

GHPSS STAFF

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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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215-362-7432, press 2 then 1
M-F: 8:00 AM to 4:00 PM
www.ghpss.org

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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.

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https://bit.ly/GHPSSyoutube

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Happy March!

What a winter it has been! We have seen some of the coldest days in our region in a long time and battled a few icy, snowy rounds of weather. But the good news is that Spring is starting to pop up all around us! These early days of Spring bring a spark of vitality that can be seen in tulips poking through the thawing ground, in the birds returning from their southern vacation to build their nests in the newly budding trees, and in the longer stretches of sunny days that put a “spring” back in our step! This month we have a ton of exciting programming to celebrate the energy of Springtime. Please check out our calendars and make a plan to visit us!

Last month, I mentioned that I would be highlighting various aspects of GHPSS in celebration of our 50 year anniversary. This month, I would like to talk about our Board of Directors.

Nonprofit organizations are required to have a Board that is the governing body responsible for overseeing the organization's operations, setting its strategic direction, ensuring compliance with legal and ethical standards, and making high-level decisions to achieve its mission.

Our current Board of Directors includes the following dedicated individuals:

- | | |
|---------------------------------------|----------------------|
| Lisa Jones, President | John Cabrey |
| Ellen Hill, Vice President /Secretary | Shamsul Huda |
| Fred Miller, Treasurer | Shelby Leight |
| Kate Moore, Immediate Past President | Wanda Lewis-Campbell |
| Barb Weiss, Encore Member Rep. | Robert Schoen |
| Suzanne Ziajka, PEAK Member Rep. | Sheri Strouse |
| | Susan Thompson |

We truly couldn't do the important work necessary each day at Encore and PEAK without the guidance and championship of these volunteers. From key fundraising support and promoting GHPSS in our community, to carefully monitoring our fiscal health and guiding our strategic growth, our Board of Directors is integral in our daily operations and long-term planning. Just as we recognize the changing seasons in nature and in our lives, GHPSS has and will go through seasons of change. I am grateful to the Board, to our staff, to our volunteers, to our donors, and to YOU for keeping the “spring” in the step of GHPSS.

With gratitude, *Elizabeth Beil*



variety- the children's charity
Celebrating 90 Years Serving
Individuals with Disabilities

1935-2025

As many of you know, both of our Centers are fortunate to receive regular visits from volunteers with *variety-the children's charity*. *Variety's* mission is to enrich the lives of children and young adults with disabilities, empowering them to navigate the world around them. Each week they help us to set up our cafes for lunch service and help with some basic cleaning around our facilities.

We would like to give back to our special friends at *variety* by organizing a collection of items they need to run their summer programs. They are most in need of coloring books, word search books, crayons, bubbles, chalk, sensory toys, sunglasses, hats, visors, and portable outdoor activities. We will be collecting at both Centers through the end of March.

GHNPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

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

Encore: *Thursday, March 20th at 12:30 pm.*

PEAK: *Wednesday, March 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, March 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, March 14th, from 11 am - 12 pm.

PEAK: PA State Representative Steve Malagari's Office:

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

PA State Senator Maria Collett's Office:

Wednesday, March 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, March 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/4c0HmjQ. Several area school districts now offer a tax rebate to their residents who have first qualified for the latest PA Property Tax/Rent Rebate for 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 Wednesdays.**

PEAK: Call to request an appointment.

Tech Tutoring

Need help with a computer, smartphone, or tablet?

Encore: Tech Tutoring will likely resume later this Spring.

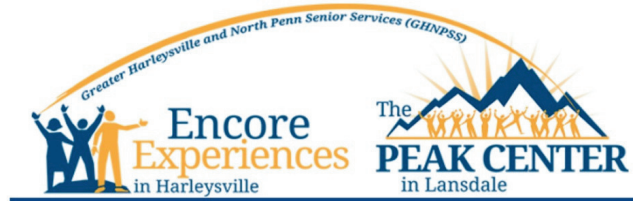
PEAK: Call 215-362-7432 to make an appt for **March 14th, 21st, and 28th, between 10 am - 12 pm.**

Tax Preparation Service

GHNPSS will host this free service by AARP/IRS trained volunteers through April 2025. Pending availability, **appointments can be scheduled by anyone whose household qualifies** with low-to-moderate income under about \$65,000/year. Appts 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.



After years of volunteering and building meaningful connections at GHNPSS, I am humbled to have been asked to join the Board of Directors! I am proud to be a part of this outstanding organization and consider it a privilege to serve!

As a Seniors Real Estate Specialist, I am passionate about supporting seniors.

I hope to see you around the center!



