

GHNPS STAFF

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Encore Experiences

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900, press 1 then 1
M-F: 8:00 AM to 4:00 PM
www.ghnps.org

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Lansdale, PA 19446
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M-F: 8:00 AM to 4:00 PM
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Carol Costlow

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Our mission is to provide access to programs and resources that help older adults live independently and remain active.

Follow Us On:



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<https://bit.ly/GHNPSyoutube>

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Happy December!

As we reach the end of another year, I find myself reflecting on lessons learned at GHNPS. Sometimes in the busyness of setting up chairs for programs, filling volunteer slots to serve lunch, or getting a grant submitted just in time so we have funds to keep our Centers running each day, I can miss the big picture.

To get to the heart of the matter, first you must listen!

Encore Experiences and The PEAK Center provide each person who walks through the door a unique experience. When I take the time to listen, I am filled with joy at the many reasons why you choose to visit us each day.

I hear volunteers expressing, **"I feel like it is my purpose to be here helping out,"** as they serve meals with a smile or welcome someone new to our Centers.

I pop into a fitness class and listen while the students heap praise on their teacher because of how their strength and balance has improved. **"I'm not considered a fall-risk anymore!"**

I watch the quiet conversations among those who are struggling with grief, overhearing, **"If you ever need to talk, I'm here for you,"** as two strangers become close friends.

I am greeted by a new retiree who was feeling lost but now tells me, **"Coming here is the best part of my day!"**

Listening carefully at Encore and PEAK, you will witness the way that shared stories create powerful bonds. You'll notice over and over again the way that our members lean on one another and lift one another up through tough times. You'll hear unbridled laughter, as they share silly stories and memories together while they play cards or drink their coffee. You'll hear about the weddings of their children and the births of their grandchildren. You'll see the big picture!

I hope you feel as lucky as I do to call Encore Experiences and The PEAK Center your home away from home, and to know that you have a place where you are welcomed and embraced.

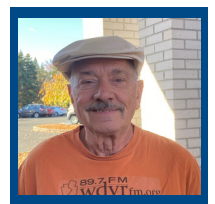
Fondly, *Elizabeth Beil*

GHNPS MEMBERS OF THE MONTH

ENCORE MEMBER OF THE MONTH

Dennis Meyers

Dennis brings his fun personality and his many talents to Encore every week. His sincere compassion for everyone around him is always apparent. He loves coming in for Trish's fabulous lunches, but he also joined her kitchen team as one of our Friday dishwashers. He was instrumental in helping to get our garden planted last Spring, and he always keeps his eye on our landscaping and takes care of the runaway weeds! We love having you as part of our team, Dennis!



Janet Townsend



PEAK MEMBER OF THE MONTH

Janet has been an active member at the PEAK Center since last spring, where she first found peace and relaxation during chair yoga class. She quickly jumped right in and became a regular visitor to our Center. She enjoys craft time, book club, cornhole, volleyball, and more. A few months after joining us, her husband passed away. She was so thankful for the strong friendships she had formed here to help her through her grief. As Janet has processed her own grief, it's been a true joy to witness the way that her own vulnerability has helped so many others in similar situations. She is always the first to take a new member under her wing and show them around. Janet, we're so thankful for you!

GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

A meeting of members and staff to share ideas and feedback.

Encore: *Thursday, December 12th at 12:30 pm.*

PEAK: *Wednesday, December 18th at 12:30 pm.*

Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a seasonal program offering eligible households a grant toward heating costs. Applications are available at each Center, and will be accepted **until April 4, 2025**, or until funds run out. You can also apply online at <https://www.compass.dhs.pa.gov/home/#/>

PA MEDI Medicare Counseling Appointments

Free, unbiased counseling for Medicare benefits, Medigap insurance, and Medicaid, is offered by trained volunteers. If you are turning 65 this year and becoming eligible for Medicare, this is a valuable resource of reliable information. Medicare's open enrollment is **Oct 15th- Dec 7th**, when you can consider changes to your coverage to begin Jan 1, 2025.

Encore: Call 215-256-6900 to schedule for *Thursday, Dec. 12th and Thurs, Dec. 26th.*

PEAK: Call 610-834-1040, ext. 145 for appts on *Wednesdays.*

PA State Legislators Office Hours

Office staff will be on site to help you with resources offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property, and more! This is also a time to share any feedback you have for our legislators directly with their staff.

