

GHNPS STAFF

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Alexis Drolet
Development & Marketing
Associate, Ext. 202

Jim McCarthy
Bookkeeper

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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Gina Sergio
Administrative Assistant, Ext. 103

Patricia Foley
Meal Coordinator, Ext. 102

Joanne Allman
Meal Assistant

Cathy Klaumenzer
Meal Assistant


The PEAK Center
North Penn Commons
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432, press 2 then 1
M-F: 8:00 AM to 4:00 PM
www.ghnps.org

Sabrina Davila
Administrative Coordinator, Ext. 205

Grace Chung
Korean American Services
Specialist, Ext. 212

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

Follow Us On:

 facebook.com/ghnps

 instagram.com/encoreandpeak

 <https://bit.ly/GHNPSyoutube>

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Happy January!

Welcome to 2025! Did you make your New Year's Resolution yet? I hope that visiting Encore Experiences or The PEAK Center made your list. Will you try a new class, make some new friends, or learn something beneficial at one of our resource programs? Whatever your intentions, we are here to walk with you through a new year filled with the ups and downs that life can bring.

2025 is an especially exciting year for Greater Harleysville and North Penn Senior Services. **We are celebrating 50 years of serving older adults in Montgomery County!** The Senior Centers in Harleysville and Lansdale, that would become Encore Experiences and The PEAK Center, began offering programs and services to the community in 1974. However, it was in 1975 that both were officially recognized as 501(c)3 nonprofits. Both Centers operated individually, providing healthy meals and classes to nourish the mind and the body. In 2013, Encore Experiences and The PEAK Center merged into one organization, forming Greater Harleysville and North Penn Senior Services. While many of our operations were streamlined by this merger, our mission to serve older adults remains constant. We are so proud that for 50 years, our Centers have offered a place of comfort, fellowship, and care to our community. And we are working hard to ensure that we'll be here for you for another 50 years ... and more!

Our January calendars are filled with engaging programs and I encourage you to try something new. If you are someone who loves our meal programs but hasn't ventured into one of our fitness classes, game groups, or special events, perhaps 2025 is the year for you to explore something new!

January is also the month in which our country remembers the legacy of Martin Luther King, Jr. He was a man of service who advocated for an America where all people enjoy the benefits of equality. His leadership through the Civil Rights Movement forever impacted our country. On January 20, people around the country celebrate Dr. King's impact with a National Day of Service. We have service projects at both Encore and PEAK on 1/20, and I invite you to join us as we give back to our community. Any gesture of kindness, no matter how small you may think it is, will have an impact!

Fondly, *Elizabeth Beil*

GHNPS MEMBERS OF THE MONTH

ENCORE MEMBER OF THE MONTH

Lynn quietly and magically appears with that beaming gentle smile of hers just about every day at Encore! Her welcoming presence to all who come in here is so appreciated by everyone. Lynn is a wonderful listener, and she keeps our lobby group together, especially through the tough times of losing a cherished member. She is always willing to jump in and help get the mailings done, wrap the silverware, or anything else that needs doing. We love having you with us Lynn and we truly appreciate you!

Lynn Martin



Shimmie Wible

PEAK MEMBER OF THE MONTH



Shimmie went through a challenging year battling colon cancer, but as her health improved, so did her hope for life, leading her to The PEAK Center. With her ever-bright smile, she spreads happiness to everyone around her. She says she loves this place. It's where she connects with people, shares stories, learns, and discovers a whole new perspective on life. Her transformation fills us with positivity and joy. We look forward to seeing her here everyday.

GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

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

Encore: *Thursday, January 9th at 12:30 pm.*

PEAK: *Wednesday, January 22nd 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, January 9th and 23rd.*

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, January 10th, from 11 am - 12 pm.

PEAK: PA State Representative Steve Malagari's Office:

Tuesday, January 14th, from 10 am - 12 pm.

PA State Senator Maria Collett's Office:

Wednesday, January 22nd, 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, Jan 21st.*

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/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 2023. To learn more or get applications for both rebates, call 215-362-7432 ext. 203.

