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

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<https://bit.ly/GHN PSSyoutube>

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Happy February!

Did you know that our organization is celebrating 50 years since each of our original Senior Centers in Lansdale and Harleysville were first incorporated? This spring marks the official 50 year anniversary of GHN PSS serving seniors in Montgomery County.

In addition to the staff that you interact with every day, there are many people and groups who contribute to the operations of GHN PSS. This month I would like to highlight our Advisory Council Executive Teams.

The purpose of each Advisory Council is to inspire and promote fellowship among the older adults of Encore and PEAK. The Councils may suggest various programs and activities to promote greater interest and involvement as well as support and/or initiate fundraising activities for GHN PSS. Each Advisory Council has an Executive Team elected by participants at the Center. The President of each Executive Team serves as a full voting member to the GHN PSS Board of Directors.

In January, new Advisory Council Executive Teams were elected for both Encore and PEAK. These individuals will serve two year terms leading the Advisory Council. Please join me in welcoming our new members:

Encore Experiences

Barb Weiss - President
Ginny Ward - Vice President
Sonia Zemacke - Secretary
Naomi Griffiths - Treasurer

The PEAK Center

Suzanne Ziajka - President
Janet Townsend - Vice President
Josephine Smith - Secretary

These individuals are passionate about making our Centers fun, purposeful, and welcoming. But they won't be working solo! They are looking forward to hearing your ideas and engaging more people to meet their goals. I can't wait to see what we can all accomplish together!

As we journey through 2025, I look forward to exploring the rich history of our organization and the many people who contribute their time and talents to GHN PSS. This year is also about dreaming with you about what the future may hold ... I can't wait, can you?!

With gratitude and hope, *Elizabeth Beil*

Some things might look a little different...

We have tried a variety of layouts for the newsletter over the past months, all working towards the goal of presenting lots of information in the most readable and intuitive way possible. This month's calendar layout actually came as a suggestion from one of our members. It combines the menu and programming into one 2-page spread. This trial layout accomplishes two things:

1. It allows us to use a larger font size, making it easier to read.
2. It makes it easier for you to look at the menu AND the programming while planning out your visits.

Our hope is that this will encourage people to continue to try new programs alongside their daily lunch visits. We can't wait to see how you like it! We'd love your feedback. Let Alexis know what you think by email (adrolet@ghnpss.org) or phone (215-362-7432, ext 202), or stop into the office and we can chat in person!

GHNPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

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

Encore: *Thursday, February 13th at 12:30 pm.*

PEAK: *Wednesday, February 19th 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 compass.dhs.pa.gov.

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.

Encore: Call 215-256-6900 to schedule for *Thursday, February 13th and 27th.*

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, February 14th, from 11 am - 12 pm.

PEAK: PA State Representative Steve Malagari's Office:

Tuesday, February 11th, from 10 am - 12 pm.

PA State Senator Maria Collett's Office:

Wednesday, February 26th, 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, February 25th.*

PA Property Tax/Rent Rebate

Applications for the 2024 tax year will be accepted until **June 30, 2025**. New rules apply to applicants for the 2024 tax year: **both** homeowners and renters can have income up to **\$46,520** and the rebate amounts will increase over previous years. More information about this rebate can be found at bit.ly/4c0Hmjg. 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 2024. To learn more or get applications for both rebates, call 215-362-7432 ext. 203.

Social Services Appointments with our Social Services Coordinator Tara Ticktin

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 Tara, at 215-362-7432, ext. 203 to schedule.

Encore: Appts. are available from **9:30am-2pm on any Wednesday in February**

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 **Feb 14th, 21st, and 28th, between 10 am - 12 pm.**

Tax Preparation Service

GHNPSS will host this free service by AARP/IRS trained volunteers starting in February 2025. **Starting 1/20/25, appointments can be scheduled by anyone whose household qualifies** with low-to-moderate income under about \$65,000/year. Appointments can be scheduled by calling the Center of your choice.

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.



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com



Why did I work so hard to earn these accreditations?

I am committed to helping people in our community who need some extra expertise.

If you know anyone that is in need of some hand holding during a difficult time, I hope you think of me.

