

GHPSS STAFF

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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.ghpss.org

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Patricia Foley
Meal Coordinator, Ext. 102

Joanne Allman
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.ghpss.org


Sabrina Davila
Administrative Coordinator, Ext. 205


Grace Chung
Korean American Services Specialist, Ext. 212

Tara Tickin
Social Services Coordinator, Ext. 203

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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 instagram.com/encoreandpeak

 <https://bit.ly/GHPSSyoutube>

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Happy April!

Spring is here!! And with it brings the official 50th anniversary of Greater Harleysville and North Penn Senior Services! On April 4, 1975, the Senior Adult Activity Center of Harleysville Area was incorporated as a nonprofit organization. Just one month later on May 13, 1975, the Lansdale Senior Adult Activity Center was incorporated. In June 2013, these two organizations merged to form Greater Harleysville and North Penn Senior Services, retaining 4/4/1975 as the official date of incorporation. So... Happy Anniversary to us!!!

As I have been covering in this newsletter, there are many individuals and groups that have contributed to our 50 year history of sparking connections and enriching the lives of older adults in Montgomery County. This month is National Volunteer Month and we honor our amazing volunteers. Volunteers are key to the work that we do each day. Volunteers greet visitors with a warm hello, help newcomers navigate the activities we offer, serve meals with a smile, lead a variety of programming, help with administrative tasks, fundraise to support our operations, and most of all create a welcoming, inclusive culture at our Centers.

“Volunteers do not necessarily have the time; they just have the heart.”
Elizabeth Andrew, author



Greeters at PEAK



Servers at Encore



Gwynedd Mercy University Student Volunteers



Bingo Volunteers at PEAK



Dishwashers at Encore



Variety Club Volunteers

For National Volunteer Appreciation Month, I offer my gratitude to all of our volunteers. Our records show that in the past year, 215 individuals volunteered a total of 17,000+ hours! What a tribute to our community and the big hearts among us.

With gratitude,

Elizabeth Beil

GHNPS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

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

Encore: *Thursday, April 10th at 12:30 pm.*

PEAK: *Wednesday, April 16th 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, April 10th and 24th.**

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, April 11th, from 11 am - 12 pm.

PEAK: PA State Representative Steve Malagari's Office:

Tuesday, April 8th, from 10 am - 12 pm.

PA State Senator Maria Collett's Office:

Wednesday, April 23rd, from 10 am - 12 pm.

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 9:30 am - 2 pm on Wednesdays.**

PEAK: Call to request an appointment.

Free Legal Consultation Appointments

Encore: Call 215-256-6900 to schedule.

PEAK: Call 215-362-7432 to schedule for **Tuesday, April 22nd.**

Tech Tutoring

Need help with a computer, smartphone, or tablet?

Encore: Tech Tutoring with Ed is back! Call 215-256-6900 to make an appt for **any Wed in April from 10:30 am - 12 pm.**

PEAK: Call 215-362-7432 to make an appt for **April 4th, 11th, and 25th, from 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.



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com




SRES
Seniors Real Estate Specialist

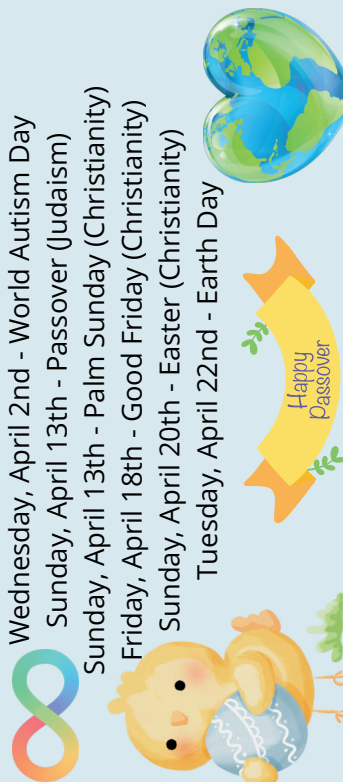
kw
KELLERWILLIAMS.
REALTY GROUP


Vickie
LANDIS RENTSEL
TEAM
Office Phone: 267.733.0777

**2025
Upcoming
Events**

SAT 3/29	KW SHREDDING EVENT 10 AM - 12 NOON 431 S West End Blvd, Quakertown PA 18951
FRIDAY 6/20	ICE CREAM SOCIAL 3-6 PM 431 S West End Blvd, Quakertown PA 18951
MONTH OF SEPT	KW FOOD DRIVE to Support Local Food Pantries Various Locations


Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Hot Open Face Turkey & Gravy on Wheat Bread, Tuscan Vegetables, Cranberry Sauce, Milk</p> <p>9:15am Tai Chi (\$5) 10:30am-12pm Cash for Gold* 1:30pm Art Club NEW TIME 1:30pm Bingo for Bucks</p> <p>7</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 10am Stamp Club* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" Class (\$4)</p> <p>1</p> <p>Sausage, Peppers, & Onions Served w/ Roasted Potatoes & Tomato Sauce, Fruit, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" class (\$4)</p> <p>8</p> <p>SPECIAL LUNCH: Philly Cheesesteaks w/ Onions & Side of Marinara, French Fries, Garden Salad, Ice Cream Sandwich</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:00-1:30pm Special Phillies Cheesesteak Lunch & Games (\$8)* 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance w/ Lysandra" Class (\$4)</p> <p>15</p>	<p>Vegetarian 3 Bean Chili, Green Salad, Fruit Cup, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Autism Awareness- Meet Connor Feeney* 2:30pm NEW! Chair Yoga with Lysandra* (\$4)</p> <p>2</p> <p>Chicken & Broccoli over Pasta Alfredo, Garden Salad, Brownie, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Fire Safety for Seniors*</p> <p>9</p> <p>Mixed Greens w/ Grilled Chicken, Pears, Pecans, & Cranberries, Cheddar Biscuit, Fruit Cup, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10-11:30am Covenant Insurance Info Table* 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Arts and Crafts: Easter Egg Decorating*</p> <p>16</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 BP Screenings 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 11am Help Yourself to Healthy Living: What's that Therapy? * 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p>3</p> <p>Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Advisory Council ** 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p>10</p> <p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat NO GMUSLP Students Today 12:30pm Bridge 12:30pm Skip-Bo NO Tone & Balance Today</p> <p>17</p>	<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease* 12:30pm Table Toppers* NO Happy? Ya! Ya! Crew Today 1:30pm Stretch & Tone (\$4)</p> <p>4</p> <p>Crab Cake, Sweet Potato Fries, Mixed Vegetable, Fruit, Milk</p> <p>9am Bfcast Club @ 5 Star Diner* 10am Wii Sports or Jeopardy 10am Walk with Ease* 11am State Rep. Scheuren Office Hour** 1pm The Happy? Ya! Ya! Crew- National Pet Day* 1pm Marley Maina Pet Therapy Session * 1:30pm Stretch & Tone (\$4)</p> <p>11</p>
<p>Closed for Good Friday</p>				
<p>18</p>				

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Beef, Mashed Potatoes, Carrots, Roll & Butter, Applesauce, Milk 9:15am Tai Chi (\$5) 12-4pm Photo Shoot Day* 1pm PA Health & Wellness Bday Celebration/Program* Special Time 1-2:45pm Art Club NEW TIME 1:30pm Bingo for Bucks 3pm FREE "Dance with Lysandra" Class trial* 21	BBQ Pulled Pork Stuffed Sweet Potato, Green Beans, Cookie, Milk 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" Class (\$4) 22	Roasted Vegetable Pizza, Soup Du Jour, Mandarin Oranges, Milk 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am Weatherization Talk* 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Peter Wentz- The PA German Past* 2:30pm NEW! Chair Yoga with Lysandra* (\$4) 23	Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4) 24	Salmon Crouquette, Tartar Sauce, Rice Pilaf, Carrots & Peas, Peaches, Milk 9:30am Veteran's Coffee Catch-up* 10am Wii Sports or Jeopardy 10am Walk with Ease* 1pm The Happy? Ya! Ya! Crew- Nat'l Telephone Day* 1:30pm Stretch & Tone (\$4) 25
Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, Milk 9am-3pm Sen. Pennycuik's Office- Property Tax/Rent Rebates* 9:15am Tai Chi (\$5) 1:30pm Art Club NEW TIME 1:30pm Bingo for Bucks 28	Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" Class (\$4) 29	Vegetarian 3 Bean Chili, Green Salad, Fruit Cup, Milk 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10-11:45am Balance & Fall Prevention Workshop* 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm FREE NPHS Musical (offsite)* 30	<div style="text-align: center;">  <p><i>This Month We Celebrate:</i> Wednesday, April 2nd - World Autism Day Sunday, April 13th - Passover (Judaism) Sunday, April 13th - Palm Sunday (Christianity) Friday, April 18th - Good Friday (Christianity) Sunday, April 20th - Easter (Christianity) Tuesday, April 22nd - Earth Day</p> </div>	