Shelby Leight, Associate Broker
Keller Williams Realty Group
Direct: 215.892.2178 | Office: 267.733.0777
www.ShelbySellsHomesPA.com



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* 10:30am-12pm Cash for Gold* 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>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 Zumba (\$4)</p> <p>Chicken Marsala, Brown Rice, Green Beans, Whole Grain Roll & Butter, Mandarin Oranges, Milk</p> <p>9am Breakfast Club @ Valentino's Bistro* 9-10:20am Haircuts (\$10)* 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;">17</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** 1pm Rummikub 1pm Babe Ruth Presentation*</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** 1pm Rummikub 1pm Decoupage Shamrocks w/ Cindy</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** 10:30am Cabbage & Noodles Cooking Class w/ Teri Wassel* 1pm Rummikub 1pm Hip Pain w/ Total Performance PT*</p> <p style="text-align: right;">19</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* 11am Help Yourself to Healthy Living: March forward w/ Your Nutrition * 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4) 2pm Off-site Movie Matinee @ Arbour Sq*</p> <p>Special Lunch \$10 Lemon Dill Salmon, Roasted Potatoes, Herbed Vegetable Medley, Irish Scone, Dessert</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 12-1:30pm Special St Paddy's Day Lunch w/ Celebration Djs (\$10)* 12:30pm Bridge/Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Advisory Council ** 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">20</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- National Cereal Day* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">7</p>	<p>Crab Cake, Sweet Potato Fries, Mixed Vegetable, Fruit, Milk</p> <p>10am Wii Sports or Jeopardy 10am Prevent T2 Program (pre-registered participants) 11am State Rep. Scheuren Office Hour** 1pm The Happy? Ya! Ya! Crew- National Pi Day* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">14</p>
<p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks</p>	<p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks</p>	<p>Baked Haddock, Long Grain Rice Pilaf, Winter Vegetable Blend, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 12:30pm Spring Equinox Karaoke Hour* 1pm The Happy? Ya! Ya! Crew- National Countdown Day #321* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">21</p>			

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk 9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks 24	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 Zumba (\$4) 25	Roasted Vegetable Pizza, Soup Du Jour, Mandarin Oranges 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 1pm Rummikub 1pm Women's History Month Trivia* 4pm Dinner Outing @ Franconia Heritage* 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 (Brain Games @ 10:30am)* 12:30pm Bridge or Skip-Bo 1pm PA Health & Wellness Bday Celebration & Program* 1:30pm Tone & Balance (\$4) 27	Salmon Crouquette, Tartar Sauce, Rice Pilaf, Carrots & Peas, Peaches, Milk 9:30am Veteran's Coffee Catch-up* 10am Wii Sports or Jeopardy 1pm The Happy? Ya! Ya! Crew- National Something on a Stick Day* 1:30pm Stretch & Tone (\$4) 28

This Month We Celebrate:



Mardi Gras
Women's History Month
Tuesday, March 4: Mardi Gras
Wednesday, March 5: Ash Wednesday (Christianity)
Thursday, March 13 - Friday, March 14: Holi (Hinduism)
Thursday, March 13 - Friday, March 14: Purim (Judaism)
Monday, March 17: St. Patrick's Day
Thursday, March 20: Spring Equinox
Saturday, March 29 - Sunday, March 30: Eid al-Fitr (Islam)



Happy Purim



Eid al-Fitr MUBARAK

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**



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Encore Experiences
in Harleysville Part of GHNPS

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



• **EVERY THURSDAY in MARCH, 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 Encore on Thursdays through May 1. **Please note that the students will not be at Encore on March 13 due to Spring Break.**



• **MONDAY, MARCH 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.



• **MONDAY, MARCH 3, 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 our secure environment.



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



• **TUESDAY, MARCH 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, just come join us!



• **WEDNESDAY, MARCH 5 @ 1 pm: I'll Knock a Homer for You: The Timeless Story of Johnny Sylvester and Babe Ruth** | During the 1926 World Series, Babe Ruth promised an ailing boy from New Jersey named Johnny Sylvester that he'd knock a homer for him. In Game 4, that promise became a legend. Come join Andrew Lilley, Producer, Director, Editor, and Johnny Sylvester's great-nephew, as he tells this story and answers questions about the movie from a unique perspective because it is part of his family history.



