

**GHPSS STAFF**

**Organizational Support**

**Elizabeth Beil**  
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](http://www.ghnps.org)

**Mary Ellen McCabe**  
Site Manager, Ext. 105

**Gina Sergio**  
Administrative Assistant, Ext. 103

**Patricia Foley**  
Meal Coordinator, Ext. 102

**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](http://www.ghnps.org)

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Administrative Assistant, Ext. 205

**Carol Costlow**  
Social Services Coordinator,  
Ext. 203

**Grace Chung**  
Korean American Services  
Specialist, Ext. 212

**Follow Us On:**

 [facebook.com/ghnps](https://facebook.com/ghnps)

 [instagram.com/encoreandpeak](https://instagram.com/encoreandpeak)

 <https://bit.ly/GHPSSyoutube>

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

**A MESSAGE FROM THE EXECUTIVE DIRECTOR**



*Happy October!*

Recently, I've been fielding questions from our members about how GHPSS is funded. It's a great question! And as we are gearing up for our annual fall fundraiser, "A Toast and Taste of Autumn", it's also a timely one!

GHPSS receives the largest portion of support (40%) from a contract with the Montgomery County Office of Seniors Services. This contract defines key operations to ensure compliance with standards set for Senior Centers in PA. The next two categories are Grants (20%) and Fundraising Events (20%). The remaining 20% comes from a variety of sources including individual donations, memberships and center activities, rentals of our space, and donations from businesses and community organizations.

As we welcome more people to Encore and PEAK, our need for donors grows. Last fiscal year, our attendance increased by 34%, and the number of meals we served grew by 45%! With this growth, our financial needs also expand. Support of our growing operations requires constant diligence, along with continual stewardship of individuals and organizations that want to support GHPSS. It's not easy, but seeing our Centers filled with smiling faces is worth it!

I am so grateful for those of you who choose to make contributions to GHPSS through memberships, monetary donations, in-kind donations of time and goods, and special event attendance. With that in mind, I want to extend a special invitation:

**We would love for you to join us at "A Toast and Taste of Autumn," on October 23rd, at the Lutheran Community at Telford.** This fundraising event includes gourmet food and wine/beer pairing stations, games, dancing, a silent auction, networking, and fun. If you are a member of GHPSS, the \$65 ticket is discounted to \$50. If you are a lifetime member, you can use your one annual free ticket to attend.

I also humbly ask that you consider inviting your loved ones to attend the event with you so they can see our wonderful community in action. We would love if you could share some of the additional ways that friends and family can help make our fundraising efforts a success. This could be through a business sponsorship or donation of a silent auction item.

**For more information on tickets or how to share opportunities with your loved ones, you can reach out to me, speak to another staff member, or visit [www.ghnps.org/news](http://www.ghnps.org/news).**

It takes a village for GHPSS to run smoothly, ensuring that Encore and PEAK are your home away from home filled with resources to promote positive aging. I can say with confidence that every dollar donated is used efficiently and effectively... with each of you in mind. I hope you can join me in making "A Toast and Taste of Autumn" a huge success!

With gratitude, *Elizabeth Beil*

Greater Harleysville & North Penn Senior Services Presents



**A TOAST & TASTE of Autumn**

We hope you can join us!

Wednesday 23 OCTOBER 2024 5:30-8:30 pm



Hosted by  
Champagne Level Sponsor:



Find Sponsorship, Silent Auction  
Donation, and Ticket info @  
[www.ghnps.org/news](http://www.ghnps.org/news)

# GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

## Advisory Council Meetings

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

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

**PEAK:** *Wednesday, October 16th at 12:30 pm.*

## Free Legal Consultation Appointments

**Encore:** Call 215-256-6900 to schedule.

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

## 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** for the next heating season. You can also apply online at [compass.dhs.pa.gov/](https://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, October 10th & October 24th.*

**PEAK:** Call 610-834-1040, ext. 145 to request an appointment 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, October 11th, from 11 am - 12 pm.*

**PEAK:** PA State Representative Steve Malagari's Office:  
*Tuesday, October 8th from 10 am -12:30 pm.*

PA State Senator Maria Collett's Office:

*Wednesday, October 23rd from 10 am - 12 pm.*

## 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](https://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, October 8th & Thursday, October 24th.**

**PEAK:** Call to request an appointment.

## Tech Tutoring

Need help with a computer, smartphone, or tablet?

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

**PEAK:** Call 215-362-7439 to make an appt for **Oct 11th, 18th, or 25th between 10 am-12 pm.**

## Do You Need A Ride to Encore or PEAK?

For reservations on TransNet to and from our Centers, please call Encore at 215-256-6900 or PEAK at 215-362-7432.

# Rest Easy in Retirement

## Sweet Treat Social & Seminar

Wednesday, October 2nd, 2024  
12:30pm at Encore Senior Center



Bring a  
friend or  
family  
member!