Encore: PA State Representative Donna Scheuren's Office:
Friday, December 13th, from 11 am - 12 pm.

PEAK: PA State Representative Steve Malagari's Office:
Tuesday, December 10th from 10 am -12:30 pm.

PA State Senator Maria Collett's Office:

Holiday Scam Jam: Friday, December 20th from 10 am - 12 pm

Free Legal Consultation Appointments

Encore: Call 215-256-6900 to schedule.

PEAK: Call 215-362-7432 to schedule for *Tuesday, Dec 17th.*

PA Property Tax/Rent Rebate

Applications for the 2023 tax year will be accepted until **December 31, 2024**. New rules apply to applicants for the 2023 tax year: **both** homeowners and renters can have income up to **\$45,000** and the rebate amounts will increase over previous years. More information about this rebate can be found at bit.ly/4c0HmjQ. Several area school districts now offer a tax rebate to their residents who have first qualified for the latest PA Property Tax/Rent Rebate for 2023. To learn more or get applications for both rebates, call 215-362-7432 ext. 203.

Social Services Appointments with Carol Costlow

Looking for food stamps, SNAP benefits, or Medicaid applications? Do you know if you qualify for the monthly food box for seniors? Need help with all the forms or understanding the mail from these programs? Call Carol, the GHPSS Social Service Coordinator at 215-362-7432, ext. 203 to schedule.

Encore: Appts. are available from **9 am - 2 pm, on Tuesday, December 10th, and Thursday, December 19th.**

PEAK: Call to request an appointment.

Tech Tutoring

Need help with a computer, smartphone, or tablet?

Encore: Tech Tutoring will likely resume in the Spring.

PEAK: Call 215-362-7432 to make an appt for **Dec 13th, 20th, or 27th between 10 am - 12 pm.**

Do You Need A Ride to Encore or PEAK?

For reservations on TransNet to and from our Centers, please call Encore at 215-256-6900 or PEAK at 215-362-7432.

Tax Preparation Service

GHPSS will host this free service by AARP/IRS trained volunteers starting in **February 2025**. Appointments can be scheduled by calling the Center of your choice in January. Current paying members of GHPSS will have priority in scheduling during the week of 1/13/25 through 1/17/25. Starting 1/20/25, appointments can be scheduled by anyone whose household qualifies with low-to moderate-income under about \$65,000/year.



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com



SRES
Seniors Real Estate Specialist

WINTER CLOTHING DRIVE

to support The Open Link

Please help me support the new Code Blue program in Montgomery County by donating new hats, scarves, gloves, or socks.

I will be collecting donations at Encore Experiences from Dec 1 - Dec 31, 2024.



