

GHN PSS STAFF

Organizational Support

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Executive Director, Ext. 201

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

Mary Ellen McCabe

Site Manager, Ext. 105

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 Assistant, Ext. 205

Carol Costlow

Social Services Coordinator, Ext. 203

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.

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facebook.com/ghnps



instagram.com/encoreandpeak



https://bit.ly/GHN PSSyoutube

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Happy November!

For me, like so many of you, November memories are tied to Thanksgiving. Gathering with family and friends to share favorite traditions; taking time to reflect on the season and what it means to “be thankful.” As I enter my third year with GHN PSS, I am grateful for my fellow staff, our volunteers, and each one of you who has left an impact on my life. Each day, I learn something new or meet someone who shares of themselves in a way that cements in my mind the importance of places like Encore Experiences and The PEAK Center. I am reminded that gratitude is a practice not just for Thanksgiving Day but for each day of the year. So today, I encourage you to take a moment to thank someone in your life. It may be someone close to you like a family member or a cherished friend. It may be the bus driver who lends you a hand or the person who simply welcomes you with a kind smile. Gratitude is the best attitude!

Another November tradition are elections! Yes, we’re nearing the end of a much discussed season in our political landscape with general elections on November 5th. In this important time in our country, I would like to share two points that are close to my heart.

First, your vote is important - your voice is important! I encourage you to learn about the candidates running at all levels of government. Find out the various ways you can cast your ballot. If you need information about resources, our team can connect you with Montgomery County Voter Services or other bipartisan resources.

Second, I implore you to lead with respect and kindness this election season and all year long. I understand that you may disagree with your neighbors. Isn’t that one of the wonderful things about living in the United States?! I am grateful that we live in a country that prioritizes freedom of speech and of thought. However, at Encore and PEAK, we will not tolerate disrespect, intolerance, or hateful speech or actions. Engage in discourse but always with respect.

So, let us all remember... gratitude is an attitude ... your voice matters ... we don’t need to share the same opinions/beliefs, but lead with respect and kindness.

Fondly, *Elizabeth Beil*

GHN PSS MEMBERS OF THE MONTH

ENCORE MEMBER OF THE MONTH

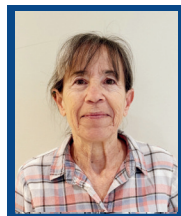
Laura Ragus

Laura is a bright spot of sunshine when she comes into Encore. She moved right into an open Greeter position when she first joined us last year, and has shared her Diamond Painting talents with us by running some Arts & Crafts sessions. She loves to sit and chat with everyone in our lobby and has a kind heart and compassionate ear for everyone around her. We are so happy you found us, Laura, and we truly appreciate all that you do for us!



Andrea Pehoda

PEAK MEMBER OF THE MONTH



Andrea is one of our newer members, joining last Spring after her recent retirement. She slid comfortably into a familiar role as one of our trusty cafe volunteers, which came as an ironic twist given that she was retiring after a full professional life in food service! Before joining the PEAK cafe, Andrea worked in the food service industry at several local schools, hospitals, and retirement communities. How lucky are we that she found us in her quest to give back after retirement? When she’s not volunteering, Andrea loves to read, travel, and enjoy the outdoors while keeping active with walks. She claims to like to slide under the radar, but her warm smile charms everyone in her path.

GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

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

Encore: *Thursday, November 14th at 12:30 pm.*

PEAK: *Wednesday, November 20th 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 **Nov. 4, 2024 to 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. Medicare's open enrollment is **Oct 15th- Dec 7th**, when you can consider changes to your coverage to begin Jan 1, 2025.

Encore: Call 215-256-6900 to schedule for *Thursday, Nov. 14th.*

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, November 8th, from 11 am - 12 pm.

PEAK: PA State Representative Steve Malagari's Office:

Tuesday, November 12th from 10 am -12:30 pm.

PA State Senator Maria Collett's Office:

Wednesday, November 20th 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.

Free Legal Consultation Appointments

Encore: Call 215-256-6900 to schedule.