February 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, Milk</p> <p>9:15am Tai Chi (\$5) 10:30am Mall Walkers* 1:30pm Art Club 1:45pm Bingo for Bucks</p> <p style="text-align: right;">3</p>	<p>Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:00am Stamp Club* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> <p style="text-align: right;">4</p>	<p>Vegetarian 3 Bean Chili, Green Salad, Fruit Cup, Milk</p> <p>8am Chess 9:30am-2pm Social Services Appts w/ Tara** 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 11am Brain Games w/ Alexis* 1pm Rummikub 1pm Meet & Greet w/ Social Services Coordinator Tara*</p> <p style="text-align: right;">5</p>	<p>Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, Milk</p> <p>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: Heart Checkup* 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">6</p>	<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 12:30pm Table Toppers* 1pm The Happy? Ya! Ya! Crew- Send a Card to a Friend Day* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">7</p>
<p>Sausage, Peppers & Onions Served w/ Roasted Potatoes & Tomato Sauce, Fruit, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks</p> <p style="text-align: right;">10</p>	<p>Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> <p style="text-align: right;">11</p>	<p>Chicken & Broccoli over Pasta Alfredo, Garden Salad, Brownie, Milk</p> <p>8am Chess 9:30am-2pm Social Services Appts w/ Tara** 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 10:30am Black History Month Presentation- Diane Nash* 1pm Rummikub 1pm Tu Bishvat- Jewish Celebration of New Year for Trees</p> <p style="text-align: right;">12</p>	<p>Hot Open Face Turkey & Gravy on Wheat Bread, Tuscan Vegetables, Cranberry Sauce, Milk</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students on Site* 12:30pm Advisory Council** 12:30pm Bridge or Skip-Bo 11:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">13</p>	<p>Special Lunch \$8 Chicken Parmigiana w/ Pasta, Mixed Greens, Roll & Butter, Dessert</p> <p>10am Wii Sports or Jeopardy 10am Prevent T2 Program (pre-registered participants) 11am State Rep. Scheuren Office Hour** 12-1:30pm Special Valentine's Day Lunch w/ The Birches (\$8)* 1pm The Happy? Ya! Ya! Crew- Valentine's Day Games* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">14</p>
<p>Chicken Marsala, Brown Rice, Green Beans, Whole Grain Roll & Butter, Mandarin Oranges, Milk</p> <p>9:15am Tai Chi (\$5) 10:30am-12pm Cash for Gold* 1:30pm Art Club 1:45pm Bingo for Bucks</p> <p style="text-align: right;">17</p>	<p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am The Extraordinary Life of Jimmy Carter* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> <p style="text-align: right;">18</p>	<p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, Milk</p> <p>8am Chess 9:30am-2pm Social Services Appts w/ Tara** 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 10:30am Warning Signs of Alzheimer's w/ Jane Cero* 1pm Rummikub 1pm Indoor Shuffleboard*</p> <p style="text-align: right;">19</p>	<p>Birthdays Celebration: Mixed Greens w/ Grilled Chicken, Peas, Pecans, & Cranberries, Cheddar Biscuit, Fruit Cup, Milk</p> <p>9am Wood Carving 9am Breakfast Club @ Tiger's* 9:30am Stitch & Chat 10am-2pm GMU SLP Students on Site* 12:30pm Bridge 12:30pm Skip-Bo 12:30pm Birthday Celebration w/ PA Health & Wellness* 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">20</p>	<p>Baked Haddock, Long Grain Rice Pilaf, Winter Vegetable Blend, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 11am Gun Safety w/ Debbie Jankowski* 1pm The Happy? Ya! Ya! Crew- Nat'l Sticky Bun Day* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">21</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Salmon Crouquette, Tartar Sauce, Rice Pilaf, Carrots & Peas, Peaches, Milk 9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks 24	Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4) 25	Roasted Vegetable Pizza, Soup Du Jour (Posted on Order Form), Mandarin Oranges, Milk 8am Chess 9:30am-2pm Social Services Appts w/ Tara** 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 12:30pm Faith Community Ice Cream Social* 1pm Rummikub 26	Roast Beef, Mashed Potatoes, Carrots, Roll & Butter, Applesauce, Milk 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students on Site* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 27	BBQ Pulled Pork Stuffed Sweet Potato, Green Beans, Cookie, Milk 9:30am Veteran's Coffee Catch-up* 10am Wii Sports or Jeopardy 1pm The Happy? Ya! Ya! Crew- Nat'l Skip the Straw Day* 1:30pm Stretch & Tone (\$4) 28

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**



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

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

Scan me

This Month We Celebrate:



HAPPY GROUNDHOG DAY
Feb 2



Feb. 14



Feb. 17



• **EVERY THURSDAY in FEB, from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students on Site** | 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. The students and their supervisor will be at Encore every Thursday through April.



