Members Council Notes

As 2014 draws to a close and we welcome another new year, we wish to thank Linda Bean for serving as the President of the Members Council for the past two years. The torch has been passed to Charlie Gardner, who will begin serving his term in office beginning at the next meeting, January 6th at 12:30PM. The remaining officers have one more year before they have to vacate their seats.

It has been a profitable year for Members Council, thanks to the hard work of the Saturday Bingo volunteers and those members of Encore and the community who support this once a month event. Also adding to the coffers is the Stitch and Chat group who willingly donate various hand-made items to the craft cabinet. We thank all who support by labor or purchase, these special items. You might be curious as to where the money that

we earn goes? Since January and as of this writing, we have given \$9000.00 to Encore to use at the Executive Director's discretion. In addition, the Members Council purchased new tables and table covers for the members use and presented Robin with a bouquet of flowers at her farewell party. The North Penn United Way, which supports our meal program, was the recipient of a \$600.00 donation from Members Council.

We encourage and invite all members to be a part of this lively advisory group. You'll have the opportunity to express your opinions regarding Encore related issues, make suggestions to the staff, help determine where our money goes, get a heads up on center activities, and even enjoy a laugh or two! We meet on the first Tuesday of every month at 12:30PM. Hope to see you soon!

InMemoriam

As of September 26



*Fran Bradbury
Melba Fluck
Clarence Horne
Bernadette Loeb
Lillian Nase
William T. Ward Sr.*

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.

FREE INCOME TAX SERVICES

GHPSS at both Encore Experiences and The PEAK Center will be one of several local sites for free federal and state tax preparation. The trained volunteers will be available here beginning in February through April 10 by appointment only. Preference in scheduling appointments will be given to those seniors who have low to moderate household income, generally below \$51,000. If you have self-employment income, it should be below \$10,000.

Please bring the following items to your appointment:

- A copy of last year's tax return
- Social Security statement, Social Security card and a photo ID
- All forms, booklets and 2014 year-end financial statements
- Since both signatures are needed to file electronically, you and your spouse must come to the appointment

For assistance in completing the PA Property Tax and Rent Rebate application, bring paid receipts for 2014's property taxes or rent receipts.

Appointments can be scheduled by calling Encore Experiences at 215-256-6900 after January 23. No appointments will be made before this date.

EARL-BOWL LANES

Rates:

Weekdays (9:00 AM to 6:00 PM)

\$3.50 per game

Senior Citizen rate \$2.75 per game

Weekdays after 6:00 PM & Weekends

\$4.00 per game

Rental Shoes: \$2.25 per pair

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Memories from Encore Experiences



Evelyn: My memories go back to 1977 when Louise asked Joe and I to join a unique band called the Bum-Bah-Bucketeers, aptly named due to the instruments

we used – bum-bahs, gut buckets, kazoos, washboard bells, cymbals, harmonica and maracas. Dressed in the same colors, our troupe was made up of singers, dancers, and instrumentalists. The parts I played included a Mummer, Can-Can and Charleston dancer, a cheerleader, Suzy Snowflake, Mrs. Santa, and doing the Lambeth Walk. We had period costumes for all of our acts.

The band members traveled by bus and we had to do the labor ourselves – load the instruments, amplifiers, costumes, and performers; arrive at our destination; unload and set-up; perform; load the bus again; come back to the center; unload and put everything back in its place. It sounds like a lot of work – and it was – but fun too!

The Bum-Bah-Bucketeers were adventurers – from two weeks in Florida to Romania, Germany, Austria, England, Scotland and Wales as Friendship Ambassadors. Romania was the most memorable place for me as it was still behind the Iron Curtain, so we were searched and our sites had to be government approved. We performed, ate, and slept in a peasant village using an outside spigot to wash. While in Great Britain we saw lots of castles, the crown jewels, the raven, and of course, toured London. We experienced Oktoberfest in Germany, played a concert in Munich, and crossed Austria to Vienna.

Even though I had been to many of these places, it was still great going again with the band! As I write this, many more good memories came back that I didn't mention. The Bum-Bah's and many more activities have helped make my retirement years a memorable time, and I've enjoyed recalling our unique trips.



Regina: My memories truly go back to the beginning...when Grant Musselman and my Dad, Wilmer Wambold (for whom the Wambold Room is named),

worked to establish the then named Harleysville Senior Center, and hired the first director, Louise Conway. The center was originally located across the street where the YMCA houses the present day care center. Our members met upstairs and the township offices were on the lower level. 312 Alumni Avenue became our new and present site when the Sparks Company moved.

We worked very hard in those early days to raise money for various causes. We bought a bus for the many trips we took and purchased 12 or 14 inch squares until there was enough money for a new lobby carpet. We had rummage sales and stood outside neighborhood stores with cans in hand to raise funds for the center. Thank goodness the Saturday Bingo has replaced all of these efforts! I remember when the Wambold Room needed a facelift, members of my church group volunteered to paint it with donations from Harleysville Hardware.

In the beginning we took many trips and the Bum-Bah Bucketeers took us overseas. Villa Roma in the Catskills was a yearly destination and Las Vegas saw us often. I had the opportunity to host these and several other excursions. After Louise's retirement, the center's leadership was in the hands of Charlotte, followed by Lauri, Robin, and now we welcome Katie to Encore Experiences.

In addition to the above activities, I served on the Board of Directors for 28 years, many of them acting as Board secretary. Exercise classes were a regular part of my routine and today I enjoy the Encore Café. My husband, Benny, and I were chosen as the first Pillar of the Community awardees on April 1, 2005 and still consider this recognition quite an honor. Over the years I have witnessed many changes at the center and have seen people come and go. What a difference 40 years makes.



A walk down memory lane with The Bum-Bah Band.

Welcome New Members!

.....
 Eileen & Robert Cahill
 Nick Cooper
 Anna Marie Demski
 Mildred & Russ Gerhart
 Elizabeth Kraybill
 Bill Miles
 Deanna Roth
 Sara & Joseph Ianieri
 Cheryl Andersen



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 both Encore Experiences and
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