Presenting local experts to help you take the  
guesswork out of your Golden Years!



Shelby Leight  
Realtor, SRES



Tom McKee  
Financial Advisor



Robert Smyrl  
Insurance Agent



Darla Pompilio  
Organizer



Jeremy Mittman  
Attorney



Susan Sloan  
Licensed Agent



Colette Mellott  
Accountant



Mike Thompson  
Sales Manager



# October 2024 Lunch Menu

Reserve your lunch by calling 215-256-6900. Lunch is served from 12pm to 1pm in the dining room. There is a suggested donation of \$2 for lunch. Take-out lunches are \$4.

(Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Roast Turkey with Pesto Roasted Red Peppers & Spinach on Whole Grain Roll Potato Chips Fruit Cup Milk <b>1</b>	Spaghetti with Meatballs Green Salad Italian Bread & Butter Apple Sauce Milk <b>Rest Easy in Retirement Sweet Treat Social</b> <b>2</b>	Roast Pork Mashed Potatoes Sauerkraut Milk <b>3</b>	Chicken Salad Stuffed Tomato over Lettuce Whole Grain Crackers Cookie Milk <b>4</b>
Ground Beef Taco Salad Corn Chips Pineapple Milk <b>7</b>	Potatoes & Cheese Perogies with Carmelized Onions & Mushrooms Green Salad Cookie Milk <b>8</b>	Tuna Salad on Rye Cheddar Cheese Lettuce Tomato Vegetable Soup Peaches Milk <b>9</b>	Meatloaf Mushroom Gravy Mashed Potatoes Green Beans Whole Grain Roll & Butter Mandarins Milk <b>10</b>	Sweet & Tangy Chicken Breast Brown Rice Broccoli Milk <b>11</b>
Sweet & Sour Pork Sliders Whole Grain Slider Buns Cole Slaw Fruit Cup Milk <b>14</b>	Shrimp Caesar Salad Roll & Butter Fresh Melon Salad Chocolate Pudding Milk <b>15</b>	Baked Haddock with Baked Macaroni & Cheese Vegetable Medley Apple Sauce Milk <b>16</b>	Chicken Tenders Potato Salad Vegetable Salad Cookie Milk <b>17</b>	<div style="text-align: center;"> <b>SPECIAL</b>  <b>VETERANS' LUNCH</b>            Mixed Green Salad            Roast Beef            Baked Potato            Vegetable Medley            Roll &amp; Butter            Cherry &amp; Apple Pie            Milk <b>18</b> </div>
Swedish Meatballs Egg Noodles Carrots Apple Sauce Whole Grain Roll Milk <b>21</b>	Pineapple Chicken Brown Rice Green Salad Fruit Cup Milk <b>22</b>	Crab Cake on Whole Grain Bun Lettuce & Tomato Sweet Potato Fries Cole Slaw Milk <b>23</b>	Rotelle Pasta w/Sauce Vegetables & Cheese Mandarin Oranges Whole Grain Roll Milk <b>24</b>	Mandarin Grilled Chicken on Mixed Greens with Feta, Almonds, and Cranberries Chow Mein Noodles Chocolate Pudding Milk <b>25</b>
Spaghetti with Meatballs Green Salad Italian Bread & Butter Apple Sauce Milk <b>28</b>	Roast Turkey with Pesto Roasted Red Peppers & Spinach on Whole Grain Roll Potato Chips Fruit Cup Milk <b>29</b>	Chicken Salad Stuffed Tomato over Lettuce Whole Grain Crackers Cookie Milk <b>30</b>	<div style="text-align: center;">  <b>Halloween Bday Lunch</b>            Roast Pork            Mashed Potatoes            Sauerkraut            Milk <b>31</b> </div>	<div style="text-align: center;">  </div>

**MON**

*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.*

**TUES**

**1**  
 9:00-10:20am Haircuts  
 9:15am Walking w/ Weights (\$4)  
 9:30am Group Trivia  
 10:00am Stamp Club  
 10:30am Scrabble  
 12:30pm Pinochle  
 1:00pm Mahjong  
 1:30pm Zumba (\$4)

**WED**

**2**  
 8:00am Chess  
 9:15am Tai Chi (\$5)  
 9:30am Coloring for Calmness  
 11:00am Voter Engagement Specialist\*  
 12:30pm Rest Easy in Retirement Sweet Treat Social\*  
 1:00pm Rummikub

**THURS**

**3**  
 9:00am Wood Carving  
 9:30-10:45am Free Blood Pressure Screenings  
 11:00am-12:00pm Help Yourself to Healthy Living \*  
 12:30pm Bridge  
 12:30pm Skip-Bo  
 1:30pm Tone & Balance (\$4)