Encore Experiences
in Harleysville Part of GHNPS

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



Scan me

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

Orange with * Indicates special programming with additional information available on **pgs. 5,6,11 & 12**

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



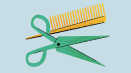
• **EVERY TUESDAY after Lunch: Tasty Tuesdays Bake Sale** | Want a freshly baked, homemade goody to take home with you after lunch? For just \$1 you can purchase something yummy from an assortment of cookies, brownies, and other sweet treats, baked just for you by our wonderful friends at Encore. All proceeds will go towards GHNPS events and activities. The selection of treats will vary weekly.



• **THURSDAYS in APRIL, from 10 am to 2 pm: Gwynedd Mercy University 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, including our popular **"Brain Games" in the lobby at 10:30am.** **Please note that the students will not be on site on Thursday, April 17th due to the Easter Holiday.**



• **FRIDAYS in APRIL @ 10 am: NEW CLASS - Walk with Ease** | Join us for The Arthritis Foundation's 6-week walking program that will help you reduce pain and discomfort while you increase balance and strength. You will learn tips for problem-solving, health education and motivation, as well as gain strength and support by walking with others in a community setting. This class is led by Montgomery County Office of Aging Services. **Spaces are limited so sign up right away with Gina in the office.**



• **TUESDAY, APRIL 1, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, APRIL 1 @ 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, just come join us!



• **WEDNESDAY, APRIL 2 @ 1 pm: World Autism Awareness Day: Meet Connor Feeney** | Connor and his Mom will be helping with our lunch service and afterwards will lead a roundtable discussion about growing up with Autism. They will talk about how Connor learned to follow directions, to complete tasks, volunteer in his community, and work at different jobs, as well as answer any questions you have about relating to people on the Autism spectrum. **Please sign up with Gina in the office by Mon, March 31st.**



• **WEDNESDAY, APRIL 2 @ 2:30 pm: NEW CLASS - Chair Yoga with Lysandra** | Join our gentle & accessible Chair Yoga class for seniors looking to improve flexibility, balance, and overall well-being. This class offers a safe, supportive environment, with either seated or standing-holding-chair poses, making it ideal for those with mobility challenges. No prior yoga experience is needed - just bring comfortable clothing, shoes, and a willingness to move and relax! We are looking for enough interest to explore making this a weekly class. **(\$4)**



• **THURSDAY, APRIL 3 @ 11 am: Help Yourself to Healthy Living: "What's that Therapy?"** | Learn about your therapy options that may enhance your quality of life! Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy, Psychotherapy, Aromatherapy, Pet Therapy, etc. **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**



• **FRIDAY, APRIL 4 @ 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.



• **MONDAY, APRIL 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! We thank Carol Hoy for making this valuable service available to our Seniors in a secure environment.



• **TUESDAY, APRIL 8 @ 1:30 pm: Encore Book Club - Introductory Meeting** | We've had some interest in starting a book club that would meet once a month, supported by loans of books from the Indian Valley Public Library. Please let Gina know if you are interested in book club but are unable to attend this meeting.



• **WEDNESDAY, APRIL 9 @ 1 pm: Fire Safety for Seniors** | This presentation from MontCo Office of Aging Services reviews fire safety information for seniors. The goal is to help seniors prevent fires and learn how to prepare for fire emergencies. **Please sign up with Gina in the office by Mon, April 7th.**



• **FRIDAY, APRIL 11 @ 9 am: Breakfast Club** | See page 11 for details.