Social Services Appointments

We are currently working to fill the Social Services Coordinator position. If you need assistance, please call our Executive Director, Liz Beil, at 215-256-6900 ext 201. We anticipate having appointments available soon. Thank you for your patience!

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 *Jan 10th, 17th, 24th, and 31st 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. **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.** Appointments can be scheduled by calling the Center of your choice after the dates in January listed above.



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com

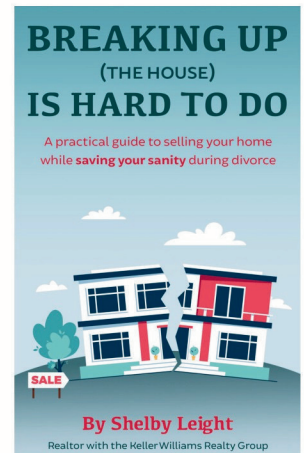


SRES
Seniors Real Estate Specialist

**Did you know that I am a
Real Estate Divorce Specialist?**





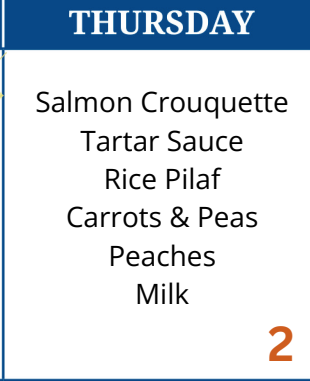
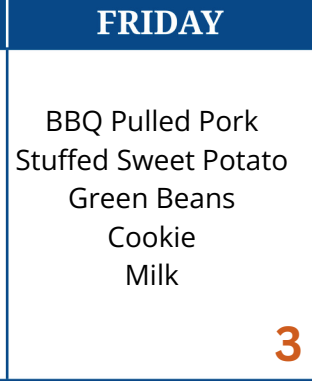


**I even wrote a
book about
selling a home
during divorce.**



**Divorce is hard. Selling your home at this time should not be.
Who do you know that I may be able to help?**

January 2025 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>Quiche Lorraine (Bacon) Mixed Vegetables Applesauce Whole Grain Roll & Butter Milk</p> <p style="text-align: right;">6</p>	<p>Sweet & Tangy Cranberry Boneless Chicken Thigh Brown Rice Broccoli Pudding Milk</p> <p style="text-align: right;">7</p>	<p>Vegetarian 3 Bean Chili Green Salad Fruit Cup Milk</p> <p style="text-align: right;">8</p>	<p>Ground Beef Stroganoff Egg Noodles Steamed Green Beans Cookie Milk</p> <p style="text-align: right;">9</p>	 <p>Pizza Party with Salad</p> <p style="text-align: right;">10</p>
<p>Cheeseburger on Whole Grain Bun Lettuce, Tomato, Baked Beans Mandarin Oranges Milk</p> <p style="text-align: right;">13</p>	<p>Hot Open Face Turkey & Gravy on Wheat Bread Tuscan Vegetables Cranberry Sauce Milk</p> <p style="text-align: right;">14</p>	<p>Crab Cake Sweet Potato Fries Mixed Vegetable Fruit Milk</p> <p style="text-align: right;">15</p>	<p>Chicken & Broccoli over Pasta Alfredo Garden Salad Brownie Milk</p> <p style="text-align: right;">16</p>	<p>Sausage, Peppers, & Onions Served w/ Roasted Potatoes & Tomato Sauce Fruit Milk</p> <p style="text-align: right;">17</p>
<p>Chicken Marsala Brown Rice Green Beans Whole Grain Roll Mandarin Oranges Milk</p> <p style="text-align: right;">20</p>	<p>Whole Grain French Toast Sticks Scrambled Eggs w/ Cheese Turkey Sausage Peaches Milk</p> <p style="text-align: right;">21</p>	<p>Sloppy Joe on Whole Grain Bun French Fries Garden Salad Pineapple Milk</p> <p style="text-align: right;">22</p>	<p>Mixed Greens w/ Grilled Chicken, Pears, Pecans, & Cranberries Cheddar Biscuit Fruit Cup</p> <p style="text-align: right;">23</p>	<p>Baked Haddock Long Grain Rice Pilaf Winter Vegetable Blend Cookie Milk</p> <p style="text-align: right;">24</p>
<p>Chicken Pot Pie in Puff Pastry Green Salad Fruit Milk</p> <p style="text-align: right;">27</p>	<p>Salmon Crouquette Tartar Sauce Rice Pilaf Carrots & Peas Peaches Milk</p> <p style="text-align: right;">28</p>	 <p>Roast Beef Mashed Potatoes Carrots Roll & Butter Apple Sauce Milk</p> <p style="text-align: right;">29</p>	<p>Roasted Vegetable Pizza Soup Du Jour (Will Be Posted on Order Form) Mandarin Oranges</p> <p style="text-align: right;">30</p>	<p>BBQ Pulled Pork Stuffed Sweet Potato Green Beans Cookie Milk</p> <p style="text-align: right;">31</p>