**FRI**

**4**  
 10:00am Wii Sports or Jeopardy  
 10:30am Talking with your Doctor- How to Prepare\*  
 11:00am Prayer Care Group  
 12:30pm Table Toppers\*  
 1:00pm The Happy? Yay! Ya! Crew\*  
 1:30pm Stretch & Tone (\$4)

**October 2024**



**7**

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

**8**

9:00am-2:00pm Social Service appts w/ Carol \*\*  
 9:15am Walking w/ Weights (\$4)  
 9:30am Group Trivia  
 10:30am-12:00pm Cash for Gold! \*  
 10:30am Scrabble  
 12:30pm Pinochle  
 1:00pm Mahjong  
 1:30pm Zumba (\$4)

**9**

8:00am Chess  
 9:15am Tai Chi (\$5)  
 9:30am Coloring for Calmness  
 11:00am Memory Lane: Meeting a Special Someone\*  
 1:00pm Rummikub  
 1:00pm Breast Cancer Awareness\*  
 6:00pm PA Medi Education Presentation\*

**10**

9:00am Wood Carving  
 9:00am-12:00pm Medicare Counseling Appts\*\*  
 9:30am Stitch & Chat  
 10:00am-2:00pm GMU Speech Language Pathology Students on Site\*  
 12:30pm Advisory Council \*\*  
 12:30pm Bridge  
 12:30pm Skip-Bo  
 1:30pm Tone & Balance (\$4)

**11**

10:00am Wii Sports or Jeopardy  
 10:00am Prevent T2 Program (pre-registered participants only)  
 11:00am State Rep Scheuren Office Hour\*\*  
 1:00pm The Happy? Yay! Ya! Crew\*  
 1:30pm Stretch & Tone (\$4)

**Orange with \***  
 Indicates special programming with additional information available on pgs. 5-6

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**14**

9:15am Tai Chi (\$5)  
 1:00pm Senior LAW Center Talk with Lucy Qiu\*  
 1:30pm Art Class (\$4)  
 1:45pm Bingo for Bucks

**15**

9:00am Breakfast Club @ Franconia Heritage\*  
 9:00-10:20am Haircuts  
 9:15am Walking w/ Weights (\$4)  
 9:30am Group Trivia  
 10:30am Scrabble  
 11:00am-12:00pm St. John Neumann Table\*  
 12:30pm Pinochle  
 1:00pm Mahjong  
 1:30pm Zumba

**16**

8:00am Chess  
 9:15am Tai Chi (\$5)  
 9:30am Coloring for Calmness  
 1:00pm Rummikub  
 1:00pm PA Medi Open Enrollment Education\*

**17**

9:00am Wood Carving  
 9:30am Stitch & Chat  
 10:00am-2:00pm GMU SLP Students on Site\*  
 12:30pm Bridge  
 12:30pm Skip-Bo  
 1:30pm Tone & Balance (\$4)

**18**

10:00am Wii Sports or Jeopardy  
 11:00am Prayer Care Group  
 12:00pm Special Veterans' Lunch with USO\* (\$10, free to Veterans)  
 1:00pm The Happy? Yay! Ya! Crew\*  
 1:30pm Stretch & Tone (\$4)

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

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**21**

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

**22**

9:15am Walking w/ Weights (\$4)  
 9:30am Group Trivia  
 10:30am Scrabble  
 12:30pm Pinochle  
 1:00pm Mahjong  
 1:30pm Zumba (\$4)

**23**

8:00am Chess  
 9:15am Tai Chi (\$5)  
 9:30am Coloring for Calmness  
 10:30am Peter Wentz talk- Continental Army in MontCo\*  
 1:00pm Rummikub  
 5:30pm A Toast and Taste of Autumn (Offsite)

**24**

9:00am-2:00pm Social Services Appts w/ Carol\*\*  
 9:00am Wood Carving  
 9:00am Medicare Counseling Appts\*\*  
 9:30am Stitch & Chat  
 10:00am-2:00pm GMU SLP Students on Site\*  
 12:30pm Bridge  
 12:30pm Skip-Bo  
 1:30pm Tone & Balance (\$4)

**25**

9:30am Veterans' Coffee Catch Up  
 10:00am Wii Sports or Jeopardy  
 1:00pm The Happy? Yay! Ya! Crew\*  
 1:30pm Stretch & Tone (\$4)

**28**

9:15am Tai Chi (\$5)  
 10:30am Medicare 2025 Improved! w/ Carl Cutrone & Kim Frattone\*  
 1:30pm Art Class (\$4)  
 1:45pm Bingo for Bucks

**29**

9:15am Walking w/ Weights (\$4)  
 9:30am Group Trivia  
 10:30am Scrabble  
 12:30pm Pinochle  
 1:00pm Mahjong  
 1:30pm Zumba (\$4)  
 4:30pm Dinner Outing @ 1750 Grille @ Holiday Inn