PEAK: Call 215-362-7432 to schedule for *Tuesday, Nov 26th.*

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 (including North Penn, Wissahickon, Upper Dublin, Norristown, and Methacton) 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, get applications for both rebates, or to get help from the GHPSS Social Services Coordinator, call 215-362-7432 ext. 203.

Farmers' Market Vouchers

Farm stands now have delicious fruits and vegetables for sale. Don't forget to use your food vouchers before they expire **11/30**.

Social Services Appointments with Carol Costlow

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

Encore: Appts. are available **9 am - 2 pm, on Tuesday, November 12th & Thursday, November 21st.**

PEAK: Call to request an appointment.

Tech Tutoring

Need help with a computer, smartphone, or tablet?

Encore: Call 215-256-6900 to inquire about Nov. appt availability.

PEAK: Call 215-362-7432 to make an appt for **Nov 1st, 8th, 15th, or 22nd between 10 am-12 pm.**



Shelby Leight

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com



SRES
Seniors Real Estate Specialist



**As a recently certified probate specialist,
I can help give you a clear picture of all your
options so that you know you are making the
right decisions along the way.**

November 2024 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Baked Salmon with Citrus Sauce Long Grain Rice Broccoli Roll & Butter Milk 1
Ground Beef Taco Salad Corn Chips Pineapple Milk 4	 <p><i>Election Day Center Closed</i></p>	Tuna Salad on Rye Cheddar Cheese Lettuce & Tomato Vegetable Soup Peaches Milk 6	Meatloaf Mushroom Gravy Mashed Potatoes Green Beans Whole Grain Roll & Butter Mandarin Oranges Milk 7	Potatoes & Cheese Perogies with Carmelized Onions & Mushrooms Green Salad Cookie Milk 8
Sweet & Sour Pork Sliders Whole Grain Slider Buns Cole Slaw Fruit Cup Milk 11	Baked Haddock with Baked Macaroni & Cheese Vegetable Medley Apple Sauce Milk 12	Roast Beef French Dip Whole Grain Bun French Fries Green Salad Mandarin Oranges Milk 13	Chicken Tenders Potato Salad Vegetable Salad Cookie Milk 14	Shrimp Caesar Salad Roll & Butter Fresh Melon Salad Chocolate Pudding Milk 15
Pineapple Chicken Brown Rice Green Salad Fruit Cup Milk 18	Crab Cake on Whole Grain Bun Lettuce & Tomato Sweet Potato Fries Cole Slaw Milk 19	 <p><i>Special Thanksgiving Lunch with Mummies</i></p>	 <p><i>B-day Celebration</i></p>	Mandarin Grilled Chicken on Mixed Greens with Feta, Almonds, and Cranberries Chow Mein Noodles Chocolate Pudding Milk 22
Baked Salmon with Citrus Sauce Long Grain Rice Broccoli Roll & Butter Milk 25	Spaghetti with Meatballs Green Salad Italian Bread & Butter Apple Sauce Milk 26	Chicken Salad Stuffed Tomato over Lettuce Whole Grain Crackers Cookie Milk 27	 <p><i>Closed For Thanksgiving</i></p>	 <p><i>Closed For Thanksgiving</i></p>

MON

TUES

WED

THURS

FRI

November 2024



in Harleysville Part of GHPSS

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

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

4
9:15am Tai Chi (\$5)
10:30am Chair Yoga
hosted by Independence
Blue Cross*
10:30am-12:00pm Cash for
Gold!*
1:30pm Art Class (\$4)
1:45pm Bingo for Bucks

5
CENTER CLOSED
for ELECTION DAY
Visit The PEAK Center
Today!
VOTE

11
9:15am Tai Chi (\$5)
1:30pm Art Class (\$4)
1:45pm Bingo for Bucks

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

18
9:15am Tai Chi (\$5)
1:30pm Art Class (\$4)
1:45pm Bingo for Bucks

19
9-10:20am Haircuts*
9:15am Walking w/
Weights (\$4)
9:30am Group Trivia
10:30am Scrabble
11am-12pm St. John
Neumann Table*
12:30pm Pinochle
1pm Mahjong
1:30pm Zumba (\$4)