MON

TUES

WED

THURS

FRI

January 2025



Encore Experiences in Harleysville

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.

6 8am-12pm AARP Driving Course Day 1* (\$)
9:15am Tai Chi (\$5)
1:30pm Art Club
1:45pm Bingo for Bucks

13 Sign-ups for Tax Appts Open for MEMBERS**
9:15am Tai Chi (\$5)
10:15am Mall Walkers*
1:30pm Art Club
1:45pm Bingo for Bucks

20 Sign-ups for Tax Appts Open for All Eligible Seniors**
9:15am Tai Chi (\$5)
1pm MLK Service Project w/ Corpus Christi Outreach*
1:30pm Art Club
1:45pm Bingo for Bucks

27 9:15am Tai Chi (\$5)
1:30pm Art Club
1:45pm Bingo for Bucks

Closed Today
Happy New Year

8 8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
11am Brain Games w/ Alexis*
1pm Rummikub
1pm Indoor Shuffleboard*

15 8am Chess
9am Breakfast Club*
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
10am Musical Stroll down Memory Lane*
1pm Rummikub
1pm St. John Neumann Cemetery Presentation*

22 8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
12:30pm Faith Community Ice Cream Social*
1pm Rummikub

29 8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
10-11:45am Balance & Fall Prevention w/ Grandview*
1pm Rummikub
1pm Indoor Shuffleboard*

2 9am Wood Carving Canceled
9:30am Stitch & Chat
9:30-10:45am Free Blood Pressure Screenings
11am Help Yourself to Healthy Living: Joyful Living*
12:30pm Bridge or Skip-Bo
1pm History of Hanukkah*
1:30pm Tone & Balance Canceled

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

16 9am Wood Carving
9:30am Stitch & Chat
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance (\$4)

23 9am Wood Carving
9am Medicare Counseling**
9:30am Stitch & Chat
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance (\$4)

30 9am Wood Carving
9:30am Stitch & Chat
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance (\$4)

3 10am Wii Sports or Jeopardy
12:30pm Table Toppers*
1pm The Happy? Ya! Ya! Crew- National Drinking Straw Day*
1:30pm Stretch & Tone (\$4)

10 10am Wii Sports or Jeopardy
10am Prevent T2 Program (pre-registered participants)
11am State Rep Scheuren Office Hour**
12-1:30pm Special Lunch Pizza Party & Casino Day*
1pm The Happy? Ya! Ya! Crew Canceled
1:30pm Stretch & Tone (\$4)

17 10am Wii Sports or Jeopardy
1pm The Happy? Ya! Ya! Crew Canceled
1:30pm Stretch & Tone (\$4)

24 10am Wii Sports or Jeopardy
1pm The Happy? Ya! Ya! Crew - Compliments Day*
1:30pm Stretch & Tone (\$4)