**30**

8:00am Chess  
 9:15am Tai Chi (\$5)  
 9:30am Coloring for Calmness  
 10:30am Nutritional Program w/ Teri Wassel\*  
 1:00pm Rummikub  
 1:00pm Halloween Movie Matinee\*

**31**

**Wear your Halloween Costumes!**  
 9:00am Wood Carving  
 9:30am Stitch & Chat  
 10:00am-2:00pm GMU SLP Students on Site\*  
 12:00pm Halloween Birthday Celebration Lunch\*  
 12:30pm Bridge  
 12:30pm Skip-Bo  
 1:30pm Tone & Balance (\$4)

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

Detailed descriptions for all of our regular and recurring programming can be found on our website:  
[www.ghnpss.org](http://www.ghnpss.org)  
 or scan below for quick access



Scan me

**\*Programming note- There will be no Tech Tutoring with Ed this month.**



• **WEDNESDAY, OCT 2 @ 11:00 am: Voter Engagement Specialist, Adam Blum** | Join Adam as he discusses issues related to voting and elections. This includes, but is not limited to: registration, mail-in ballots, deadlines, and satellite offices. Adam's goal is to answer any questions you have so that you feel confident about your vote! *Please sign up with Gina in the office by Friday, September 27th.*



• **WEDNESDAY, OCT 2 @ 12:30 pm: Rest Easy in Retirement, Sweet Treat Social and Seminar** | Join us for this free event with local experts to help you take the guesswork out of your Golden Years! Please sign up for lunch on our RSVP form or let us know if you are just coming for the dessert! *We will need our numbers by Friday, September 27th so that we have enough sweets to serve to the crowd!*



• **THURSDAY, OCT 3 @ 11:00 am: Help Yourself to Healthy Living: "Join the fight, one step at a time!"** | Learn about the latest updates with cancer, including treatments. *Don't forget to get your free blood pressure check from 9:30am to 10:45am.*



• **FRIDAY, OCT 4 @ 10:30 am: Talking with your Doctor: How to Prepare** | Join Debbie Jankowski of Montgomery County Senior Services for this engaging discussion about what to do in preparation for your doctors' appointments so that you can have a successful conversation about your health concerns, make decisions with your doctor, and much more! *Please sign up with Gina in the office by Wednesday, October 2nd.*



• **FRIDAY, OCT 4 @ 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 our centerpieces. No experience necessary.



• **FRIDAY, OCT 4 @ 1:00 pm: Happy? Ya! Ya! Crew: Body Language Day** | What is really being communicated by your posture and walk? Come join us and let your body talk!



• **TUESDAY, OCT 8, from 10:30 am to 12 pm: Cash for Gold** | Leave your wallet at home but bring your old or broken gold, silver, or platinum jewelry, class rings, coins, sterling silver flatware, or even dental gold, and turn it into CASH in your pocket!



• **WEDNESDAY, OCTOBER 9 @ 11:00 am: Memory Lane, Meeting a Special Someone** | You know how there are some people you just can't forget meeting for the first time? Be it a spouse, friend, co-worker, neighbor, etc., bring your story of a memorable first meeting to share. Let's get to know each other a little better!



• **WEDNESDAY, OCT 9 @ 1:00 pm: Breast Cancer Awareness** | Join Estelle Walker from PA Health & Wellness for a health discussion on Breast Cancer, followed up with some light-hearted Halloween trivia with prizes. *Please sign up with Gina in the office by Monday, October 7th.*



• **WEDNESDAY, OCT 9 @ 6:00 pm: PA Medi Education Event** | If you are 65+, or closer to 65 than you'd like to admit, this program is for you! Come out and learn about PA Medi's free, unbiased, volunteer run, State Health Insurance Assistance Program, which assists individuals and family members enrolled or enrolling in Medicare. **PLEASE NOTE THIS IS AN EVENING PROGRAM. RSVP with Gina by Monday, October 7th.**



• **THURSDAY, OCT 10 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, OCT 11 @ 1:00 pm: Happy? Ya! Ya! Crew: National Coming Out Day** | Join us for a viewing of a 2008 movie, followed by a discussion regarding LGBTQ+ issues.



• **MONDAY, OCT 14 @ 1:00 pm: SeniorLAW Center talk** | Lucy Qiu, Esq., Senior Attorney, Victim Services, will present on common scams, how to avoid them and what to do if you have been scammed. She will also talk about the services that the SeniorLAW Center provides.

# SPECIAL PROGRAMS

Please sign up for all programs in the binder on the Greeter's Desk at Encore. You may also sign up for programs and schedule appointments by calling 215-256-6900.