• **THURSDAY, MARCH 6 @ 11 am: Help Yourself to Healthy Living: "March Forward with Your Nutrition"** | Understand ways to consume a healthy diet while sticking to your budget and enjoying the foods you love! **Don't forget to get your free blood pressure check between 9:30 and 10:45 am.**



• **THURSDAY, MARCH 6 @ 2 pm: Off-site Movie Matinee** | Come join us in Arbour Square's beautiful theatre room to sit in comfort and enjoy a picture. Look for information to be posted in our lobby with the details. Snacks are included! **Please sign up with Gina in the office by Fri, 2/28.**



• **FRIDAY, MARCH 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, MARCH 7 @ 1 pm: Happy? Ya! Ya! Crew: National Cereal Day** | Bring your favorite cereal and/or a cereal containing recipe to share. Be ready to play the Encore version of Snap, Crackle, Pop!



• **WEDNESDAY, MARCH 12 @ 1 pm: Arts & Crafts: Decoupage Shamrocks with Cinderella** | Join us as we do an Irish themed craft with our volunteer Cindy leading the way. All supplies are included, and this is a FREE activity. **Please sign up with Gina in the office by Mon, 3/10.**



• **THURSDAY, MARCH 13, from 12 to 1:30 pm: Special St. Paddy's Day Lunch** | Chef Trish will prepare Lemon Dill Salmon with roasted potatoes, herbed vegetable medley, and Irish Scone. There will be a special dessert, raffle baskets, and entertainment by Celebrations DJ's. Come join the party and wear your Irish themed outfits. **Please sign up with Gina in the office by Fri, 3/7; Cost \$10.**



• **FRIDAY, MARCH 14 @ 1 pm: Happy? Ya! Ya! Crew: National Pi Day** | 3.14 is the ratio between a circle's circumference and diameter. Bring in a pie or some other round dish and we will celebrate 3.14 with a pie-eating contest and other 3.14 activities!



• **TUESDAY, MARCH 18 @ 9 am: Breakfast Club** | This month we will visit Valentino's Bistro. Join us at 518 N. Broad St. in Lansdale. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, 3/10 so we can arrange seating together.**



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



• **WEDNESDAY, MARCH 19 @ 10:30 am: Cooking Class with Teri Wassel MS, RD** | What better way to celebrate the luck of the Irish than a dish of cabbage and noodles? Learn how to make this comforting and easy to prepare Irish meal. **Space is limited, please sign up with Gina in the office by Mon, 3/17.**



• **WEDNESDAY, MARCH 19 @ 1 pm: Hip Pain w/ Eric Finkelstein from Total Performance PT** | Everything you need to know about the hip: arthritis, joint replacements, physical therapy, and recovery from injury/surgery. We will discuss the anatomy of the hip, common injuries, and physical therapy for the hip. We will also dive into hip replacement surgery: when to ask your doctor, what the process looks like, and what to expect with recovery. **Please sign up with Gina in the office by Mon, 3/17.**



• **THURSDAY, MARCH 20, from 10:30 to 11 am: Brain Games w/ GMUSLP Students.**

• **FRIDAY, MARCH 21 @ 12:30 pm: Spring Equinox Karaoke** | Come celebrate new life, new beginnings, and a return to balance! This is a time when day and night stand equal, and in mythology this rare balance is seen as a powerful time for magic and nature. What better time to belt out some sunshine songs!

**COUNT
DOWN**

• **FRIDAY, MARCH 21 @ 1 pm: Happy? Ya! Ya! Crew: National Countdown Day #321** | We'll start with a celebration in song that Spring has sprung! Then we'll create a countdown for our next big HYY event. Bring a list of 2 countdown events in your life that were significant. Then, a game or two as well! 3-2-1 go!



• **WEDNESDAY, MARCH 26 @ 1 pm: Women's History Month Trivia** | Join us for some intriguing questions that highlight the women who made well-known contributions to our society. There will be prizes!



• **WEDNESDAY, MARCH 26 @ 4 pm: Dinner Outing @ Franconia Heritage Restaurant** | Our dinner outings are back! Join us at 508 Harleysville Pike, Telford, PA. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Fri, 3/21 so we can sit together.**



• **THURSDAY, MARCH 27, from 10:30 to 11 am: Brain Games w/ GMUSLP Students.**

• **THURSDAY, MARCH 27 @ 1 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all March birthdays after lunch with birthday cake and a "Spring Into Healthy Eating" presentation by Estelle Walker on Nutrition & Portion Control. **Please sign up with Gina in the office by Fri, 3/21.**



• **FRIDAY, MARCH 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, MARCH 28 @ 1 pm: Happy? Ya! Ya! Crew: National Something on a Stick Day** | Bring in your favorite treats on a stick to share!