31 9:30am Veterans' Coffee Catch Up*
10am Wii Sports or Jeopardy
1pm The Happy? Ya! Ya! Crew- Inspire Your Heart w/ Art Day*
1:30pm Stretch & Tone (\$4)

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.ghnpps.org or scan below for quick access



Scan me



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



• **THURSDAY, JAN 2: Wood Carving and Tone and Balance are Canceled Today**

• **THURSDAY, JAN 2, from 11 am to 12 pm: Help Yourself to Healthy Living: "Joyful Living!"** | Come and explore healthy lifestyle habits including the benefits of laughter and socialization! **Don't forget to get your free blood pressure check from 9:30 am to 10:45 am.**



• **THURSDAY, JAN 2 @ 1 pm: The History of Hanukkah by Ellen Maloy** | Join us for an educational presentation on the story of the "Festival of Lights." Hanukkah commemorates the victory of the Maccabees over the Syrian Greek army, and the subsequent miracle of rededicating the Holy Temple in Jerusalem and restoring its menorah, or lamp. **Please sign up with Gina in the office by Friday, Dec 27th.**



• **FRIDAY, JAN 3 @ 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 centerpieces that have been gracing our tables. No experience necessary!



• **FRIDAY, JAN 3 @ 1 pm: Happy? Ya! Ya! Crew: National Drinking Straw Day** | Everything straws!! We will be taking "straw votes," playing straw games, and making straw crafts. And yep, we'll end with strawberries!



• **MONDAY, JAN 6 AND TUESDAY, JAN 7, from 8 am to 12 pm: Two Day AARP Driver Course** | Open to participants 55+ who have not completed this 8 hr course within the previous 36 months. \$20 for AARP members, \$25 for non-members, checks payable to AARP. Check with your auto insurance carrier to see if you are eligible for a premium discount after completion of the course. **Please register in advance with Gina at 215-256-6900; spots are limited.**

• **TUESDAY, JAN 7: Walking with Weights is Canceled Today**



• **TUESDAY, JAN 7 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!



• **WEDNESDAY, JAN 8 @ 11 am: Brain Games with Alexis** | We'll start with one long word and see how many smaller words we can come up with. Let's beat last month's record and see if we can find a word with 100 words within it! This will be a fun and collaborative effort on the whiteboard in the lobby.



• **WEDNESDAY, JAN 8 @ 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 see how close it is to the real thing.



• **FRIDAY, JAN 10 from 12 to 1:30 pm: Special Lunch: Pizza Party and Casino Day** | Come join us for Laura's pizza and a fun Casino-like atmosphere! We will have some fun games with lots of prizes and great music. **You will only pay for the slices of pizza you order. Please sign up with Gina by Friday, Jan 3rd.**

• **FRIDAY, JAN 10: Happy? Ya! Ya! Crew is Canceled Today**



• **MONDAY, JAN 13: MEMBER Sign-ups open for Tax Appointments** | See page 2 for more details.



• **MONDAY, JAN 13 @ 10:15 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.



• **WEDNESDAY, JAN 15 @ 9 am: Breakfast Club** | This month we will visit So Much to Give Inclusive Cafe (3401 W. Skippack Pk, Cedars). Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Wednesday, Jan 8th so we can arrange seating together.**



• **WEDNESDAY, JAN 15 @ 10 am: Musical Stroll Down Memory Lane with Ralph Bozorth** | This will be a Powerpoint presentation consisting of slides and music from the era of The Big Bands to the 1970s. **Please sign up with Gina in the office by Monday, Jan 13th.**



• **WEDNESDAY, JAN 15 @ 1 pm: St. John Neumann Cemetery "Ducks in a Row" Presentation** | Please join Sam Formica from St. John Neumann Cemetery to hear about being prepared for one of life's highest probabilities. This talk will provide information that will empower you to make your own decisions. Come with questions and leave with answers! **Please sign up with Gina in the office by Monday, Jan 13th.**

• **FRIDAY, JAN 17: Happy? Ya! Ya! Crew is Canceled Today**

TAX

• **MONDAY, JAN 20: General Sign-ups open for Tax Appointments** | See page 2 for more details.