December 2024 Lunch Menu

Reserve your lunch by calling 215-256-6900. Lunch is served from 12 to 1pm in the dining room. There is a suggested donation of \$2 for lunch for Seniors 60+. (Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tuna Salad on Rye Cheddar Cheese Lettuce & Tomato Vegetable Soup Peaches Milk</p> <p style="text-align: right;">2</p>	<p>Potatoe & Cheese Perogies with Caramelized Onions & Mushrooms Green Salad Cookie Milk</p> <p style="text-align: right;">3</p>	<p>Meatloaf Mushroom Gravy Mashed Potatoes Green Beans Whole Grain Roll & Butter Mandarin Oranges Milk</p> <p style="text-align: right;">4</p>	<p>Sweet & Tangy Chicken Breast Brown Rice Broccoli Milk</p> <p style="text-align: right;">5</p>	<p>Ground Beef Taco Salad Corn Chips Pineapple Milk</p> <p style="text-align: right;">6</p>
<p>Chicken Tenders Potato Salad Vegetable Salad Cookie Milk</p> <p style="text-align: right;">9</p>	<p>Shrimp Caesar Salad Roll & Butter Fresh Melon Salad Chocolate Pudding Milk</p> <p style="text-align: right;">10</p>	 <p><i>Cafe Style Lunch</i> Hot Dog, Sloppy Joe, Veggie Burger, Pasta Salad à la carte ordering</p> <p style="text-align: right;">11</p>	<p>Baked Haddock with Baked Macaroni & Cheese Vegetable Medley Apple Sauce Milk</p> <p style="text-align: right;">12</p>	<p>Roast Beef French Dip Whole Grain Bun French Fries Green Salad Mandarin Oranges Milk</p> <p style="text-align: right;">13</p>
<p>Crab Cake on Whole Grain Bun Lettuce & Tomato Sweet Potato Fries Cole Slaw Milk</p> <p style="text-align: right;">16</p>	<p>Rotelle Pasta w/Sauce Vegetables & Cheese Mandarin Oranges Whole Grain Roll Milk</p> <p style="text-align: right;">17</p>	 <p>HAPPY BIRTHDAY Pineapple Chicken Brown Rice Green Salad Fruit Cup Milk</p> <p style="text-align: right;">18</p>	<p>Mandarin Grilled Chicken on Mixed Greens with Feta, Almonds, and Cranberries Chow Mein Noodles Chocolate Pudding Milk</p> <p style="text-align: right;">19</p>	<p>Swedish Meatballs Egg Noodles Carrots Apple Sauce Whole Grain Roll Milk</p> <p style="text-align: right;">20</p>
<p>Baked Salmon with Citrus Sauce Long Grain Rice Broccoli Roll & Butter Milk</p> <p style="text-align: right;">23</p>	<p>Roast Turkey with Pesto Roasted Red Peppers & Spinach on Whole Grain Roll Potato Chips Fruit Cup Milk</p> <p style="text-align: right;">24</p>	 <p><i>Closed for Christmas</i></p> <p style="text-align: right;">25</p>	<p>Chicken Salad Stuffed Tomato over Lettuce Whole Grain Crackers Cookie Milk</p> <p style="text-align: right;">26</p>	<p>Spaghetti with Meatballs Green Salad Italian Bread & Butter Apple Sauce Milk</p> <p style="text-align: right;">27</p>
<p>Sweet & Tangy Chicken Breast Brown Rice Broccoli Milk</p> <p style="text-align: right;">30</p>	<p>Ground Beef Taco Salad Corn Chips Pineapple Milk</p> <p style="text-align: right;">31</p>	 <p><i>Happy Holidays!</i></p>		

MON

TUES

WED

THURS

FRI

December 2024

9:15am Tai Chi (\$5)
1:30pm Art Session (free)
1:45pm Bingo for Bucks

2

9-10:20am Haircuts*
9:15am Walking w/ Weights (\$4)
9:30am Group Trivia
10:30am Scrabble
12:30pm Pinochle
1pm Mahjong
1:30pm Stretch & Tone in Place of Zumba today (\$4)

3

8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
11am Brain Games*
1pm Rummikub
2-4pm Pizza & Karaoke Party w/ Traditions of Lansdale*

4

9am Wood Carving
9:30am Stitch & Chat
9:30-10:45am Free Blood Pressure Screenings
10am-2pm GMU SLP Students on Site*
11am Help Yourself to Healthy Living*
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance (\$4)

5

10am Wii Sports or Jeopardy
11am Road to Happiness- Understanding Depression*
12:30pm Table Toppers*
1pm The Happy? Ya! Ya! Crew- Mitten Tree*
1:30pm Stretch & Tone (\$4)

6

9:15am Tai Chi (\$5)
9:45am Chrusciki Polish Cooking Making*
1:30pm Art Session (free)
1:45pm Bingo for Bucks

9

9am-2pm Social Services Apts w/ Carol**
9:15am Walking w/ Weights
9:30am Group Trivia
10:30am Scrabble
12:30pm Pinochle
1pm Mahjong
1:30pm Zumba (\$4)

10

8am Chess
9am-2pm Christmas Bazaar & Special Cafe Style Lunch*
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
9:30am-12:00pm Cash for Gold*
1pm Rummikub

11

9am Breakfast Club*
9am Wood Carving
9am Medicare Counseling Apts**
9:30am Stitch & Chat
12:30pm Advisory Council**
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance (\$4)

12

10am Wii Sports or Jeopardy
10am Prevent T2 Program (pre-registered participants only)
11am State Rep Scheuren Office Hour**
1pm The Happy? Ya! Ya! Crew- Holiday Celebration*
1:30pm Stretch & Tone (\$4)

13

9:15am Tai Chi (\$5)
1:30pm Art Session (free)
1:45pm Bingo for Bucks

16

9-10:20am Haircuts*
9:15am Walking w/ Weights (\$4)
9:30am Group Trivia
10:30am Scrabble
11am-12pm St. John Neumann Table*
12:30pm Pinochle
1pm Mahjong
1:30pm Zumba (\$4)

17

8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
1pm Rummikub
1pm Holiday Nutrition Strategies*