25
9:15am Tai Chi (\$5)
1:30pm Art Class (\$4)
1:45pm Bingo for Bucks

26
9:15am Walking w/
Weights (\$4)
9:30am Group Trivia
10:30am Scrabble
12:30pm Pinochle
1pm Mahjong
1:30pm Stretch and Tone
in Place of Zumba Today
(\$4)

6
8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for
Calmness
10-11:45am Balance and Fall
Prevention w/ Grandview*
1pm Rummikub
1pm Memory Lane: Autumn
& Thanksgiving Traditions*

13
8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for
Calmness
10:30am Diamond Art
Magnets w/ Laura (\$2)
1pm Rummikub
1:45pm Fall Dessert Making
with Trish*

20
8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for
Calmness
10am Alzheimer's Assoc w/
Jane Cero*
12pm Special Thanksgiving
Lunch w/ Mummies
1pm Indoor Shuffleboard
1pm Rummikub

27
8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for
Calmness
1pm Rummikub
1pm Movie Matinee*

7
9am Wood Carving
9:30am Stitch & Chat
9:30-10:45am Free Blood
Pressure Screenings
10am-2pm GMU SLP
Students on Site*
11am Help Yourself to
Healthy Living *
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance (\$4)

14
9am Wood Carving
9am Medicare Counseling
Appts**
9:30am Stitch & Chat
10am-2pm GMU SLP
Students on Site*
12:30pm Advisory
Council **
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance (\$4)

21
9am Wood Carving
9am-2pm Social Services
Appts w/ Carol**
9:30am Stitch & Chat
10am-2pm GMU SLP
Students on Site*
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Shuffleboard in
place of Tone & Balance
4:30pm Dinner Outing*



Closed for
Thanksgiving

28

8
9am Breakfast Club*
10am Wii Sports or Jeopardy
10am Prevent T2 Program
(pre-registered participants
only)
11am State Rep Scheuren
Office Hour**
1pm The Happy? Ya! Ya!
Crew*
1:30pm Stretch & Tone (\$4)

15
10am Wii Sports or Jeopardy
11am Prayer Care Group
1pm The Happy? Ya! Ya!
Crew*
1:30pm Stretch & Tone (\$4)

22
9:30am Veterans' Coffee
Catch Up*
10am Wii Sports or Jeopardy
1pm The Happy? Ya! Ya!
Crew & YMCA kids visit*
1:30pm Stretch & Tone (\$4)

29

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





• **EVERY THURSDAY in NOV, from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students on site** | Speech Language Pathologists work to prevent, assess, and treat disorders that impact speech, language, cognition, social communication, fluency, voice, and/or swallowing. From October through December, Master's level students from Gwynedd Mercy University will be at Encore every Thursday. There will be opportunities for group and 1:1 activities.



• **FRIDAY, NOV 1, from 10:00 am to 12:00 pm: Open Enrollment Presentation Sponsored by United Healthcare** | Charles Siniari, CSA, will provide an overview of Medicare Open Enrollment and the plans available to you. He aims to look at your needs, explore your choices, and help you decide on a plan with confidence. **Please sign up with Gina in the office by Wednesday, October 30th.**



• **FRIDAY, NOV 1 @ 12:30 pm: Table Toppers** | Want to help decorate our dining room tables? Come join our friends on the first Friday of every month to help put together those creative center pieces that have been gracing our tables. No experience necessary!



• **FRIDAY, NOV 1 @ 1:00 pm: Happy? Ya! Ya! Crew: Show and Tell** | This will be an intergenerational activity with Corpus Christi Outreach Students. Bring a photo and an item of loved one(s) you miss, to introduce to our group. We will sing, march, and create a web of yarns.



• **MONDAY, NOV 4 @ 10:30 am: Chair Yoga Class hosted by Independence Blue Cross** | Join us for a FREE Chair Yoga exercise class where you can workout to modified movements & positions based upon yoga.



• **MONDAY, NOV 4, from 10:30 am to 12 pm: Cash for Gold** | Leave your wallet at home but bring your old or broken gold, silver, or platinum jewelry, class rings, coins, sterling silver flatware, or even dental gold, and turn it into CASH in your pocket!