• **MONDAY, JAN 20 @ 1 pm: Martin Luther King, Jr. Service Day: Intergenerational time with Corpus Christi Outreach students** | Come join us as we work on a project that will benefit others; serving is always meaningful and joyful when we work together!



• **TUESDAY, JAN 21, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **WEDNESDAY, JAN 22 @ 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.



• **FRIDAY, JAN 24 @ 1 pm: Happy? Ya! Ya! Crew: National Compliment Day** | Grab your seats and come watch a movie that is centered around the importance of giving and receiving meaningful compliments. We will then play "Can You Guess?" to much laughter



• **WEDNESDAY, JAN 29, from 10 to 11:45 am: Balance and Fall Prevention** | Vestibular and Injury Prevention Specialists from Grand View Health will provide a comprehensive workshop on ways to improve balance, maintain independence, and learn how to prevent falls inside and outside the home. **Please sign up with Gina in the office by Monday, Jan 27th.**



• **WEDNESDAY, JAN 29 @ 1 pm: Indoor Shuffleboard**



• **FRIDAY, JAN 31 @ 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, JAN 31 @ 1 pm: Happy? Ya! Ya! Crew: Inspire Your Heart with Art Day** | Bring in one of your favorite works of art, that you created or simply can't do without, for a Show & Tell. Then, we will discuss how to create our newest and greatest masterpiece. Gathering at Villa Vito afterwards.

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



Calling All Chess Players!

Our Chess Club meets regularly on Wednesdays at Encore starting at 8am and would love to have a few more folks join! Sharpen your critical thinking skills and have some fun over this classic game of strategy while making new friends at Encore.

We also have a few dedicated chess players at The PEAK Center who can be found almost daily around 9am in the North Penn Commons lobby in front of PEAK. We would love to see a more robust presence there as well!

January 2025 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! Chicken Burger with Roasted Peppers and Provolone Wild & Brown Rice Pilaf Steamed Broccoli Milk 6	Pasta with Meatballs Peas Poached Pear Milk 7	Beef Stew Roasted Potatoes Peach Crumble Milk 8	Beef Stroganoff with Egg Noodles Mixed Vegetables Peach Crumble Milk 2	French Toast Sticks Scrambled Eggs with Cheese Peaches with Granola Milk 3
Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Milk 13	Three Bean Chilli with Bulgur Wheat Confetti & Pea Vegetable Apple Crumble Milk 14	<i>Birthday Lunch</i> COLD MEAL Asian Sesame Slaw Grilled Chicken Peaches Milk 15	Pork Pozole (Mexican Stew) Rice Capri Vegetables Milk 9	Korean Beef Bulgogi White Rice Spinach Milk 10
COLD MEAL Tuna Salad with Lettuce Grape Tomatoes Garden Pea Confetti Salad Cheddar Cheese Cubes Milk 20	Cheese Stuffed Shells with Crushed Tomato Sauce Steamed Carrots Mixed Vegetables Milk 21	Swedish Meatballs with Egg Noodles Peas Poached Pear Milk 22	Turkey with Gravy Glazed Sweet Potatoes Green Beans Milk 16	Sweet Italian Sausage Roasted Potatoes Steamed Peas Milk 17
<i>Special Lunch w/ Mummies</i> Cheeseburger Fries Coleslaw Cookie Milk 27	BBQ Pulled Pork Sandwich Cauliflower Sweet Potatoes Milk 28	Carribean Flounder Dirty Rice Steamed Carrots Steamed Broccoli Milk 29	Philly Roast Pork Sandwich Cauliflower Peach Crumble Milk 23	Chicken Pot Pie Cauliflower Apple Crumble Milk 24
	BBQ Pulled Pork Sandwich Cauliflower Sweet Potatoes Milk 28	Carribean Flounder Dirty Rice Steamed Carrots Steamed Broccoli Milk 29	Beef Stroganoff with Egg Noodles Mixed Vegetables Peach Crumble Milk 30	White Chicken Chilli Brown Rice Roasted Zucchini Stewed Tomatoes Milk 31

MON

TUES

WED

THURS

FRI

January 2025

The PEAK CENTER
Part of GHNPPSS
in Lansdale
606 E Main St, Ste 1003,
Lansdale, PA 19446
215-362-7432

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.