• **TUESDAY, OCT 15 @ 9:00 am: Breakfast Club** | This month we will visit Franconia Heritage Restaurant. Each person will pay their own bill and supply their own transportation. *Please RSVP by Wednesday, October 9.*



• **TUESDAY, OCT 15, 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, OCT 16 @ 1:00 pm: PA Medi: Open Enrollment Education** | Medicare's Open Enrollment is coming! PA Medi provides free, unbiased counselling for your Medicare options. Come hear how this free service can help you understand Medicare and changes coming for 2025. *Please sign up with Gina in the office by Friday, October 11th.*



• **THURSDAY, OCT 17 from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students on site**

• **FRIDAY, OCT 18 @ 12:00 pm: Special Veterans' Lunch** | All are welcome to celebrate our Veterans with this lovely Roast Beef luncheon. It includes a Mixed Green Salad, a Baked Potato, Vegetable Medley and Apple or Cherry Pie for dessert. We will have USO 1940's entertainment by Lorri Woodward. *Please RSVP to Gina in the office by Friday, October 11th; \$10 cost, VETERANS FREE!*



• **FRIDAY, OCT 18 @ 1:00 pm: Happy? Ya! Ya! Crew: National Leggings Day** | We're not pulling your leg! It's time to get those leggings out and wear them!



• **WEDNESDAY, OCT 23 @ 10:30 am: Peter Wentz: Continental Army in MontCo w/ LeAnne Sykes** | Everyone knows about General George Washington and the Continental Army's encampment at Valley Forge, but that wasn't the General's first or only stay in Montgomery County. In fact, the army traveled extensively in our area during the Revolutionary War. Join this presentation to find out why the army was in Montgomery County and learn about some of the more well-known places Washington stayed.



• **FRIDAY, OCT 25 @ 1:00 pm: Happy? Ya! Ya! Crew: National Breadstick Day** | Let's make breadsticks!



• **MON, OCT 28 @ 10:30 am: Medicare 2025 Improved!** | Carl Cutrone & Kim Frattone of Covenant Insurance will present on changes to Medicare for the new year. This is an educational seminar with Q&A.



• **TUESDAY OCTOBER 29 @ 4:30 pm: Dinner Outing @ 1750 Grille @ The Holiday Inn** | Located at 1750 Sumneytown Pike, Kulpsville. Join us for some delicious food and fun company! Everyone provides their own transportation and pays their own bill. *Please RSVP to Gina or Sabrina by Friday, October 25th.*



• **WEDNESDAY, OCT 30 @ 10:30 am: County Nutritional Program** | Come join Teri Wassel, MS, RD for her Nutritional Program as she prepares a Roasted Beet, Orange and Goat Cheese Salad. This beet salad recipe is a stunning fall or winter side dish! Roasted beets, goat cheese, scallions and oranges fill it with a delightful mix of textures and flavors. *Pre-registration is required by October 28th; see Gina in the office to sign up.*



• **WEDNESDAY, OCT 30 @ 1:00 pm: Halloween Movie Matinee** | Join us for an afternoon movie. Concessions will be available at no charge. Contact Mary Ellen for additional information.

• **THURSDAY, OCT 31 from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students on site**

• **THURSDAY, OCT 31 @ 12:00 pm: October Birthday Lunch and Halloween Celebration** | Join us for a sweet treat and celebration. October birthdays, make sure to put your name on the whiteboard in the dining room so we can celebrate you.

**BOO!**

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

# October 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. Take-out lunches are \$4.  
(Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheese Stuffed Shells with Crushed Tomato Sauce Steamed Carrots Mixed Vegetables Milk <b>1</b>	Swedish Meatballs over Egg Noodles Peas Applesauce Milk <b>2</b>	<b>Birthday Celebration</b> Pork & Sauerkraut with Apples Cauliflower with Cheddar Sauce Peach Crumble Milk <b>3</b>	Roasted Tilapia with Lemon over Rice Capri Vegetable Blend Stewed Tomatoes Milk <b>4</b>
<b>Optional: Lunch &amp; Movie!</b> Baked Mac & Cheese Roasted Peppers Steamed Green Beans Milk  <b>7</b>	Gingered Mustard Pork Brussels Sprouts Sweet Potatoes Milk <b>8</b>	Caribbean Flounder with Dirty Rice Steamed Carrots Brussels Sprouts Milk <b>9</b>	<b>COLD MEAL</b> Fusilli Salad with White Beans Grilled Marinated Chicken Breast Canned Pears Milk <b>10</b>	Chicken Curry with Apples and Raisins Orzo with Peas Roasted Zucchini Yellow Squash Milk <b>11</b>
Chicken Burger with Roasted Peppers and Provolone Wild & Brown Rice Pilaf Steamed Broccoli Milk <b>14</b>	Pasta with Meatballs Peas Poached Pear Milk <b>15</b>	Korean BBQ Beef Fried Rice Roasted Peppers & Onions Milk <b>16</b>	Roasted Chicken with Beans & Sun Dried Tomatoes Quinoa Pilaf with Riced Vegetables Broccoli with Cheese Sauce Milk <b>17</b>	Frittata Breakfast Potatoes Spinach Milk <b>18</b>
Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Milk <b>21</b>	Three Bean Chili w/ Bulgur Wheat Confetti & Pea Vegetable Apple Crumble Milk <b>22</b>	<b>COLD MEAL</b> Chicken Salad on Lettuce with Grape Tomatoes Three Bean Salad Tapioca Pudding Milk <b>23</b>	Turkey with Gravy Glazed Sweet Potatoes Green Beans Milk <b>24</b>	Sweet Italian Sausage Peppers & Onions Marinara Sauce Roasted Potatoes Steamed Peas Milk <b>25</b>
Roasted Chicken Thighs with Sweet Potatoes Green Beans Blueberry Buckle Milk <b>28</b>	<b>COLD MEAL</b> Turkey Sandwich Mint & Pea Salad Orange Slices Milk <b>29</b>	<b>Halloween Special Lunch (\$10)</b> Pumpkin Tomato Soup Three Cheese Grilled Cheese Harvest Salad Candy Bars  <b>30</b>	Pork & Sauerkraut with Apples Cauliflower with Cheddar Sauce Peach Crumble Milk <b>31</b>	