• **MONDAY, FEB 3 @ 10:30 am: Mall Walkers** | Get your steps in, out of the cold, and with good company. We will meet inside the Montgomery Mall, on the upper level, right outside of JCPenney. Park and enter through the food court, as the doors between JCPenney and the mall will not be unlocked yet.



• **TUESDAY, FEB 4, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, FEB 4 @ 10 am: Stamp Club** | Join us to talk about stamps and everything else. We welcome everyone and would enjoy having you join the group. No need to be an expert because we don't claim to be!



• **WEDNESDAY, FEB 5 @ 11 am: Brain Games with Alexis** | We'll start with one long word & see how many smaller words we can come up with. This will be a fun, collaborative effort on the whiteboard in the lobby.



• **WEDNESDAY, FEB 5 @ 1 pm: Meet and Greet with Social Services Coordinator Tara Ticktin** | Stop in and meet Tara, learn a little bit about what she does, and see how she can be a resource for you!



• **THURSDAY, FEB 6 @ 11 am: Help Yourself to Healthy Living: "Heart Checkup!"** | Take control of your heart health. Learn how to prevent a heart attack and how to measure your blood pressure accurately at home! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**



• **FRIDAY, FEB 7 @ 12:30 pm: Table Toppers** | Want to help decorate our dining room tables? All are welcome to join and help put together those creative centerpieces that have been gracing our tables.



• **FRIDAY, FEB 7 @ 1 pm: Happy? Ya! Ya! Crew: Send a Card to a Friend Day** | We will be making cards to send off or deliver on Valentine's Day. Bring materials to use, including scissors, favorite greetings, etc.



• **WEDNESDAY, FEB 12 @ 10:30am: Black History Month Presentation: Diane Nash** | Come join Terri Lyons for her character performance of the life of Diane Nash, who emerged from the sit-in movement in Nashville, Tennessee and became one of the most esteemed student leaders and organizers of the time. Diane worked closely with Martin Luther King and was a leader of the student wing of the Civil Rights Movement. This will be a captivating portrayal of the valuable contributions Diane made and the reputation she established as a "force to be reckoned with!"



• **WEDNESDAY, FEB 12 @ 1 pm: Tu Bishvat - The Jewish Celebration of the New Year for Trees** | We will plant acorns in cups and watch their progress over the coming months, looking forward to when Spring starts to unfold and thaw us out! **Please sign up with Gina in the office by Monday, Feb 10th.**



• **FRIDAY, FEB 14, from 12 to 1:30 pm: Special Valentine's Day Lunch with The Birches** | Join us for a delicious Chicken Parmigiana meal that includes pasta & salad, plus a fabulous dessert. We'll have some fun music & dancing with The Birches! **Please sign up with Gina in the office by Friday, Feb 7th; Cost \$8.**



• **FRIDAY, FEB 14 @ 1pm: Happy? Ya! Ya! Crew: Valentine's Day Games** | After the special lunch and dance we will be playing Valentine Party Games. Wear red or whatever makes your heart content.



• **MONDAY, FEB 17, from 10:30 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!



• **TUESDAY, FEB 18, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, FEB 18 @ 10:30 am: The Extraordinary Life of Jimmy Carter** | Throughout his life, President Carter has found himself in extraordinary circumstances faced with extraordinary opportunities, many of which were brought about by the American Presidency. This program will examine civic engagement and discuss the primary sources of the Carter Library and National Archives to address the question, "What is the secret to an extraordinary life?" An educator from The Carter Library will be joining us virtually to present. You will be able to view the presentation and ask questions of the presenter from either Encore or PEAK.



• **WEDNESDAY, FEB 19 @ 10:30 am: 10 Warning Signs of Alzheimer's Disease** | Jane Cero of the Alzheimer's Association will teach us about different traits to look for so that we are armed with knowledge for ourselves and our loved ones. **Please sign up with Gina in the office by Monday, Feb 17th.**



• **WEDNESDAY, FEB 19 @ 1 pm: Indoor Shuffleboard** | We know a lot of you play on the outdoor shuffleboard court. Now that it's cold, come try out our new "makeshift" indoor court and stay active inside!



• **THURSDAY, FEB 20 @ 9 am: Breakfast Club** | This month we will visit Tiger's Family Restaurant. Join us at 1031 N Broad St in Lansdale. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Monday, Feb 10th so we can arrange seating together.**



• **THURSDAY, FEB 20 @ 12:30 pm: Birthday Celebration During Lunch, sponsored by PA Health and Wellness** | Join us for a cake celebration and special activity after lunch with Estelle. Feb Birthdays: Don't forget to put your name on the whiteboard so we can sing and celebrate you!