18

9am Wood Carving
9:30am Stitch & Chat
9am-2pm Social Services Apts w/ Carol**
11am - 1pm Jeopardy & Lunch at Arbour Square*
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance (\$4)

19

10am Wii Sports or Jeopardy
11am Prayer Care Group
1pm The Happy? Ya! Ya! Crew- Int'l Games Day*
1:30pm Stretch & Tone (\$4)

20

9:15am Tai Chi (\$5)
11am Story and Sing-along hour w/ Annie Tait*
1:30pm Art Session (free)
1:45pm Bingo for Bucks

23

9:15am Walking w/ Weights (\$4)
9:30am Group Trivia
10:30am Scrabble canceled
12:30pm Pinochle canceled
1pm Mahjong canceled
1:30pm Zumba canceled

24



25

9am Wood Carving canceled
9am Medicare Counseling**
9:30am Stitch & Chat
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance Canceled

26

9:30am Veterans' Coffee Catch Up canceled
10am Wii Sports or Jeopardy
1pm The Happy? Ya! Ya! Crew canceled
1:30pm Stretch & Tone (\$4)

27

9:15am Tai Chi (\$5)
1:30pm Art Session (free)
1:45pm Bingo for Bucks

30

9:15am Walking w/ Weights (\$4)
9:30am Group Trivia
10:30am Scrabble canceled
12:30pm Pinochle canceled
1pm Mahjong canceled
1:30pm Zumba canceled

31



312 Alumni Avenue, Harleysville, PA 19438
215-256-6900

Lunch is served daily from 12 pm - 1 pm. Advanced Reservations are required. Call 215-256-6900 for all lunch or program reservations and appts.

Orange with *
Indicates special programming with additional information available on pgs. 5-6

• • • •

Blue with **
Indicates Resources & Services with additional info available on pg. 2

• • • •

Detailed descriptions for all of our regular and recurring programming can be found on our website:
www.ghnps.org
or scan below for quick access



Scan me



• **TUESDAY, DEC 3, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.

• **TUESDAY, DEC 3 @ 1:30 pm: Stretch and Tone will take place instead of Zumba**



• **WEDNESDAY, DEC 4 @ 11 am: Brain Games** | Exercise your brain with some fun word games. We can work together or independently in a no pressure, fun, environment.



• **WEDNESDAY DEC 4, from 2 to 4 pm: Traditions of Lansdale: Pizza & Karaoke Party!** | Join us for an afternoon of melodic fun as we all take turns belting out our favorite songs with the karaoke machine while munching on some pizza and snacks. It will be a great mix and mingle, as some Traditions residents will be joining us here at Encore. There is no charge for this event as we are being treated by Traditions of Lansdale! **Please sign up with Gina in the office by Monday, December 2nd.**



• **THURSDAY, DEC 5, from 10 am to 2 pm: GMU Speech Language Pathology Students at Encore** | Speech Language Pathologists work to prevent, assess, and treat disorders that impact speech, language, cognition, social communication, fluency, voice, and/or swallowing. There will be opportunities for group and 1:1 activities. December 5th will be the students' final day at Encore.

• **THURSDAY, DEC 5 @ 11 am: Help Yourself to Healthy Living: "What Test?"** | Let us help you to better understand diagnostic studies and tests that monitor your health. **Get your free blood pressure check from 9:30am to 10:45am.**



• **FRIDAY, DEC 6 @ 11 am: Road to Happiness: Understanding Depression** | Depression is a medical condition that affects many older adults, but depression is not a normal part of growing older. This presentation examines factors that put seniors at an increased risk of depression, explains how to detect depressive symptoms, and reveals methods that help those affected begin to feel like themselves again. **Please sign up with Gina in the office by Wednesday, December 4th.**



• **FRIDAY, DEC 6 @ 12:30 pm: Table Toppers** | Want to help decorate our dining room tables? Come join our friends on the first Friday of every month to help put together those creative center pieces that have been gracing our tables. No experience necessary!



• **FRIDAY, DEC 6 @ 1 pm: Happy? Ya! Ya! Crew: Mitten Tree Day** | Wear your mittens and bring in a pair of new mittens to hang on our tree. We are partnering with Shelby Leight and her Winter Clothing Drive to support the new Code Blue program at The Open Link!