TUESDAY, NOV 5 - ENCORE IS CLOSED FOR ELECTION DAY

After you vote, please join us at The PEAK Center for lunch followed by an Ice Cream Social and Games with Encore and PEAK staff. RSVP to Gina by 10/25 so we can prepare!



• **WEDNESDAY, NOV 6, from 10:00 am 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 Friday, November 1st.**



• **WEDNESDAY, NOV 6 @ 1:00 pm: Memory Lane: Autumn and Thanksgiving Traditions** | Tell us about the family traditions you like to uphold at this beautiful time of year. This is a great opportunity to get to know each other a little better.



• **THURSDAY, NOV 7, from 11:00 am to 12:00 pm: Help Yourself to Healthy Living: "Ouch! What is acute and chronic pain?" by Jefferson Health** | Learn how to alleviate your pain. *Get your free blood pressure check beforehand from 9:30am to 10:45am.*



• **FRIDAY, NOV 8 @ 9:00 am: Breakfast Club** | This month we will visit West Main Diner (805 W Main St, Lansdale). Each person will pay their own bill and supply their own transportation. Please RSVP at either Center by 11/1 so we can arrange seating together.



• **FRIDAY, NOV 8 @ 1:00 pm: Happy? Ya! Ya! Crew: Abet and Aid Punssters Day!** | Today we celebrate all puns & Dad jokes. Bring at least 5 to share and a smile snare! Hopefully we will create a few Encore originals.



• **TUESDAY, NOV 12: Walking with Weights is canceled today.**



• **WEDNESDAY, NOV 13 @ 10:30 am: Diamond Art: Dog/Cat Magnets with Laura** | Try out this unique artistic method of decorating magnets, which is also therapeutic for your hand/finger dexterity. **The cost is \$2; please sign up with Gina in the office by Friday, November 8th.**



• **WEDNESDAY, NOV 13 @ 1:45 pm: Fall Dessert Making with Trish** | Yum! Come learn how to make Carmel Apple Pizza and sample the deliciousness of your labor!



• **FRIDAY, NOV 15 @ 1:00 pm: Happy? Ya! Ya! Crew: America Recycles Day!** | We will be watching a video to get the latest updates on recycling.



• **TUESDAY, NOV 19, from 9:00 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



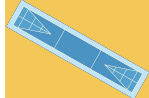
• **TUESDAY, NOV 19, from 11:00 am to 12:00 pm: Ducks in a Row: St. John Neumann Cemetery Informational Table** | Come with questions and leave with answers! No reservations necessary.



• **WEDNESDAY NOV 20th at 10:00 am: Understanding Alzheimer's and Dementia** | Please join Jane Cero, Alzheimer's Association Volunteer Community-Educator, to learn basic information on the difference between Alzheimer's and Dementia. We will also review the stages, risk factors, research, and FDA-approved treatments for Alzheimer's.



• **WEDNESDAY NOV 20, from 12:00 pm to 1:30 pm: Special Thanksgiving Lunch** | Join us for Roast Turkey Breast, Mashed Potatoes & Gravy, Peas & Carrots, Roll & Butter and Pumpkin Pie for dessert. There will be classic entertainment by a small group of Mummers to get us into the holiday groove! **Please RSVP to Gina in the office by Friday, November 15th; Cost \$10.**



• **THURSDAY, NOV 21 @ 1:30 pm: Indoor Shuffleboard** | We know a lot of you play on the outdoor shuffleboard court, but we are thinking ahead to the bad weather. Come try out our new "makeshift" indoor court and see how close it is to the real thing.



• **THURSDAY, NOV 21 @ 4:30 pm: Dinner Outing** | Join us for some delicious food and fun company at JJ Asian (627 Main Street, Harleysville). Everyone provides their own transportation and pays their own bill. **Please RSVP to Gina or Sabrina by Thursday, November 14th.**



• **FRIDAY NOV 22 @ 9:30 am: Veterans' Coffee Catch-Up** | Come relax and enjoy some conversation and goodies! **PLEASE NOTE: this is a different Friday since we are closed on the last Friday of the month.**



• **FRIDAY, NOV 22 @ 1:00 pm: Happy? Ya! Ya! Crew: National Cranberry Relish Day!** Make your favorite cranberry relish and bring some in to share. We will also enjoy a musical performance of Autumn and Thanksgiving songs by the students of the YMCA Day Program. We will gather at Villa Vito afterwards.