6
10am Fit for the Future (\$4)
10am Whist/Other Games
11am Stitch & Chat
11:30am Movie Matinee & Lunch*
2pm Korean Bong Sul

7
10am Tai Chi Canceled
10am Crafts with Friends*
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums Canceled
3:30pm Korean Smart Phone

13
Sign-ups for Tax Appts Open for MEMBERS**
10am Fit for the Future (\$4)
10am Whist/Other Games
10:15am Mail Walkers*
11am Stitch & Chat
12:30pm Cornhole & Mini Golf Pool games
2pm Korean Bong Sul

14
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



8
10am Fit for the Future Canceled
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

15
9am Breakfast Club*
10am Wii Bowling
10am Fit for the Future (\$4)
10am Medicare Counseling**
12:30pm TransNet Advisory Meeting*
12:45pm Progressive Pinochle
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

20
Sign-ups for Tax Appts Open for All Eligible Seniors**
10am Fit for the Future (\$4)
10am Whist/Other Games
11am Stitch & Chat
12:30pm MLK Service Activity w/ Traditions of Lansdale*
2pm Korean Bong Sul

21
10am Tai Chi (\$4)
12pm Legal Consultation appts**
12:30pm Health/Wellness Education & BP Checks w/ Jefferson Health*
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance & Drums
3:30pm Korean Smart Phone Class

27
10am Fit for the Future (\$4)
10am Whist/Other Games
10am-2pm GMU Speech Students*
11:30am-1:30pm Special Lunch w/ Mommers Entertainment (\$)*
11am Stitch & Chat
12pm Book Club
2:00pm Korean Bong Sul

28
10am Tai Chi (\$4)
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
3:30pm Korean Smart Phone Class

2
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

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

16
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

23
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

30
9am Yoga (\$4)
10:15am Chair Yoga (\$4)
10:30am Teri Wassel Nutritional Workshop*
1pm Korean Women's Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music Talk

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

10
9:30am PEAK Pinochle
10am-12pm Tech Appointments with Les**
10am County Arthritis Foundation Exercise Course*
10:30am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class

17
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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.ghnpps.org or scan below for quick access



Scan me

The PEAK CENTER
Part of GHNPPSS
in Lansdale

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, JAN 6 @ 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, Jan 3rd.**



• **TUESDAY, JAN 7 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating Flowerpot Snowmen. These will be great for yourself or for gifts! **\$4 fee to cover supplies.**

• **TUESDAY, JAN 7: Tai Chi and Korean Dance/Drums are Canceled / WEDNESDAY, JAN 8: Fit for the Future is Canceled**



• **WEDNESDAY, JAN 8, from 10 am to 1 pm: Shiatsu Massage Appts** | 15-min, fully clothed, chair massages by Kerry Palanjan, 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.



• **THURSDAY, JAN 9 @ 12:30 pm: Food for Thought** | Alexis will facilitate an open discussion around food! What was your favorite meal growing up? Where do you love to go out to eat? Do you enjoy cooking? What are some of your favorite food related memories or traditions? Let's chat!



• **FRIDAY, JAN 10 @ 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 by Friday, Jan 3rd.**

TAX

• **MONDAY, JAN 13: MEMBER Sign-ups open for Tax Appointments** | See page 2 for more details.