• **MONDAY, DEC 9 @ 9:45 am: Chrusciki Polish Cookie Making** | Come learn how to make these delicate "Angel Wings." All ingredients provided. **Please sign up with Gina in the office by Friday, December 6th.**



• **WEDNESDAY, DEC 11, from 9 am to 2 pm: Christmas Bazaar and Special Lunch** | Come join us for crafts, games, prizes, lunch, goodies, flea market tables, and lots of holiday cheer! There will also be a "Hamper Raffle" fundraiser orchestrated by Jadon Davidar, our singer/saxophone player who visits us regularly. Lunch will be Café-style and you will only pay for what you order. **Please sign up with your meal choices with Gina in the office by Friday, December 6th.**



• **WEDNESDAY, DEC 11, from 9:30 am to 12 pm: Cash for Gold** | Leave your wallet at home but bring your old or broken gold, silver, or platinum jewelry, class rings, coins, sterling silver flatware, or even dental gold, and turn it into CASH in your pocket!



• **THURSDAY, DEC 12 @ 9 am: Breakfast Club** | This month we will visit Sammy's Bullfrog Cafe (282 Hunsberger Ln, Harleysville). Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by 12/6 so we can arrange seating together.**



• **FRIDAY, DEC 13 @ 1 pm: Happy? Ya! Ya! Crew: National Cocoa Day and our Holiday Celebration** | We will be decorating cocoa bombs, sampling different types of hot cocoa, and playing holiday themed games. Only your presence is required!



- **TUESDAY, DEC 17, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.
- **TUESDAY, DEC 17, from 11 am to 12 pm: Ducks in a Row: St. John Neumann Cemetery Informational Table** | Come with questions and leave with answers! No reservations necessary.
- **WEDNESDAY, DEC 18 @ 1 pm: Smart Nutrition Strategies for the Holidays** | Led by Registered Dietitian, Barbara MacFarland from Stonewell Nutrition, the presentation will include practical tips to stay on your wellness track with healthy eating by incorporating smart food swaps and foods in moderation along with mindfulness techniques. Also, hear tips on how to manage stress and keep moving. Let the holidays be good times in good health! **Please sign up with Gina in the office by Monday, December 16th.**
- **THURSDAY, DEC 19th from 11 am to 1 pm: Alternative Lunch Option: Arbour Square** | In cooperation with Encore Experiences, Arbour Square wants to invite you to a fun afternoon of lunch and Jeopardy. They are located at 695 Main St. in Harleysville - please use the main entrance. There will be a cap of 25 people for this outing. **Please sign up with Gina in the office by Wednesday, December 11th.**
- **FRIDAY, DEC 20 @ 1 pm: Happy? Ya! Ya! Crew: International Games Day** | A variety of games will be set up that you will play and move to and from while maintaining an individual scorecard. We will be gathering at Harleysville Hotel after our meeting.
- **MONDAY, DEC 23 @ 11 am: The Annie Tait Holiday Story and Sing-Along Hour** | Join us before lunch for some of Annie's hilarious stories. She will also lead us in some classic holiday songs to get our holiday cheer on!!

As we wind down around the Holidays, many of our regular programs will not take place between Dec 24th and 31st. Please refer to the calendar for specific cancellations.

WEDNESDAY, DECEMBER 25: ENCORE EXPERIENCES IS CLOSED FOR THE CHRISTMAS HOLIDAY

Want more information about the regularly occurring programs, classes, clubs, and gaming times at Encore? Check out the newly revised programming information pages on our website under the Programming tab, or open your camera app to scan the QR code with your cell phone to view these descriptions on your phone's web browser right now!

We hope you can join us for something new to you this month!



Scan me

Art Class - Programming Change Note:

Effective Dec 2nd, our beloved art teacher, Pat Wilson Schmid, will retire. However, the art must go on! Please continue to join us on Mondays starting at 1:30 pm for a casual meeting of artists. Bring your projects and ideas to paint, sketch, draw, or sculpt in the company of others, lending advice and feedback to one another when you can.

This Art Session will now be offered free of charge. Please bring all necessary supplies for the project of your choice. Please note that formal art instruction will no longer occur, but as always, this session is open to artists and aspiring artists of all levels.