• **TUESDAY, NOV 26 @ 1:30pm: Jane Evans' Stretch & Tone class will take the place of Zumba today.**

• **WEDNESDAY, NOV 27 @ 1:00 pm: Movie Matinee** | Join us for an afternoon movie. Concessions will be available at no charge. Contact Gina for additional information and to sign up.



THURSDAY, NOV 28 AND FRIDAY NOV 29: CLOSED FOR THE THANKSGIVING HOLIDAY

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

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



Scan me

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

- William Arthur Ward

November 2024 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Roasted Tilapia with Lemon over Rice Capri Vegetable Blend Stewed Tomatoes Milk 1
Optional: Lunch & Movie! COLD MEAL Garden Salad with Boiled Egg Cottage Cheese Macaroni Salad Milk 4	Gingered Mustard Pork Brussels Sprouts Sweet Potatoes Milk 5	Caribbean Flounder with Dirty Rice Steamed Carrots Brussels Sprouts Milk 6	Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce Milk 7	French Toast Sticks Scrambled Eggs with Cheese Peaches w/ Granola Milk 8
Chicken Burger with Roasted Peppers and Provolone Wild & Brown Rice Pilaf Steamed Broccoli Milk 11	Pasta with Meatballs Peas Poached Pear Milk 12	Korean BBQ Beef Fried Rice Roasted Peppers & Onions Milk 13	COLD MEAL Chicken Caesar Salad Hoagie California Vinaigrette Tapioca Pudding Milk 14	Sweet Italian Sausage Peppers & Onions Marinara Sauce Roasted Potatoes Steamed Peas Milk 15
Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Milk 18	COLD MEAL Roasted Vegetable Grinder Green Bean Vinaigrette Mandarin Oranges Milk 19	Paprika Chicken with Brown and Wild Rice Pilaf Poached Pear Peas and Carrots Milk 20	BIRTHDAY LUNCH Roasted Chicken Thighs with Sweet Potatoes Green Beans Blueberry Buckle Milk 21	Korean Roast Pork Fried Rice Capri Vegetables Milk 22
Special Thanksgiving Lunch Turkey with Gravy Stuffing Sweet Potatoes Green Beans Pie Milk	Cheese Stuffed Shells with Crushed Tomato Sauce Steamed Carrots Mixed Vegetables Milk 26	Swedish Meatballs over Egg Noodles Peas Applesauce Milk 27	Closed For Thanksgiving 	Closed For Thanksgiving 

MON

TUES

WED

THURS

FRI

November 2024



in Lansdale

Part of GHNPPSS

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

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

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

4
10am Tai Chi (\$4)
10am Crafts w/ Friends* (\$4)
12:30pm Ice Cream Social & Games w/ GHNPPSS Staff*
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
****Center Closing at 2pm for Staff In-Service****
3:30pm Korean Smart Phone Class Canceled

6
10am Fit for the Future (\$4)
10am Medicare Counseling **
10am Wii Bowling
10am-1pm Shiatsu Appts*
12:45pm Progressive Pinochle
12:45pm Trivia Challenge
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

7
9am Yoga (\$4)
10:15am Chair Yoga (\$4)
12:30pm DelVal Senior Advisors: Medicare 2025*
1pm Korean Women's Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music Talk

8
9:00am Breakfast Club*
9:30am PEAK Pinochle
10am-12pm Tech Appointments with Les**
11am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class

11
10am Fit for the Future (\$4)
10am Whist/Other Games
10am-2pm GMU Speech Language Pathology Students on Site*
11am Stitch & Chat
12:30pm Cornhole & Mini Golf Pool games
2pm Korean Bong Sul
3:30pm Korean Choir Class