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**October 2024**



**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](http://www.ghnpps.org) or scan below for quick access



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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.

**1**  
**10:00am** Crafts w/ Friends\* (\$4)  
**10:00am** Tai Chi (\$4)  
**1:00pm** Game Club  
**1:00pm** Korean Computer Class  
**1:00pm** Korean Dance & Drums  
**3:30pm** Korean Smart Phone Class

**2**  
**10:00am** Fit for the Future (\$4)  
**10:00am** Medicare Counseling Appts\*\*  
**10:00am** Wii Bowling  
**10:00am-1:00pm** Shiatsu Appts\*  
**12:45pm** Progressive Pinochle  
**12:45pm** Trivia Challenge  
**2:00pm** Korean Bong Sul  
**2:30pm** Korean Drawing Class  
**3:30pm** Korean Saxophone

**3**  
**9:00am** Yoga (\$4)  
**10:15am** Chair Yoga (\$4)  
**1:00pm** Korean Women's Bong Sul  
**2:00pm** Korean Line Dancing  
**3:00pm** ESL for Koreans  
**4:00pm** Korean Creative Music Talk

**4**  
**9:30am** PEAK Pinochle  
**10:30am** Nutritional Program with Teri Wassel\*  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2:00pm** Korean Bong Sul  
**3:00pm** Korean Book Club  
**3:00pm** Korean Saxophone

**7**  
**10:00am** Fit for the Future (\$4)  
**10:00am** Whist/Other Games  
**10:00am-2:00pm** GMU Speech Language Pathology Students on Site\*  
**11:00am** Stitch & Chat  
**11:30am** Movie Matinee & Lunch\*  
**2:00pm** Korean Bong Sul  
**3:30pm** Korean Choir Class

**8**  
**10:00am** Tai Chi (\$4)  
**10:00am** Story Time w/ Josephine\*  
**10:00am-12:00pm** State Rep. Malagari Office Hours\*\*  
**1:00pm** Game Club  
**1:00pm** Korean Computer Class  
**1:00pm** Korean Dance/Drums  
**3:30pm** Korean Smart Phone Class

**9**  
**8:30am-12:30pm** AARP 4hr Refresher Course\*  
**10:00am** Fit for the Future (\$4)  
**10:00am** Medicare Counseling Appts\*\*  
**12:30 pm** PA Medi: Open Enrollment Education\*  
**12:45pm** Progressive Pinochle  
**2:00pm** Korean Bong Sul  
**2:30pm** Korean Drawing Class  
**3:30pm** Korean Saxophone

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

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

**14**  
**10:00am** Fit for the Future (\$4)  
**10:00am** Whist/Other Games  
**11:00am** Stitch & Chat  
**11:00am** Senior LAW Center Presentation\*  
**12:30pm** Cornhole & Mini Golf Pool games  
**2:00pm** Korean Bong Sul  
**3:30pm** Korean Choir Class

**15**  
**9:00am** Breakfast Club @ Franconia Heritage\*  
**10:00am** Tai Chi (\$4)  
**1:00pm** Game Club  
**1:00pm** Korean Computer Class  
**1:00pm** Korean Dance & Drums  
**3:30pm** Korean Smart Phone Class

**16**  
**10:00am** Fit for the Future (\$4)  
**10:00am** Medicare Counseling Appts\*\*  
**10:00am** Wii Bowling  
**12:30pm** Advisory Council\*  
**12:45pm** Progressive Pinochle  
**2:00pm** Korean Bong Sul  
**2:30pm** Korean Drawing Class  
**3:30pm** Korean Saxophone