• **FRIDAY, APRIL 11 @ 1 pm: Happy? Ya! Ya! Crew: National Pet Day** | Bring in photos of your pets so we can share stories about our "fur babies."



• **FRIDAY, APRIL 11 @ 1 pm: "Marley Mania" Pet Therapy Session** | Join service dog Marley for some calm and relaxing dog petting in our lobby to help improve your physical, mental, and emotional well-being!



• **MONDAY, APRIL 14 @ 4:30 pm: Dinner Outing at P.J. Whelihan's Pub and Restaurant** | See page 11.



• **TUESDAY, APRIL 15, from 9 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, APRIL 15, from 12 to 1:30 pm: Special Phillies Cheesesteak Lunch & Games** | Chef Trish will prepare Philly Cheesesteaks, French Fries, Garden Salad and Ice Cream Sandwiches. We will have fun Phillies games and prizes! **Please sign up with Gina in the office by Fri, April 4th; Cost \$8.**



• **WEDNESDAY, APRIL 16, from 10 to 11:30 am: Covenant Insurance Info Table** | Carl Cutrone and Kim Fratton, agents with Covenant Insurance Group will be onsite to answer any questions you may have regarding Medicare content and changes for 2025. Please stop by to say hello and bring your questions.



• **WEDNESDAY, APRIL 16 @ 1 pm: Arts & Crafts: Easter Egg Decorating** | Let's decorate some Easter Eggs for a festive basket on Easter morning. All supplies are included, but you can also bring your own supplies, stickers, etc. **Please sign up with Gina in the office by Fri, April 11th.**



• **MONDAY, APRIL 21, from 12 to 4 pm: Encore Photo Shoot Day!** | See page 12 for details.



• **TUESDAY, APRIL 21 @ 1 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all April birthdays with birthday cake and an interactive health presentation on April Health Awareness Months by Estelle Walker. **Please sign up with Gina in the office by Thurs, April 17th.**



• **WEDNESDAY, APRIL 23 @ 10:30 am: Weatherization Program** | Mark Finley, Outreach Coordinator for the Weatherization Program at the Community Action Agency of Delaware County (CAADC), will explain the FREE weatherization program that is now being offered to residents of Montgomery County. This is a program that can reduce energy costs by 20-30%. After the demonstration, we'll play a fun music quizzo, and the winners will receive prizes. **Please sign up with Gina in the office by Mon, April 21st.**



• **WEDNESDAY, APRIL 23 @ 1 pm: Peter Wentz Farmstead: The PA German Past** | We know that German immigration and heritage has had a great impact on Pennsylvania's history. Come find out why Germans immigrated to PA and discover some of the characteristics that defined Pennsylvania German culture: religion, architecture, food, furniture, & more. **Please sign up with Gina in the office by Mon, April 21st.**



• **WEDNESDAY, APRIL 23 @ 2:30 pm: NEW CLASS - Chair Yoga with Lysandra (\$4)**



• **FRIDAY, APRIL 25 @ 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, APRIL 25 @ 1 pm: Happy? Ya! Ya! Crew: Telephone Day** | One ringee dingee! We will be calling our friends and family so bring your phones and smiles. Happy Hour at Harleysville Hotel to follow.



• **MONDAY, APRIL 28, from 9 am to 3 pm: Property Tax or Rent Rebate Program Assistance** | PA State Senator Tracy Pennycuik's office staff will be onsite to assist with filing your PTRR form. **Please call her office at 215-541-2388 to schedule an appointment. They will inform you of what you need to bring.**



• **WEDNESDAY, APRIL 30, 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 Mon, April 28th.**



• **WEDNESDAY, APRIL 30 @ 1 pm: NPHS Musical Matinee (offsite)** | See page 11 for details.