12
10am Tai Chi (\$4)
10am Story Time w/ Josephine*
10am-12pm State Rep. Malagari Office Hours**
12:30pm Medicare 2025 Changes*
1:00pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
3:30pm Korean Smart Phone

13
10am Wii Bowling
10am Fit for the Future (\$4)
10am Medicare Counseling**
11am Revolutionary Home Health*
12:30pm Memory Games*
12:45pm Progressive Pinochle
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

14
9am Yoga (\$4)
10:15am Chair Yoga (\$4)
12:30-2pm Art Class (\$4)
12:30-2:00pm Total Performance PT 1:1 Appts*
1pm Korean Women's Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music Talk

15
9:30am PEAK Pinochle
10am-12pm Tech Appointments with Les**
10am-1pm Friendly Farm Stand*
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class

18
10am Fit for the Future (\$4)
10am Whist/Other Games
10am-2pm GMU SLP Students on Site*
11am Stitch & Chat
12:30pm Volleyball
2pm Korean Bong Sul
3:30pm Korean Choir Class

19
10am Tai Chi (\$4)
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance & Drums
3:30pm Korean Smart Phone Class

20
10am Wii Bowling
10am Fit for the Future (\$4)
10am Medicare Counseling**
10am-12pm Sen Collett office hours**
12:30pm Advisory Council**
12:45pm Progressive Pinochle
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

21
9am Yoga (\$4)
10:15am Chair Yoga (\$4)
10:33am Prayer Care Group
12:30pm Montico Assoc/ Blind
12:30pm Food for Thought*
1pm Korean Women's Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music Talk
4:30pm Dinner Outing*

22
9:30am PEAK Pinochle
10am-12pm Tech Appointments with Les**
11am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class

25
10am Fit for the Future (\$4)
10am Whist/Other Games
10am-2pm GMU SLP Students on Site*
11am Stitch & Chat
11:30am Thanksgiving Special Lunch*
12pm Book Club*
2:00pm Korean Bong Sul
3:30pm Korean Choir Class

26
10am Tai Chi (\$4)
12pm Legal Consultation appts**
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
3:30pm Korean Smart Phone Class

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

Closed for Thanksgiving

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



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 from 10:00 am to 2:00 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. If you are interested in participating, keep an eye out for the students who will be dropping in on activities and around the halls or let one of our staff know so we can connect you with the students.



• **MONDAY, NOV 4 @ 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 would like the congregate meal during the movie, please sign up with Sabrina by 11/1.**



• **TUESDAY, NOV 5 @ 10:00 am: Crafts with Friends** | Suzanne will lead a craft group creating ornaments using stencils and wooden discs. These will be great for yourself or for gifts! **\$4 fee to cover supplies.**



• **TUESDAY, NOV 5, from 12:30 to 1:30 pm: Ice Cream Social & Games w/ GHNPS Staff** | Join staff from both Encore and PEAK for some fun socialization and sweet treats on Election Day ... don't forget to vote!



TUESDAY, NOV 5 - THE PEAK CENTER WILL CLOSE EARLY AT 2PM FOR A STAFF IN-SERVICE.

There will be no Korean Smartphone Class.



• **WEDNESDAY, NOV 6 from 10:00 am to 1:00 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.



• **THURSDAY, NOV 7 @ 12:30 to 2:00 pm: DelVal Senior Advisors: What's new in the Medicare World for 2025** | Presented by Terry Smerling and Linda Kennedy, Medicare planning specialists with Delval Senior Advisors, in this seminar you will learn: How Medicare works and what it covers; Timelines to enroll to avoid a late enrollment penalty; How Part D prescription cards work and how to pick the right one for you, and how plans and coverages are changing for 2025; The difference between Medicare supplements and Medicare Advantage plans. This seminar is suitable whether you have decisions to make during the Open Enrollment period (Oct. 15 thru Dec. 7), and/or are turning 65 or retiring in next 6-12 months.