***Pat, thank you for all of your years of guidance!
We hope we'll continue to make you proud!***



December 2024 Lunch Menu

Reserve your lunch by calling 215-362-7432. Lunch is served from 11:30am to 12:30pm in the dining room. There is a suggested donation of \$2 for lunch for Seniors 60+. (Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Optional: Lunch & Movie! Baked Mac & Cheese Roasted Peppers Steamed Green Beans Milk 2 	Cheese Omelet Spinach Hash Browns Milk 3	Caribbean Flounder with Dirty Rice Cauliflower Brussels Sprouts Milk 4	 Birthday Lunch Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce Milk 5	Chicken Curry with Apples & Raisins Orzo with Peas Roasted Zucchini & Yellow Squash Milk 6
Chicken Burger with Roasted Peppers and Provolone Wild & Brown Rice Pilaf Steamed Broccoli Milk 9	Pasta with Meatballs Peas Poached Pear Milk 10	COLD MEAL Macaroni Salad BBQ Chicken Peaches Milk 11	Roasted Chicken with Beans & Sun-dried Tomatoes Quinoa Pilaf with Vegetables Broccoli with Cheese Sauce Milk 12	Sweet Italian Sausage Peppers & Onions Marinara Sauce Roasted Potatoes Steamed Peas Milk 13
Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Milk 16	 Holiday Special Lunch Roast Beef Au Jus with Mushrooms Scalloped Potatoes Garlic Spinach Holiday Cookies Milk 17	COLD MEAL Chicken Salad on Lettuce with Grape Tomatoes Three Bean Salad Tapioca Pudding Milk 18	Turkey with Gravy Glazed Sweet Potatoes Green Beans Milk 19	Korean Roast Pork Fried Rice Capri Vegetables Milk 20
Roasted Chicken Thighs with Sweet Potatoes Green Beans Blueberry Buckle Milk 23	Cheese Stuffed Shells with Crushed Tomato Sauce Steamed Carrots Mixed Vegetables Milk 24	 Closed for Christmas	Pasta with Meatballs Peas Poached Pear Milk 26	Caribbean Flounder with Dirty Rice Cauliflower Brussel Sprouts Milk 27
COLD MEAL Garden Salad with Boiled Egg Cottage Cheese Macaroni Salad Milk 30	COLD MEAL Bulgar Salad with Chickpeas Grilled Marinated Chicken Breast Apricot Halves Milk 31	 Happy Holidays!		

MON

TUES

WED

THURS

FRI

December 2024

10am Fit for the Future (\$4)
10am Whist/Other Games
10am-2pm GMU Speech Language Pathology Students on Site*
11am Stitch & Chat
11:30am Movie Matinee/Lunch*
2pm Korean Bong Sul
3:30pm Korean Choir Class

9
10am Fit for the Future (\$4)
10am Whist/Other Games
11am Stitch & Chat
12:30pm Cornhole & Mini Golf Pool games
2pm Korean Bong Sul
3:30pm Korean Choir Class

16
10am Fit for the Future (\$4)
10am Whist/Other Games
11am Stitch & Chat
12:30pm Volleyball
2pm Korean Bong Sul
3:30pm Korean Choir Class

23
10am Fit for the Future (\$4)
10am Whist/Other Games
11am Stitch & Chat
12:15pm Classical Holiday Music on the Viola*
2pm Korean Bong Sul
3:30pm Korean Choir Class

30
10am Fit for the Future (\$4)
10am Whist/Other Games
11am Stitch & Chat
2:00pm Korean Bong Sul
3:30pm Korean Choir Class

3
10am Tai Chi (\$4)
10am Crafts w/ Friends* (\$4)
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
3:30pm Korean Smart Phone Class

10
10am Tai Chi (\$4)
10am Story Time w/ Josephine*
10am-12pm State Rep. Malagari Office Hours**
1:00pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
3:30pm Korean Smart Phone Class

17
10am Tai Chi (\$4)
11:30am-1:30pm Special Lunch (\$8) & Gift Exchange*
12pm Legal Consultation appts**
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance & Drums
3:30pm Korean Smart Phone Class

24
10am Tai Chi (\$4)
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance & Drums
3:30pm Korean Smart Phone Class

31
10am Tai Chi (\$4)
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
3:30pm Korean Smart Phone Class
Happy New Year

4
10am Fit for the Future (\$4)
10am Medicare Counseling **
10am Wii Bowling
10am-1pm Shiatsu Appts*
12:45pm Progressive Pinochle
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

11
8:30am-12:30pm AARP Safe Driving Refresher Course
10am Fit for the Future (\$4)
10am Medicare Counseling **
10am Wii Bowling
12:30-2pm People of the NE Woodlands*
12:45pm Progressive Pinochle
12:45pm Trivia Challenge
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