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!**





April 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>Chicken Burger with Roasted Peppers & Provolone, Wild & Brown Rice Pilaf, Steamed Broccoli, Milk</p> <p>10am Stretch & Tone* (\$4) 10am Whist/Other Games 10am-2pm GMU SLP Students on Site* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class</p> <p>7</p>	<p>BBQ Pulled Pork Sandwich, Cauliflower, Sweet Potatoes, Milk</p> <p>10am Tai Chi (\$4) 10am Crafts with Friends (\$4)* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p> <p>1</p>	<p>Caribbean Flounder, Dirty Rice, Steamed Carrots, Steamed Broccoli, Milk</p> <p>8am-12pm AARP Safe Driving 4hr refresher course* 10am Wii Bowling 10am World Autism Awareness Day Craft w/ The Variety Club* 10am Stretch & Tone* (\$4) 10am Medicare Counseling ** 10am-1pm Shiatzu Appts* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax</p> <p>2</p>	<p>Beef Stroganoff with 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>3</p>	<p>French Toast Sticks, Scrambled Eggs with Cheese, Peaches with Granola, Milk</p> <p>9:30am PEAK Pinochle 10am-12pm Tech Appts* 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p>4</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* 11:30am Movie Matinee & Lunch* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 4:30pm Dinner Outing @ PJ Whelihan's*</p> <p>14</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** 12:30pm Supportive Living 101 w/ Living Branches* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class</p> <p>8</p>	<p>Beef Stew, Roasted Potatoes, Peach Crumble, Milk</p> <p>9:30am Trivia Fun with Beth 10am Wii Bowling 10am Stretch & Tone* (\$4) 10am Medicare Counseling** 12:30pm Peter Wentz: The PA German Past* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone</p> <p>9</p>	<p>Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk</p> <p>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 3-6pm Vaccine Clinic w/ ACLAMO/Giant* 4pm Korean Creative Music Talk</p> <p>10</p>	<p>General Tso Chicken, Fried Rice, Broccoli, Milk</p> <p>9am Breakfast Club @ 5 Star Diner* 9:30am PEAK Pinochle 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>11</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* 11:30am Movie Matinee & Lunch* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 4:30pm Dinner Outing @ PJ Whelihan's*</p> <p>14</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>16</p>	<p>Beef Stew, Roasted Potatoes, Peach Crumble, Milk</p> <p>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 3-6pm Vaccine Clinic w/ ACLAMO/Giant* 4pm Korean Creative Music Talk</p> <p>10</p>	<p>Turkey w/ Gravy, Glazed Sweet Potatoes, Green Beans, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm MontCo Assoc for the Blind 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p>17</p>	<p>Closed for Good Friday</p> <p>18</p>



April 2025

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reservations and appts.

Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Chicken w/ Sweet Potatoes, Green Beans, Blueberry Buckle, Milk 8:30am-12pm Photo Shoot Day* 10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Cornhole & Mini Golf Pool games 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 21	Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk 10am Tai Chi (\$4) 12pm Legal Consultations** 12:30pm Fire Safety for Seniors* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 22	Swedish Meatballs, Egg Noodles, Peas, Poached Pear, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling ** 10am-12pm State Sen. Collett Office Hours** 12:30pm Weatherization Program w/ Mark Finley* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 23	COLD MEAL: Ham & Swiss Sandwich, Macaroni Salad, Fruit Salad, Milk 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 10:33am Prayer Care 12pm PA Health & Wellness Bday Celebration/Program* 12:45pm Trivia with Nancy 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 24	SPECIAL LUNCH \$8: Cheese Pizza, Salad, Chips, Cookie 9:30am PEAK Pinochle 10am-12pm Tech Appts** 10:30am Grief Support 11:30am Special Pizza Lunch (\$8) 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Sax 25
Baked Mac & Cheese, Roasted Peppers, Steamed Green Beans, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 10am-2pm GMU SLP Students on Site (Last day!)* 12pm Book Club* 12:30pm Brittany Pointe Panhandlers Entertainment* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 28	Sweet Italian Sausage, Roasted Peppers, Steamed Peas, Milk 10am Tai Chi (\$4) 12:30pm 10 Warning Signs of Alzheimers w/ Jane Cero* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 29	COLD MEAL: BBQ Pulled Pork Wrap, Carolina Slaw, Apple Sauce, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:45pm Progressive Pinochle 1pm FREE NPHS Musical (offsite)* 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone 30	This Month We Celebrate: Wednesday, April 2nd - World Autism Day Sunday, April 13th - Passover (Judaism) Sunday, April 13th - Palm Sunday (Christianity) Friday, April 18th - Good Friday (Christianity) Sunday, April 20th - Easter (Christianity) Tuesday, April 22nd - Earth Day 	