• **FRIDAY, NOV 8 @ 9:00 am: Breakfast Club** | This month we will visit West Main Diner (805 W Main St, Lansdale). Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by 11/1 so we can arrange seating together.**



• **TUESDAY, NOV 12 @ 10:00 am: Story Time with Josephine** | Josephine will be reading "A Scandal in Bohemia" by Sir Arthur Conan Doyle. You can join at PEAK or via Zoom. **Email Liz at ebeil@ghnps.org if you would like the Zoom link.**



• **TUESDAY, NOV 12 @ 12:30 pm: Medicare 2025 Changes** | Learn about the many improvements for Seniors and Dual Eligibles! This session is provided by Carl Cutrone of Covenant Insurance.

• **WEDNESDAY, NOV 13 @ 11:00 am: Revolutionary Home Health** | Visit with specialists from Revolutionary Home Health for a Q&A their in-home health care services and some fun activities.



• **WEDNESDAY, NOV 13 @ 12:30 pm: Memory Games with Traditions of Lansdale** | Learn some tips for keeping your memory sharp while having fun!



• **THURSDAY, NOV 14, from 12:30 to 2:00 pm: Total Performance PT 1:1 Appointments** | Do you have aches and pains and unsure why, and how to get relief? Come out for a complimentary 15 minute injury screening and one-on-one discussion with Dr. Kyra O'Toole. **See Sabrina to pick up a waiver and to schedule your complimentary session by 11/8.**



• **FRIDAY, NOV 15, from 10:00 am to 1:00 pm: Friendly Farm Stand** | Stop by The PEAK Center multi-purpose room to grab some free fruits and veggies courtesy of Independence Blue Cross!

SPECIAL PROGRAMS

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



• **THURSDAY, NOV 21 @ 12:30 pm: Food for Thought** | Join us for a relaxed conversation about our favorite Autumn and Thanksgiving Traditions. Bring a favorite memory to share and an open mind to listen!

• **THURSDAY, NOV 21 @ 4:30 pm: Dinner Outing** | Join us for some delicious food and fun company at JJ Asian (627 Main Street, Harleysville)! Everyone provides their own transportation and pays their own bill. **Please RSVP to Gina or Sabrina by 11/14.**

• **MONDAY, NOV 25 @ 11:30am: Special Thanksgiving Lunch with Gratitude Activity** | Enjoy a traditional Thanksgiving Meal and stay for an informal Gratitude Activity with GHNPS staff. There is no cost for Special Lunch this month. **Please RSVP by 11/20.**

• **MONDAY, NOV 25 @ 12 pm: Book Club** | The book this month is "Clara and Mr. Tiffany" by Susan Vreeland. For more information contact Betty Helpa @ 215-688-3874.



THURSDAY, NOV 28 AND FRIDAY NOV 29: CLOSED FOR THE THANKSGIVING HOLIDAY

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

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



Scan me

At Option Companion Care, we go beyond basic patient care. We are dedicated advocates who understand the importance of exceptional care. Our mission is to enhance our patients' lives by providing comprehensive services for any short- or long-term disability, daily activities, and home care needs. Whether you require hourly, daily, weekend, overnight, or live-in assistance, our flexible system can accommodate your schedule. Our wide range of home services includes medication reminders, meal preparation, hygiene and grooming assistance, errand-running, light housekeeping, transportation, and companionship. Our primary goals are to ensure your loved ones remain socially engaged and safe in their home environment.

안녕하세요! 현재 노인 또는 장애인 가족을 돌보고 계신가요? 우리는 돌보기 서비스에 대한 보상을 받을 수 있는 기회를 제공하고 있습니다. Medicaid는 가족이나 친구를 간병인으로 고용할 수 있도록 허용하며, 저희 회사에서 이 서비스를 제공합니다. 언제든지 저희에게 연락 주시면 프로세스 전반에 대한 안내를 제공해 드립니다. 저희는 심지어 가입 보너스도 제공합니다! 옵션 컴패니언 케어로 전환하려면 사무실 번호 (610) 885-0400으로 전화 주시기 바랍니다.



Caring at home for an elderly or disabled loved one



WE ACCEPT

Medicaid, private pay and third party insurance



Cuidar en casa a un ser querido mayor o discapacitado

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 घर पर किसी बुजुर्ग या विकलांग प्रियजन का ध्यान रखना
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