**17**  
**9:00am** Yoga (\$4)  
**10:00am-1:00pm** Rep Hanbridge Senior Fair\*  
**10:15am** Chair Yoga (\$4)  
**12:30pm** Montco Assoc for the Blind  
**1:00pm** Korean Women's Bong Sul  
**2:00pm** Korean Line Dancing  
**3:00pm** ESL for Koreans  
**4:00pm** Korean Creative Music Talk

**18**  
**9:30am** PEAK Pinochle  
**10:00am-12:00pm** Tech Appointments with Les\*\*  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2:00pm** Korean Bong Sul  
**3:00pm** Korean Book Club  
**3:00pm** Korean Saxophone

**21**  
**10:00am** Fit for the Future (\$4)  
**10:00am** Whist/Other Games  
**10:00am-2:00pm** GMU SLP Students on Site\*  
**11:00am** Stitch & Chat  
**12:30pm** Volleyball  
**2:00pm** Korean Bong Sul  
**3:30pm** Korean Choir Class

**22**  
**10:00am** Tai Chi (\$4)  
**10:00am-12:00pm** UnitedHealthcare Open Enrollment Presentation  
**12:00pm** Legal Consultation appts\*\*  
**1:00pm** Game Club  
**1:00pm** Korean Computer Class  
**1:00pm** Korean Dance/Drums  
**3:30pm** Korean Smart Phone Class

**23**  
**10am** Fit for the Future (\$4)  
**10am** Medicare Counseling\*\*  
**10:00am** Wii Bowling  
**10:00am-12:00pm** Sen Collect office hours\*\*  
**10:30am** Nutritional Workshop: Vegetarian Meals\*  
**12:45pm** Progressive Pinochle  
**2:00pm** Korean Bong Sul  
**2:30pm** Korean Drawing Class  
**3:30pm** Korean Saxophone  
**5:30 pm** Toast & Taste (offsite)

**24**  
**9:00am** Yoga (\$4)  
**10:15am** Chair Yoga (\$4)  
**10:33am** Prayer Care Group  
**12:45pm** Food for Thought\*  
**1:00pm** Korean Women's Bong Sul  
**2:00pm** Korean Line Dancing  
**3:00pm** ESL for Koreans  
**4:00pm** Korean Creative Music Talk

**25**  
**9:30am** PEAK Pinochle  
**10:00am-12:00pm** Tech Appointments with Les\*\*  
**11:00am** Grief Support  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2:00pm** Korean Bong Sul  
**3:00pm** Korean Book Club  
**3:00pm** Korean Saxophone

**28**  
**10:00am** Fit for the Future (\$4)  
**10:00am** Whist/Other Games  
**10:00am-2:00pm** GMU SLP Students on Site\*  
**11:00am** Stitch & Chat  
**12:00pm** Book Club\*  
**2:00pm** Korean Bong Sul  
**3:30pm** Korean Choir Class

**29**  
**10:00am** Tai Chi (\$4)  
**1:00pm** Game Club  
**1:00pm** Korean Computer Class  
**1:00pm** Korean Dance & Drums  
**3:30pm** Korean Smart Phone Class

**30**  
**10:00am** Fit for the Future (\$4)  
**10:00am** Medicare Counseling Appts\*\*  
**11:30am-1:30pm** Special Lunch & Halloween Party\*  
**12:45pm** Progressive Pinochle  
**2:00pm** Korean Bong Sul  
**2:30pm** Korean Drawing Class  
**3:30pm** Korean Saxophone

**31**  
**9:00am** Yoga (\$4)  
**10:15am** Chair Yoga (\$4)  
**1:00pm** Korean Women's Bong Sul  
**2:00pm** Korean Line Dancing  
**3:00pm** ESL for Koreans  
**4:00pm** Korean Creative Music Talk

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



# SPECIAL PROGRAMS

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



- **TUESDAY, OCT 1 @ 10:00 am: Crafts with Friends** | Suzanne will lead a craft group painting gourds and mini pumpkins. The sky is the limit with your creativity! \$4 fee to cover supplies.



- **WEDNESDAY, OCT 2 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.



- **FRIDAY, OCT 4 @ 10:30 am: County Nutritional Program** | Join Teri Wassel, MS, RD as she prepares a Roasted Beet, Orange and Goat Cheese Salad. This beet salad recipe is a stunning fall or winter side dish! Roasted beets, goat cheese, scallions and oranges fill it with a delightful mix of textures and flavors. Pre-registration is required by Friday 9/27.



- **MONDAY, OCT 7 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. From October through December, Master's level students from Gwynedd Mercy University will be at PEAK every Monday. There will be opportunities for group and 1:1 activities.



- **MONDAY, OCT 7 @ 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 Friday 10/4. Keep an eye out for signs at PEAK or give us a call to find out what movie will be shown.