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

Encore Member of the Month: Cynthia Robertson

Cynthia moved into the area just over a year ago and was apprehensive about establishing a new routine and meeting new people, especially when she cannot see. Her daughter brought her in for a tour of Encore and she felt how welcoming our Seniors in our lobby were to her. She prayed about it and felt this place could be her second home. Cynthia immediately became part of that welcoming bunch. She is always doing what she can to help others and giving a cheery shout out to new people who walk in to pull up a chair! She loves that Encore has a non-judgmental atmosphere and that we accept people for who they are. Cynthia commented on how nice it is to be able to talk to people and open up a bit, and that we have a lot of great listeners here. We would include Cynthia in that category too! We at Encore thank you for your sincere heart and acceptance of everyone, and for being a great listener too. We are so happy you found us right when you needed us!





March 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* 2pm Korean Bong Sul</p> <p style="text-align: right;">3</p>	<p>BBO 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 style="text-align: right;">4</p>	<p>SPECIAL LUNCH (\$10): Shrimp Po' Boy, Garden Salad, Potato Chips, Beignet, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling ** 10am-1pm Shiatsu Appts* 11:30am-1:30pm Special Lunch (& Music by John Conklin (\$10)) 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>Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm UPMC Nutrition Program* 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>French Toast Sticks, Scrambled Eggs with Cheese, Peaches with Granola, 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>Chicken Burger with Roasted Peppers & Provolone, Wild & Brown Rice Pilaf, Steamed Broccoli, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 11:30am Movie Matinee & Lunch* 2pm Korean Bong Sul</p> <p style="text-align: right;">10</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 style="text-align: right;">11</p>	<p>Beef Stew, Roasted Potatoes, Peach Crumble, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:30pm Women's History Month Trivia Bingo* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone</p> <p style="text-align: right;">12</p>	<p>COLD MEAL: Chicken Caesar Salad Hoagie, California Vinaigrette, Tapioca Pudding, Milk</p> <p>9am Yoga (\$4) 10am PT Solutions - Knee & Hip Replacement Info* 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;">13</p>	<p>Korean Beef Bulgogi, White Rice, Spinach, Mixed Vegetables, 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>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* 12pm Bday Celebration & Program w/ PA Wellness* 12:30pm Cornhole & Mini Golf Pool games 2pm Korean Bong Sul</p> <p style="text-align: right;">17</p>	<p>COLD MEAL: Roasted Vegetable Grinder, Green Beans w/ Vinaigrette, Mandarin Oranges, Milk</p> <p>9am Breakfast Club @ Valentino's Bistro* 10am Tai Chi (\$4) 12-12:45pm Free Blood Pressure Checks* 12:45pm Jefferson Health & Wellness Education Program* 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>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>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 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>Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk</p> <p>9am-3pm Property Tax & Rent Rebate Appts* 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>



March 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
Roasted Chicken w/ Sweet Potatoes, Green Beans, Blueberry Buckle, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 10am-2pm GMU SLP Students on Site* 12:30pm Food for Thought* 2pm Korean Bong Sul 24	Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk 10am Tai Chi (\$4) 12pm Legal Consultations** 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 25	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** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone 4pm Dinner Outing @ Franconia Heritage* 26	COLD MEAL: Ham & Swiss Sandwich, Macaroni Salad, Fruit Salad, Milk 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 27	Roasted Tilapia, Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk 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 28

This Month We Celebrate:

Happy Purim

Eid al-Fitr MUBARAK

Women's History Month
Tuesday, March 4: Mardi Gras

Ash Wednesday

Wednesday, March 5: Ash Wednesday (Christianity)
Thursday, March 13 - Friday, March 14: Holi (Hinduism)
Thursday, March 13 - Friday, March 14: Purim (Judaism)
Monday, March 17: St. Patrick's Day
Thursday, March 20: Spring Equinox
Saturday, March 29 - Sunday, March 30: Eid al-Fitr (Islam)

SPRING

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**

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

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



• **EVERY MONDAY in MARCH, 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 on March 10 due to Spring Break.**



• **EVERY FRIDAY in MARCH @ 10 am: Montgomery County Arthritis Foundation Exercise Program** | This class is open to pre-registered attendees only.



• **MONDAY, MARCH 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, MARCH 4 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating decorative banners, utilizing letters and ribbons to spell out your name or words like "SPRING!" **There will be a \$4 fee to cover supplies. Please RSVP in person or by calling 215-362-7432.**



• **WEDNESDAY, MARCH 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.**



• **WEDNESDAY, MARCH 5, from 11:30 am to 1:30 pm: Special Lunch & Blue Eyed Soul by John Conklin (\$10)** | Enjoy a delicious meal followed by the musical stylings of John Conklin. His Blue Eyed Soul set features the music of The Sylistics, The Temptations, The Delfonics, Smokey Robinson, Little Anthony, Stevie Wonder, and more. **Please RSVP in person or by calling 215-362-7432 by Wed, 2/26.**



• **THURSDAY, MARCH 6 @ 12:30 pm: UPMC Nutritional Program** | Learn tips to keep your nutrition on track with this interactive workshop from the team at UPMC Community Health Choices.