18
10am Wii Bowling
10am Fit for the Future (\$4)
10am Medicare Counseling**
12:30pm Advisory Council**
12:45pm Progressive Pinochle
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone



5
9am Yoga (\$4)
10:15am Chair Yoga (\$4)
12:30pm Norm Danis: Tips for a Stress-free Holiday*
1pm Korean Women's Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music Talk

12
9am Breakfast Club*
9am Yoga (\$4)
10:15am Chair Yoga (\$4)
12:30pm Food for Thought*
12:30-2pm Art Class (\$4)
1pm Korean Women's Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music Talk

19
9am Yoga (\$4)
10:15am Chair Yoga (\$4)
12:45pm Trivia Challenge
1pm Korean Women's Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music Talk

26
9am Yoga (\$4)
10:15am Chair Yoga (\$4)
10:33am Prayer Care Group
1pm Korean Women's Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music Talk

6
9:30am PEAK Pinochle
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class

13
9:30am PEAK Pinochle
10am-12pm Tech Appointments with Les**
10:30am Trivia w/ Clear Captions*
10:30am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class

20
9:30am PEAK Pinochle
10am-12pm Tech Appointments with Les**
10am -12pm Scam Jam*
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class

27
8am - 1pm Blood Drive*
9:30am PEAK Pinochle
10am-12pm Tech Appointments with Les**
12:30pm Grief Support
1:30pm Bingo
2pm Korean Kalimba
3pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class



Orange with *
 indicates special programming with additional information available on pgs. 9-10

Blue with **
 Indicates Resources & Services with additional info available on pg. 2

• • • • •
 All Korean Programming is taught in Korean

Detailed descriptions for all of our regular and recurring programming can be found on our website:

www.ghnps.org
 or scan below for quick access



Scan me

Lunch is served daily from 11:30am-12:30pm.
 Advanced Reservations are required.
 Call 215-362-7432 for all lunch or program reservations and appts.



SPECIAL PROGRAMS

Please sign up for all programs at the Greeter's Desk at PEAK
You may also sign up for programs & schedule appointments by calling 215-362-7432



• **MONDAY, DEC 2 from 10 am to 2 pm: GMU Speech Language Pathology Students at PEAK** | Speech Language Pathologists work to prevent, assess, and treat disorders that impact speech, language, cognition, social communication, fluency, voice, and/or swallowing. There will be opportunities for group and 1:1 activities. December 2nd will be the students' final day at PEAK.



• **MONDAY, DEC 2 @ 11:30 am: Movie Matinee & Lunch** | Join us for a movie and the congregational meal (we'll pack it up and bring it to you at the movie!) OR bring your own lunch to eat while watching the movie. **If you would like the congregational meal during the movie, please sign up with Sabrina by 11/27.**



• **TUESDAY, DEC 3 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating wine cork Christmas Trees. These will be great for yourself or for gifts! **\$4 fee to cover supplies.**



• **WEDNESDAY, DEC 4 from 10 am to 1 pm: Shiatsu Massage Appts** | 15-min, fully clothed, chair massages by Kerry Palanjian, experienced Shiatsu practitioner. For pricing information and to schedule an appointment, sign up at the PEAK front desk, or call Kerry directly at 215-622-4359.

HAPPY HOLIDAYS

• **THURSDAY, DEC 5 @ 12:30 pm: Norm Danis: "Tips for a Stress-free Holiday"** | For many folks, this time of year is extremely stressful for a variety of reasons. For some, spending time either alone or with certain family members can be challenging. Do you worry about money matters or having to buy gifts? What might create 'holiday blues' for you? In our friendly, supportive group we'll share our stories and brainstorm ways to transform this time of year into something more pleasant and nurturing. Please join us and share your Holiday tips.