- **TUESDAY, OCT 8 @ 10:00 am: Story Time with Josephine** | Josephine will be reading "The Pendulum", "Jimmy Hayes and Muriel", and "The Duplicity of Hargraves" by O. Henry. You can join at PEAK or via Zoom. Email Liz at [ebel@ghnps.org](mailto:ebel@ghnps.org) if you would like the Zoom link.



- **WEDNESDAY, OCT 9 from 8:30 am to 12:30 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. Participants should contact their insurance company to determine their eligibility. Please bring your driver's license to class. The fee for the course is \$20 for AARP members and \$25 for non-members. Please bring a check payable to AARP to class. Please register by Friday 10/4.



- **WEDNESDAY, OCT 9 @ 12:30 pm: PA Medi: Open Enrollment Education** | Medicare's Open Enrollment is coming! PA Medi provides free, unbiased counselling for your Medicare options. Come hear how this free service can help you understand Medicare and changes coming for 2025.



- **MONDAY, OCT 14 @ 11:00 am: SeniorLAW Center Talk** | SeniorLAW Center provides a wide range of services to support the legal rights and interests of older Pennsylvanians, including trauma-informed lawyering, education, and advocacy at the local, state, and national levels. Lucy Qiu, Esq., Senior Attorney, Victim Services, will present on the services offered by the SeniorLAW Center as well as common scams, how to avoid them and what to do if you have been scammed.



- **TUESDAY, OCT 15 @ 9:00 am: Breakfast Club** | This month we will visit Franconia Heritage Restaurant at 508 Harleysville Pike, Telford. Each person will pay their own bill and supply their own transportation. Please RSVP by Wednesday 10/9 so we can arrange seating together.



- **THURSDAY, OCT 17 from 10:00 am to 1:00 pm: Representative Liz Hanbidge's Senior Fair in North Penn Commons Lobby** | Visit with a variety of senior serving organizations to learn about local resources.



- **MONDAY, OCT 21 from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students at PEAK**

- **TUESDAY, OCT 22 from 10:00 am to 12:00 pm: UnitedHealthcare Open Enrollment Presentation** | Join Charles Siniari to learn about Medicare options ahead of the annual Open Enrollment period.

# SPECIAL PROGRAMS

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



- **WEDNESDAY, OCT 23 @10:30 am: Nutritional Workshop: Vegetarian Meals for Seniors** | Curious about vegetarian meal options for positive aging? Registered Dietician, Grace McKelvey, will share tips and tricks for shopping for and preparing vegetarian meals that meet key dietary needs for seniors.
- **THURSDAY, OCT 24 @ 12:30 pm: Food for Thought** | This month's topic is "Memory Lane... meeting that special someone". We are looking forward to sharing stories about meeting people who had a meaningful influence on our lives... your spouse or partner, a best friend, or a mentor.
- **MONDAY, OCT 28 from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students at PEAK**
- **MONDAY, OCT 28 @ 12 pm: Book Club** | The book this month is *The Last Child*, by John Hart. For more information contact Betty Helpa @ 215-688-3874.
- **TUESDAY OCTOBER 29 @ 4:30 pm: Dinner Outing @ 1750 Grille @ The Holiday Inn** | Located at 1750 Sumneytown Pike, Kulpsville. Join us for some delicious food and fun company! Everyone provides their own transportation and pays their own bill. *Please RSVP to Gina or Sabrina by Friday, Oct 25th.*
- **WEDNESDAY, OCT 30 @ 11:30 am: Special Halloween Lunch & Party with DJ Smooth Jazz aka Milton (\$10)** | Celebrate Halloween with a "spook-tacular" lunch followed by a party with music and games. Costumes encouraged... there will be prizes! *RSVP by Friday 10/25.*

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!**



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## GHPSS MEMBERS OF THE MONTH

### ENCORE MEMBER OF THE MONTH

Betty is a joy to have at Encore! We look forward to her cheer and assistance with anything needed in the office. She was instrumental in completing a project to call members we hadn't seen since the pandemic shut-down to let them know that GHPSS was back to full service again. She helped to get our Mahjong group started, and has jumped in to lead our Group Trivia when needed. We appreciate everything you do, Betty, and always enjoy just hanging out with you!

**Betty Puchello**



**Marie Staranowski**



### PEAK MEMBER OF THE MONTH

Marie recently joined our cafe crew and has brought her love of music to all she does! She boogies while serving lunch and is always the first out on the dance floor at special events. Her joy is so infectious that you can't help but get up and join her! Marie has a life-long love of music and has lived a life full of brushes with Hollywood and Rock-n-Roll Stars...but at the end of the day, what she remembers most are the times where she was able to make a personal connection and make someone else smile. Spreading happiness is why she got involved at PEAK. Marie has surely accomplished that task!