• **FRIDAY, FEB 21 @ 11 am: Gun Safety with Debbie Jankowski** | This presentation by Montgomery County's Debbie Jankowski explores the issues that affect Seniors and how those issues play a role in gun safety. The goal of this program is to present the best and safest practices for any Senior who may find themselves in close proximity to a gun. **Please sign up with Gina in the office by Monday, Feb 17th.**



• **FRIDAY, FEB 21 @ 1 pm: Happy? Ya! Ya! Crew: National Sticky Bun Day** | Bring in 2 or 3 of your favorite sticky buns so we can taste test and see which is the best. Then, we will bake our own, with Trish's support.



• **WEDNESDAY, FEB 26 @ 12:30 pm: Faith Community Ice Cream Social** | Enjoy some sweet ice cream on a cold day and be warmed by the fellowship of several local churches who will have informational tables here for anyone who is looking to become part of a faith community. (Rescheduled from the Jan date).



• **FRIDAY, FEB 28 @ 9:30 am: Veterans' Coffee Catch-up** | All Veterans are invited to come join us for a relaxed, social gathering to share stories and get to know each other.



• **FRIDAY, FEB 28 @ 1 pm: Happy? Ya! Ya! Crew: National Skip the Straw Day** | Let's repurpose those straws that are in our cupboards! We will be making a straw craft and reminding everyone that straws can cause damage to our natural environment. **Monthly HYY Gathering at Harleysville Hotel at 3:45pm.**

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!

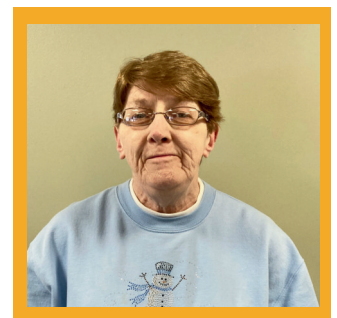


Scan me

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

Encore Member of the Month: Pat Boos

Pat is an integral part of our lobby crew, bringing compassion and cheer to all who come in for company and a good meal. She's always helping our TransNet riders on and off the bus, and getting folks their coffee or water when they need a helping hand. She'll rally people to come to our presentations, whether it is about a health topic or Senior safety. She encourages people to join in on any fun events, like sing-alongs or Wii Jeopardy. Pat is someone who knows how to bring people together and looks out for everyone. We love when you come in to spend time with us, Pat!





February 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baked Mac & Cheese, Roasted Peppers, Steamed Green Beans, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 10am-2pm GMU SLP Students on Site* 10:30am Mall Walkers* 11am Stitch & Chat 2pm Korean Bong Sul</p> <p style="text-align: right;">3</p>	<p>COLD MEAL: Bulgur Salad with Chickpeas, Grilled Chicken Breast, Apricot Halves, Milk</p> <p>10am Tai Chi (\$4) 10am Crafts with Friends (\$4)* 11am Meet & Greet w/ Social Services Coordinator Tara* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p> <p>Pasta with Meatballs, Peas, Poached Pear, Milk</p> <p>10am Tai Chi (\$4) 10am Story Time w/ Josephine* 10am-12pm State Rep. Malagari Office Hours** 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p> <p>COLD MEAL: Roasted Vegetable Grinder, Green Beans w/ Vinaigrette, Mandarin Oranges, Milk</p> <p>10am Tai Chi (\$4) 10:30am The Extraordinary Life of Jimmy Carter* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p> <p style="text-align: right;">18</p>	<p>COLD MEAL: BBQ Pulled Pork Wrap, Carolina Slaw, Applesauce, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling ** 10am-1pm Shiatsu Appts* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone</p> <p style="text-align: right;">5</p> <p>SPECIAL LUNCH (\$10): Three Cheese Grilled Cheese, Creamy Tomato Bisque, White Chocolate Macadamia Nut Cookie, Milk</p> <p>8am-12pm AARP 4-hour Refresher Safe Driver Course* 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 11:30am Special Lunch (\$10)* 12:30pm Black History Month Presentation- Diane Nash* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone</p> <p>Paprika Chicken, Brown & Wild Rice Pilaf, Poached Pear, Peas & Carrots, Milk</p> <p>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 3:30pm Korean Saxophone</p> <p style="text-align: right;">19</p>	<p>Beef Stroganoff w/ Egg Noodles, Mixed Vegetables, Peach Crumble, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p style="text-align: right;">6</p> <p>Birthday Celebration: Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12pm Birthday Celebration w/ PA Health & Wellness* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p>Turkey w/ Gravy, Glazed Sweet Potatoes, Green Beans, Milk</p> <p>9am Breakfast Club @ Tigers* 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm MontCo Assoc for the Blind 12:45pm Trivia Challenge 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p style="text-align: right;">20</p>	<p>White Chicken Chili, Brown Rice, Roasted Zucchini and Stewed Tomatoes, Milk</p> <p>9:30am PEAK Pinochle 10am County Arthritis Foundation Exercise Course* 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p style="text-align: right;">7</p> <p>General Tso Chicken, Fried Rice, Broccoli, Milk</p> <p>9:30am PEAK Pinochle 10am County Arthritis Foundation Exercise Course* 10am-12pm Tech Appts** 10:30am Grief Support 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p style="text-align: right;">14</p> <p>Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk</p> <p>9:30am PEAK Pinochle 10am County Arthritis Foundation Exercise Course* 10am-12pm Tech Appts** 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p style="text-align: right;">21</p>
<p>Chicken Burger w/ Roasted Peppers & Provolone, Wild & Brown Rice Pilaf, Steamed Broccoli, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 10am-2pm GMU SLP Students on Site* 11:30am Movie Matinee & Lunch* 2pm Korean Bong Sul</p> <p style="text-align: right;">10</p> <p>Meatloaf w/ Gravy, Mashed Potatoes, Mixed Vegetables, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 10am-2pm GMU SLP Students on Site* 11am Stitch & Chat 12:30pm Cornhole & Mini Golf Pool games 2pm Korean Bong Sul</p> <p style="text-align: right;">17</p>				