• **MONDAY, MARCH 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 Fri, 3/7.**



• **TUESDAY, MARCH 11 @ 10 am: Story Time with Josephine** | Josephine will be reading "The Nine Mile Walk" by Harry Kemelman and "The Gettysburg Bugle" by Ellery Queen. You can join at PEAK or via Zoom. Email Liz at ebel@ghnps.org if you would like the Zoom link.



• **WEDNESDAY, MARCH 12 @ 12:30 pm: Women's History Month Trivia Bingo** | Celebrate Women's History Month with a fun Trivia Bingo hybrid activity. Do you know in what year women first received the right to vote? Or who was the first woman to swim across the English Channel? You'll have the opportunity to test your knowledge and perhaps learn something new while enjoying Bingo for prizes!



• **THURSDAY, MARCH 13 @ 10 am: PT Solutions - Knee & Hip Replacement Info Session** | Come learn from Dr. Kelly Fitzpatrick of PT Solutions about how to know if you may be ready for a knee or hip replacement and what to expect from surgery through physical rehabilitation.



• **MONDAY, MARCH 17 @ 12 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all March birthdays after lunch with birthday cake and a "Spring Into Healthy Eating" presentation by Estelle Walker on Nutrition & Portion Control. **March Birthdays, please let us know it's your birthday month when you sign up for lunch!**



• **TUESDAY, MARCH 18 @ 9 am: Breakfast Club** | This month we will visit Valentino's Bistro. Join us at 518 N. Broad St. in Lansdale. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, 3/10 so we can arrange seating together.**

SPECIAL PROGRAMS

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



• **TUESDAY, MARCH 18, from 12 to 12:45 pm: Free Blood Pressure Checks** | Free Blood Pressure Checks will be available through Jefferson Health prior to the start of the Health and Wellness program. **Please RSVP in person or by calling 215-362-7432 by Tues, 3/11.**



• **TUESDAY, MARCH 18 @ 12:45 pm: Health & Wellness Education Program** | Join the Jefferson Health Community Outreach and Engagement team for an educational workshop on positive aging through healthy lifestyle and disease prevention.



• **FRIDAY, MARCH 21, from 9 am to 3 pm: Property Tax and Rent Rebate Appointments** | Need assistance applying for the PA Property Tax and Rent Rebate and/or your local school district's rebate? We are here to help! 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. Several area school districts, including North Penn, now offer a tax rebate to their residents who have first qualified for the latest PA Property Tax/Rent Rebate for 2024. **Call Tara at 215-362-7432 ext. 203 or stop by PEAK to schedule your 20 minute appointment.**



• **MONDAY, MARCH 24 @ 12:30 pm: Food for Thought** | Alexis will facilitate an open discussion around Joy. What are some of your favorite things- big or small that make you smile? How can we spread joy in the world? Let's get to know one another and share about ourselves, feel free to bring in pictures or tokens.



• **WEDNESDAY, MARCH 26 @ 4 pm: Dinner Outing @ Franconia Heritage Restaurant** | Our dinner outings are back! Join us at 508 Harleysville Pike, Telford, PA. Each person will pay their own bill and supply their own transportation. Please RSVP at either Center by Mon, 3/10 so we can sit together.



• **MONDAY, MARCH 31 @ 12 pm: Book Club** | This month we will discuss "The Secret Book of Flora Lea" by Patti Callahan Henry. For more information contact Betty Helpa (betty.helpa@gmail.com).



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: Swantje Edwards

We are pleased to honor Swantje as our March Member of the Month. Swantje is a ray of light at the PEAK Center, with a caring and calming energy that can be felt by everyone in her presence. She brings a unique perspective to the PEAK Center, having lived and worked in a life of service all over the world. From Germany, to Africa, to China, and back, Swantje has dedicated much of her life to helping people and wanting to make a difference, one small action at a time. The experiences that she has had throughout her life have taught her to value cultural diversity and embrace the need to break barriers and build trust across cultures. Our Center's diverse membership, and the opportunities that we offer to engage across cultures, are what she loves the most about The PEAK Center. Swantje has immersed herself into some of the Korean Programming here, helping out with the Korean ESL Classes, and creating a welcoming space in our building to strengthen those important cross-cultural bridges. Thanks for being you, Swantje! We are so lucky to have you here!