All Korean Programming is taught in Korean

Orange with * Indicates special programming with additional information available on **pgs. 9-12**

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

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



• **MONDAYS IN APRIL, from 10 am to 2 pm: Gwynedd Mercy University 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 28. **Please note that the students will not be at PEAK April 21st due to the Easter Holiday.**



• **TUESDAY, APRIL 1 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group making Easter Baskets and filling them with goodies. We'll raffle them off and/or donate them locally. **There is a \$4 fee to cover supplies. Please sign up with Sabrina in the office.**



• **WEDNESDAY, APRIL 2, from 8 am to 12 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. Contact your insurance company to determine your eligibility & bring your driver's license to class. The fee 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 Tues, April 1st.**



• **WEDNESDAY, APRIL 2 @ 10 am: Stretch & Tone w/ Jane Evans** will take the place of **Fit for the Future.**



• **WEDNESDAY, APRIL 2, 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.**



• **WEDNESDAY, APRIL 2 @ 10 am: World Autism Awareness Day: Bunny Craft with Variety Club** | Come join us for a cute little bunny craft and a casual presentation to raise awareness about autism.



• **MONDAY, APRIL 7 @ 10 am: Stretch & Tone w/ Jane Evans** will take the place of **Fit for the Future.**



• **TUESDAY, APRIL 8 @ 10 am: Story Time with Josephine** | Josephine will be reading "The Moment of Decision" by Stanley Ellin and "The Homesick Buick" by John D MacDonald. You can join at PEAK or via Zoom. Email Liz at ebeil@ghpnss.org if you would like the Zoom link.



• **TUESDAY, APRIL 8 @ 12:30 pm: Supportive Living 101 w/ Living Branches** | Free-standing care homes which provide only one level of care can be a viable living option for people who cannot maintain or safely manage a house or their own activities of daily living. Nicole Boucher and Karen Walser, Sales Counselors from Living Branches, will describe inclusions and address common myths and concerns for free-standing communal living homes offering specialized care. They will clarify the licensure differences between personal care, assisted living, and healthcare communities.



• **WEDNESDAY, APRIL 9 @ 10 am: Stretch & Tone w/ Jane Evans** will take the place of **Fit for the Future.**



• **WEDNESDAY, APRIL 9 @ 12:30 pm: Peter Wentz Farmstead: The PA German Past** | We all know that German immigration and heritage has had a great impact on Pennsylvania's history. Come find out why Germans immigrated to PA and discover some of the characteristics that defined Pennsylvania German culture: religion, architecture, food, furniture, & more. **Please sign up with Sabrina in the office by Mon, April 7th.**



• **THURSDAY, APRIL 10 @ 12:30 pm: Food for Thought** | Spring is a time for new beginnings. Alexis will facilitate an open discussion around new beginnings in your life. Come ready to share about a time when you moved someplace new, began a new career, made an important new friend, or started a new chapter?



• **THURSDAY, APRIL 10, from 3 to 6 pm: Vaccine Clinic with ACLAMO/GIANT** | The following vaccines will be available: MMR, Tdap & COVID-19. Please bring your Medicare, medical, and pharmacy insurance cards. **Please RSVP by Thurs, April 3rd, so we can provide an approximate number to the Pharmacists.**



• **FRIDAY, APRIL 11 @ 9 am: Breakfast Club @ Five Star Diner** | See page 11 for details.