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Call 215-362-7432 for all lunch or program reservations and appts.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>COLD MEAL: Tuna Salad w/ Lettuce, Grape Tomatoes, Garden Pea Confetti Salad, Cheddar Cheese Cubes, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 10am-2pm GMU SLP Students on Site* 11am Stitch & Chat 12pm Book Club* 12:30pm Food for Thought* 2pm Korean Bong Sul</p> <p style="text-align: right;">24</p>	<p>Cheese Stuffed Shells w/ Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p>10am Tai Chi (\$4) 12pm Legal Consultations** 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p> <p style="text-align: right;">25</p>	<p>Swedish Meatballs w/ Egg Noodles, Peas, Poached Pear Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 10am-12pm State Sen. Collett Office Hours** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone</p> <p style="text-align: right;">26</p>	<p>Philly Roast Pork Sandwich, Cauliflower, Peach Crumble, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 10:33am Prayer Care 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p style="text-align: right;">27</p>	<p>Roasted Tilapia, Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk</p> <p>9:30am PEAK Pinochle 10am County Arthritis Foundation Exercise Course* 10am-12pm Tech Appts ** 10:30am Grief Support 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax</p> <p style="text-align: right;">28</p>

All Korean Programming is taught in Korean

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**

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



Scan me



606 E Main St, Ste 1003,
Lansdale, PA 19446
215-362-7432

BACK
HISTORY
MONTH

This Month We Celebrate:



Happy Valentine's Day
Feb 14

Feb 17
Happy Presidents Day

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



• **EVERY MONDAY in FEB, from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students on Site** | 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. The students and their supervisor will be at PEAK on Mondays through April 27.



• **EVERY FRIDAY in FEB @ 10 am: Montgomery County Arthritis Foundation Exercise Program** | The Arthritis Foundation Exercise Program is a low-impact recreational exercise program that incorporates an educational component. Classes consist of multiple exercise activities including warm up, stretching, strengthening, cardiovascular endurance, balance, coordination, and cool down. Breathing and relaxation techniques are also included. This class will meet once a week on Fridays at 10 am for 16 weeks. Please sign up with Sabrina or by calling 215-363-7432.



• **MONDAY, FEB 3 @ 10:30 am: Mall Walkers** | Get your steps in, out of the cold, and with good company. We will meet inside the Montgomery Mall, on the upper level, right outside of JCPenney. Park and enter through the food court, as the doors between JCPenney and the mall will not be unlocked yet.



• **TUESDAY, FEB 4 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating custom picture frames. Bring in a picture of a family member, loved one, pet, or a pretty card you'd like to frame, and we'll decorate the frames with bows, buttons, etc. There will be a \$4 fee to cover supplies.