• **MONDAY, JAN 13 @ 10:15 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, JAN 14 @ 10 am: Story Time with Josephine** | Josephine will be reading "I Can't Breathe" by Ring Lardner, and "The Fifty-First Dragon" by Heywood Broun. You can join at PEAK or via Zoom. **Email Liz at ebeil@ghnps.org if you would like the Zoom link.**



• **WEDNESDAY, JAN 15 @ 9 am: Breakfast Club** | This month we will visit So Much to Give Inclusive Cafe (3401 W. Skippack Pk, Cedars). Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Wednesday, Jan 8th so we can arrange seating together.**



• **WEDNESDAY, JAN 15 @ 12:30 pm: TransNet Senior Advisory Committee Meeting** | Staff from TransNet and from the Montgomery County Office of Aging Services invite you to join this Senior Advisory Committee Meeting at PEAK. This meeting is designed to share valuable information about TransNet's transportation services to both new & existing riders. There will be time allocated for your questions and comments.

• **FRIDAY, JAN 17 @ 10 am: Montgomery County Arthritis Foundation Exercise Program**

TAX

• **MONDAY, JAN 20: General Sign-ups open for Tax Appointments** | See page 2 for more details.



• **MONDAY, JAN 20 @ 12:30 pm: MLK Day of Service Activity with Traditions of Lansdale** | Join the team from Traditions of Lansdale as we create a craft and care package to donate to local residents. **Please RSVP by Wednesday, Jan 15th so we can have enough supplies on hand.**



• **TUESDAY, JAN 21 @ 12:30 pm: Health & Wellness Education plus Free Blood Pressure Checks** | Join the Jefferson Health Community Outreach and Engagement team for an educational workshop on positive aging through healthy lifestyle and disease prevention. Free Blood Pressure Checks will also be available. Please RSVP in person or by calling 215-362-7432 by Tuesday, January 21st.

• **FRIDAY, JAN 24 @ 10 am: Montgomery County Arthritis Foundation Exercise Program**

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, JAN 27, 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. The students and their supervisor will be at PEAK on Mondays through April 27.



• **MONDAY, JAN 27, from 11:30 am to 1:30 pm: Special Lunch and The Mummies** | Enjoy a Special Lunch with your friends at PEAK. Afterwards, we will be entertained by a group of Mummies in true Philadelphia fashion! The cost is \$10. **Please RSVP in person or by calling 215-362-7432 by Wednesday, Jan 22nd.**



• **THURSDAY, JAN 30 @ 10:30 am: Teri Wassel Nutrition Workshop** | Montgomery County Registered Dietician, Teri Wassel, always bring the fun when it comes to good nutrition. Kick the New Year off to a healthy start by joining her cooking workshop. Not only will you learn something, you'll also get to try out a tasty treat! **Please RSVP in person or by calling 215-362-7432 by Thursday, January 23rd.**

• **FRIDAY, JAN 31 @ 10 am: Montgomery County Arthritis Foundation Exercise Program**



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!



As December comes to a close, we say a bittersweet goodbye to Carol Costlow, Social Services Coordinator. Carol has been providing social services with care and compassion to our community of seniors for over 14 years. Whether you needed help with a rent rebate application or weren't sure where to turn for assistance with health insurance, Carol would take the time to listen and provide guidance. If you needed someone to deliver your food box or to walk you through SNAP benefits, Carol was there with patience and a smile. We wish her well in retirement and know that she will always hold a special place in the history of GHNPS and in the hearts of so many of you. Carol's official last day is December 31st. We are working to hire a new Social Service Coordinator. Until then, please contact our Executive Director, Liz Beil, at 215-256-6900 ext. 201 with any questions.

"I don't know what I would do without this place..."

It's statements like this, overheard at the Centers, that remind all of us how important our work is here at GHNPS. Our meals, programs, social services, and volunteer opportunities, provide the framework for the meaningful connections formed between the folks that walk through our doors every day.

If you haven't already, we invite you to make a year-end gift to GHNPS. These important financial contributions allow us to continue to serve you in ways that are deeply meaningful and continue to grow our community impact each year.

Scan the QR code with the camera app on your phone, or visit bit.ly/2024-YEA to make your one-time or recurring tax-deductible donation to GHNPS.

Our members say, "I don't know what I would do without this place," and the feeling is mutual because we certainly don't know what we would do without all of you!