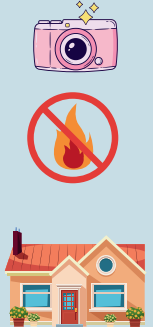
• **MONDAY, APRIL 14 @ 11:30 am: Movie Matinee & Lunch** | Join us for a movie and the congregate meal (we'll pack it up and bring it to you at the movie!) OR bring your own lunch to eat while watching the movie. **If you'd like the congregate meal during the movie, please sign up with Sabrina by Fri, April 11th.**

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, APRIL 14 @ 4:30 pm: Dinner Outing at P.J. Whelihan's Pub and Restaurant** | See page 11.
- **TUESDAY, APRIL 15, from 10 to 10:30 am: Free Blood Pressure Checks from Jefferson Health** | Take advantage of this free service from Jefferson Health to monitor this key health indicator and then stay for the educational presentation afterwards.
- **TUESDAY, APRIL 15, from 10:30 to 11:15 am: Help Yourself to Healthy Living: "What's that Therapy?"** | Learn about your therapy options that may enhance your quality of life! (Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy, Psychotherapy, Aromatherapy, Pet Therapy, etc.)



- **MONDAY, APRIL 21, from 8:30 am to 12 pm: Photo Shoot Day** | See page 12 for details.
- **TUESDAY, APRIL 22 @ 12:30 pm: Fire Safety for Seniors** | This presentation from MontCo Office of Aging Services reviews fire safety information for seniors. The goal is to help seniors prevent fires and learn how to prepare for fire emergencies. **Please sign up with Sabrina in the office by Mon, April 21st.**
- **WEDNESDAY, APRIL 23 @ 12:30 pm: Weatherization Program** | Mark Finley, Outreach Coordinator for the Weatherization Program at the Community Action Agency of Delaware County (CAADC). This presentation will explain the FREE weatherization program that is now being offered to residents of Montgomery County. This is a program that can reduce energy costs by 20-30%. After the demonstration, we'll play a fun music quizzo, and the winners will receive prizes. **Please sign up with Sabrina in the office by Mon, April 21st.**



- **THURSDAY, APRIL 24 @ 12 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all April birthdays with birthday cake and an interactive health presentation by Estelle Walker. April Birthdays, please let us know it's your birthday month when you sign up for lunch!
- **FRIDAY, APRIL 25 @ 11:30 am: Special Pizza Lunch (\$8)** | Nothing like Pizza on a Friday to kick off the weekend! We'll feast together on pizza, salad, chips, and a cookie to get us all in the TGIF spirit. **Please sign up with Sabrina in the office by Fri, April 18th.**



- **MONDAY, APRIL 28 @ 12 pm: Book Club** | This month we will discuss "The Forgotten Garden" by Kate Morton. For more information please contact Betty Helpa (betty.helpa@gmail.com).
- **MONDAY, APRIL 28 @ 12:30 pm: Entertainment from the Brittany Pointe Panhandlers** | Let's transport ourselves someplace warm and relaxing with the sweet sounds of steel drums, almost like what you would hear on a tropical island, with a performance from the Brittany Pointe Panhandlers.
- **TUESDAY, APRIL 29 @ 12:30 pm: 10 Warning Signs of Alzheimer's** | 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 Sabrina in the office by Fri, April 25th.**
- **WEDNESDAY, APRIL 30 @ 1 pm: NPHS Musical Matinee (offsite)** | See page 11 for details.



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!



Our days are brighter because of you!





COMMUNITY OUTINGS

Please sign up for all programs at the Greeter's Desk at Encore or PEAK
You may also sign up for programs & schedule appointments by calling 215-256-6900 or 215-362-7432



Join us this month as we get out and about into the community to enjoy meals and activities together. As with all of our events, participants and members from either location are encouraged to attend, helping us to make new connections and bridge the gap between our two centers.



• **FRIDAY, APRIL 11 @ 9 am: Breakfast Club** | This month we will visit Five Star Diner at 42 E Lincoln Ave, Hatfield. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Fri, April 4th so we can call ahead and arrange seating together.**



• **MONDAY, APRIL 14 @ 4:30 pm: Dinner Outing at P.J. Whelihan's Pub and Restaurant** | Join us at 190 Forty Foot Road, Hatfield, PA 19440. Each person will pay their own bill & supply their own transportation. **Please RSVP at either center by Fri, April 11th so we can call ahead and arrange seating together.**