• **TUESDAY, FEB 4 @ 11 am: Meet and Greet with Social Services Coordinator Tara Ticktin** | Stop in to meet Tara, learn a little bit about what she does, and see how she can be a resource for you!



• **WEDNESDAY, FEB 5, 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.



• **MONDAY, FEB 10 @ 11:30 am: Movie Matinee & Lunch** | Join us for a movie and the congregate 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'd like the congregate meal during the movie, please sign up with Sabrina by Friday, Feb 7th.**



• **TUESDAY, FEB 11 @ 10 am: Story Time with Josephine** | Josephine will be reading "The Haircut" by Ring Lardner and "The Desert Limited" by Bill Pronzini. You can join at PEAK or via Zoom. Email Liz at ebeil@ghnps.org if you would like the Zoom link.



• **WEDNESDAY, FEB 12, from 8am to 12pm: AARP 4-hr Refresher Safe Driver 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. Contact your insurance company to determine your eligibility & bring your driver's license to class. The fee for the course is \$20 for AARP members, \$25 for non-members. Please bring a check payable to AARP to class. **Sign up with Sabrina or by calling 215-363-7432 by Tuesday, Feb 11th.**



• **WEDNESDAY, FEB 12, from 11:30am to 1:30pm: Special Lunch (\$10) and Black History Month Presentation** | Enjoy a delicious special grilled cheese and tomato bisque lunch prepared by Chef Dan. After lunch join Terri Lyons for her character performance of the life of Diane Nash, who emerged from the sit-in movement in Nashville, Tennessee and became one of the most esteemed student leaders and organizers of the time. Diane worked closely with Martin Luther King and was a leader of the student wing of the Civil Rights Movement. This will be a captivating portrayal of the valuable contributions Diane made and the reputation she established as a "force to be reckoned with!"



• **THURSDAY, FEB 13 @ 12:00 pm: Birthday Celebration During Lunch, sponsored by PA Health and Wellness** | Join us for a cake celebration and special activity after lunch with Estelle. Feb Birthdays: Let us know when you sign up for lunch so we can sing and celebrate you!

SPECIAL PROGRAMS

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 You may also sign up for programs & schedule appointments by calling 215-362-7432



• **TUESDAY, FEB 18 @ 10:30 am: The Extraordinary Life of Jimmy Carter** | Throughout his life, President Carter has found himself in extraordinary circumstances faced with extraordinary opportunities, many of which were brought about by the American Presidency. This program will examine civic engagement and discuss the primary sources of the Carter Library and National Archives to address the question, "What is the secret to an extraordinary life?" An educator from The Carter Library will be joining us virtually to present. You will be able to view the presentation and ask questions of the presenter from either Encore or PEAK.



• **THURSDAY, FEB 20 @ 9 am: Breakfast Club** | This month we will visit Tiger's Family Restaurant. Join us at 1031 N Broad St in Lansdale. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Monday, Feb 10th, so we can arrange seating together.**



• **MONDAY, FEB 24 @ 12:00 pm: Book Club** | This month we will discuss "America's First Daughter," by Stephanie Dray. For more information contact Betty Helpa (betty.helpa@gmail.com).



• **MONDAY, FEB 24 @ 12:30 pm: Food for Thought** | Alexis will facilitate an open discussion around hobbies and past-times. What are some of your favorite games and activities, now and when you were younger? Let's get to know one another and share some fun facts and memories about ourselves.



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!

Peak Member of the Month: *Jim Funk*

Even if you think you don't know Jim, we're sure you've seen him, with his warm welcoming smile, sitting at the table playing chess in the lobby. Jim greets everyone with a heartfelt hello and has a way of making everyone he meets feel special and welcome. He loves to be challenged with new chess opponents, but he also loves to teach this intricate game to anyone who is interested in learning, (and he'll usually help you beat him too!) When he's not at PEAK, he loves staying active by swimming at the YMCA throughout the year, and spending time tending to his garden during the warmer months. We love having you as a part of our community, Jim!



Have you met Jadon?

Jadon has been visiting Encore and PEAK, to share his musical talents of singing and saxophone since he was 9 years old. At 16, he has continued to share his gifts and even volunteers with our kitchen team. He has even founded a non-profit organization called "Care to Love." His organization encourages young people to visit and interact with Seniors at Senior Centers such as ours. Through outreach to local businesses, and the support of his faith community, Jadon led an extremely successful raffle basket fundraiser as a part of our Holiday Bazaar at Encore. This year Jadon raised close to \$2,000 for GHNPS! Thank you for all you do Jadon, you are a truly one of a kind!