• **TUESDAY, DEC 10 @ 10 am: Story Time with Josephine** | Josephine will be reading "Schemes and Variations" By George Baxt. You can join at PEAK or via Zoom. **Email Liz at ebeil@ghnps.org if you would like the Zoom link.**



• **WEDNESDAY, DEC 11 from 8:30 am to 12:30 pm: AARP Safe Driver Refresher Course** | This 4-hour course is open to participants who have successfully completed the 8-hour AARP driver safety program within 36 months prior. Participants 55 years of age or older, may qualify for a state mandated discount on their automobile insurance premium. Participants should contact their insurance company to determine their eligibility. Please bring your driver's license to class. **The fee for the course is \$20 for AARP members and \$25 for non-members. Please bring a check payable to AARP to class. Please register by Wednesday 12/4.**



• **WEDNESDAY, DEC 11 @ 12:30 pm: People of the Northeastern Woodlands** | Join Chris from The Museum of Indian Culture to learn about the Lenape, the people who lived in our area, before and after the arrival of the European colonists. Before European contact, the Lenape developed unique styles in housing, clothing, cuisine, and social structure. The fur trade and the new products that became available not only changed the relationship with the natural world, but also among neighboring tribes. The story is told through the use of physical examples of food, clothing, tools, furs, and trade goods.



• **THURSDAY, DEC 12 @ 9 am: Breakfast Club** | This month we will visit Sammy's Bullfrog Cafe (282 Hunsberger Ln, Harleysville). Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by 12/6 so we can arrange seating together.**



• **THURSDAY, DEC 12 @ 12:30 pm: Food for Thought** | Alexis will facilitate an open discussion around highlights, lessons learned, and reflections on the past year, as well as goals or resolutions for the new year as we say "goodbye" to 2024 and look forward to 2025.



• **FRIDAY, DEC 13 @ 10:30 am: Trivia with ClearCaptions** | Please join your local ClearCaptions Title IV ADA Specialist, Kathleen Cesario for Trivia, Snacks, & Prizes while learning how you can receive a free caption phone and captioning services if your hearing loss makes it difficult to use the phone.

SPECIAL PROGRAMS

Please sign up for all programs at the Greeter's Desk at PEAK
 You may also sign up for programs & schedule appointments by calling 215-362-7432



• **TUESDAY, DEC 17 from 11:30 am to 1:30 pm: Special Lunch and Holiday Gift Exchange** | Enjoy a Special Lunch to celebrate the holidays with your friends at PEAK. The cost for Special Lunch is \$8. Please RSVP to Sabrina by 12/13. Following Special Lunch, you are invited to participate in a Holiday Gift Exchange. If you wish to participate, please bring a gift no more than \$10 in value to contribute to the fun! There will be music and treats at the Gift Exchange. You are welcome to participate in both Special Lunch and the Gift Exchange or only one or the other.



• **FRIDAY, DEC 20 from 10 am to 12 pm: Holiday Scam Jam!** | Don't let a scammer ruin the holidays! Join State Senator Maria Collett, U.S. Senator Bob Casey, and the PA Department of Banking and Securities for a free fraud prevention event to learn how to protect yourself & your family against common scam attempts. Presentations from government agencies will be followed by interactive Fraud Bingo! **Please RSVP by 12/16.**



• **MONDAY, DEC 23 @ 12:15 pm: Classical Holiday Music on Viola** | Don't hurry off after lunch, stay a little while and enjoy some classical Holiday songs, performed on Viola, by Alayna Drolet.

WEDNESDAY, DECEMBER 25: ENCORE EXPERIENCES IS CLOSED FOR THE CHRISTMAS HOLIDAY

• **FRIDAY, DEC 27 from 8 am to 1 pm: American Red Cross Blood Drive** | Sign up at redcrossblood.org or by calling 1-800-RED CROSS. Sponsor code: **PEAK Center**. Donors are eligible for a long sleeved Red Cross T-Shirt while quantities last. Give something that means something this holiday season ... Give Blood!

Want more information about the regularly occurring programs, classes, clubs, and gaming times at PEAK? Check out the newly revised programming information pages on our website under the Programming tab, or open your camera app to scan the QR code with your cell phone to view these descriptions on your phone's web browser right now!

We hope you can join us for something new to you this month!



Scan me

A TOAST & TASTE *of Autumn* 2024 RECAP



We can't re-cap the bottles of wine, but we can recap the evening!

- 33 volunteers came together with GHNPS staff to make the evening run smoothly
- 26 Sponsorships contributed \$16,250
- 37 Silent Auction items brought in \$3,210
- Dozens of raffle tickets were sold, raising over \$1,000
- Countless rings & bags tossed, raising close to \$1,000
- Donations of all sizes added almost \$3,000 to our total
- 135+ Attendees contributed \$2,700 in ticket sales
- A LOT of wines were sampled, leading to...

ONE BIG DANCE PARTY and

- A grand total of over \$27k raised to support GHNPS! 10