• **WEDNESDAY, APRIL 30 @ 1 pm: NPHS Musical Matinee (offsite)** | Join your friends from both Centers for a visit to North Penn High School (1340 S Valley Forge Rd, Lansdale) for the Senior Matinee of the NPHS Musical Production of *Children of Eden*. **Admission is free** for this open seating preview show for Seniors ages 60+. Participants will provide their own transportation, but let's have our group meet with Alexis right inside the main entrance door at 12:40 pm so that we can all sit together. **Please RSVP at either center by Mon, April 28 so we know who to expect.**

Save the Date

More info @ www.ghnpss.org/news

2025 THE **PILLAR** of the Community
& 50th Anniversary Celebration

Presented by Greater Harleysville & North Penn Senior Services
Wednesday, June 11, 2025 • The Pavillion at Mainland • 5:30-8:30pm



Honoring Bob Schoen

Peak Senior Spotlight: Won Ae Lee

Won Ae Lee is a female Bongsul instructor who studies and practices how to help our Seniors live healthier lives. When she comes to the Peak Center, her bright smile gives us all positive energy. Sadly, her husband passed away due to illness while she was in her 40s, and she has been living alone for over 30 years. Despite the many difficulties she has faced, she has not only overcome them but shines brightly through it all. She is a wonderful woman. When asked what she likes most about spending time at The PEAK Center, she says that every time she comes here, she feels like a teenager again and experiences happiness. We are so lucky to have Won Ae as a part of our community!



Encore Senior Spotlight: Ellen Ouzts

Ellen is a long-time member who is full of fun and sass. She is so appreciative of everyone and everything around her! She has a witty personality, and she enjoyed being a Greeter years ago, learning everyone's name and welcoming them to Encore. Ellen loves the quirky side of people and she is good at bringing that out. She loves seeing people light up, knowing that someone else is happy to see them. She is always up for a party and makes sure to get here on our Special Lunch days so she can enjoy Trish's fabulous meals, plus be in the middle of the excitement. When Ellen still drove, she would get here first thing in the morning. Now she has to rely on TransNet, and she is thankful for this service. We love when you come in to hang out with us, Ellen, and that you enjoy all our quirkiness around you!





PHOTO
SHOOT DAY
MON 4-21-25

SAY
CHEESE!



We need your help! A professional photographer will be spending the day with us on **MONDAY, APRIL 21st** to take photos for use in a variety of new marketing materials. We want to capture all of the magic that happens at our Centers, and that means rooms full of our amazing participants doing what you do every day. Even if you don't want your face in the photos, there is still a need for closely cropped action shots of all kinds (playing cards and games, participating in exercise classes, doing crafts and projects, enjoying lunch and time with friends, etc). **Programming will take place on a slightly modified schedule, PLUS extra opportunities for staged photography of all kinds. See below for our schedule for the day at each Center.** Please plan to join us on this day to be an important part of helping us showcase our Senior Centers in the best possible light, creating beautiful marketing materials to use for years to come.

Our photographer will be at PEAK in Lansdale from 8:30 am - 12 pm

8:30 - 9:30 am Opportunities for staged and candid photos all around the Center

(If you regularly volunteer, attend a class, or an activity club at PEAK, please consider coming in early this day so that we can capture some staged photos of a variety of activities)

9:15 - 9:45 am Special FREE Yoga Class with Nadine

10 - 11 am Whist and Other Games

10 - 11 am Fit for the Future Exercise Class

10:15 - 10:45 am Special FREE Chair Yoga Class with Nadine

10:45 - 11:30 am Korean Programming Demonstrations

11:30 am Lunch Service

Our photographer will be at Encore in Harleysville from 12:30 - 4 pm

12 - 1 pm Lunch and Birthday Celebration

1 - 3 pm Opportunities for staged and candid photos all around the Center

(If you regularly volunteer, attend a class, or an activity club at Encore, please consider sticking around this afternoon so that we can capture some staged photos of a variety of activities)

1:30 pm Bingo

1 - 2:45 pm Art Club *Special Time*

3 pm Special FREE "Dance with Lysandra" Class

Questions? Reach out to Alexis at adrolet@ghnpss.org or 215-362-7432 ext 202.

