

## GHNPS STAFF

### Organizational Support

**Elizabeth Beil**

*Executive Director, Ext. 201*

**Jim McCarthy**

*Bookkeeper*

### Encore Experiences

312 Alumni Avenue  
Harleysville, PA 19438  
215-256-6900, press 1 and 1 again  
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*

**Marcia Stoesz**

*Meal Assistant, 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)

**Alyssa Barnes**

*Site Manager, Ext. 204*

**Sabrina Davila**

*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://www.facebook.com/ghnps)

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

<https://bit.ly/GHNPSyoutube>



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



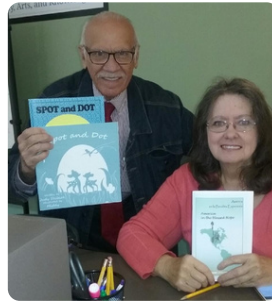
## A MESSAGE FROM THE EXECUTIVE DIRECTOR

### Happy December!

Can you believe that the end of the year is nearly here?! As I reflect back upon 2023 at GHNPS, there is one word that consistently comes to mind... **friendship**.

Friendship is a relationship of mutual affection between people. It is a stronger form of interpersonal bond than an "acquaintance" or an "association", such as a classmate, neighbor, coworker, or colleague. There is a beautiful quote from President Woodrow Wilson, "**Friendship is the only cement that will ever hold the world together.**"

### I believe that friendship is the cement that holds GHNPS together.



There are so many friendships made and sustained each day at both Encore Experiences and The PEAK Center, but I'd like to highlight just a few as represented in the pictures above.

In the picture to the left, we have **Alfredo and Judy** who bonded over their shared experiences as writers. Here they are posing with Judy's children's books and Alfredo's book of poetry. While they sometimes struggle to communicate due to language barriers, Alfredo and Judy's friendship endures, bolstered by their love of literature.

In the center picture, we have some members of our Wednesday Wii Bowling group, **Damian, Colleen, Melissa, Dawn, and Pat**, along with our Social Services Coordinator, Carol. This group loves to joke around... but don't get in the way of their chance for a strike! The Wii Bowling group has also become our PEAK Party Planning Crew, helping to create a fun environment for our seniors to build friendships.

Finally, we have **Ellen and Bob**. Ellen brought her mother's unfinished cross-stitch apron with her from Germany 68 years ago, planning to finish it herself. She could not have predicted that another member from Encore would be the one to complete it! Bob took the time to match up his own cross-stitching style to that of Ellen's mother, and the result is this beautiful and sentimental masterpiece that will forever touch Ellen's heart and has cemented Ellen and Bob's friendship.

As you celebrate this holiday season and reflect on 2023, I hope that the friendships you have made at GHNPS bring you joy and fond recollections. As we enter 2024, I wish you comfort in knowing that our doors are always open for you. Join us, you just may make a new best friend... or two!

Fondly,

*Elizabeth Beil*

Elizabeth Beil

# GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

## Advisory Council Meetings

All members and participants are encouraged to attend the monthly Advisory Council meetings at either Center.

**Encore:** NO MEETING IN DECEMBER

**PEAK:** NO MEETING IN DECEMBER

## Legal Counseling

**Encore:** Free legal consultations are available by phone between 9:30am and 10:30am on Thursday, December 21. Call 215-256-6900 to schedule.

**PEAK:** Free legal consultations are available Tuesday, December 26. Call 215-362-7432 to schedule.

## Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a seasonal program offering eligible households a grant toward heating costs. Applications and help are available at each Center from the Social Services Coordinator. You can also apply online at

<https://www.compass.state.pa.us/Compass.Web/Public/CMHome>.

## PA MEDI Medicare Counseling (formerly APPRISE)

Free, unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers.

**Encore:** Appointments available on Wednesday, December 6. Call 215-256-6900 to schedule.

**PEAK:** Call 610-834-1040, ext. 145 to request an appointment on Wednesdays.

## 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.

## PA Property Tax/Rent Rebate

Applications for the 2022 tax year have been extended to December 31, 2023. If you are qualified, you can receive a rebate up to \$650. More information on this rebate can be found at <https://mypath.pa.gov>. The North Penn School District offers an additional rebate to its residents who have already qualified and have received the PA Property Tax/Rent Rebate for 2022. To learn more, get an application, or get help from the GHPSS Social Services Coordinator, call 215-362-7432, ext. 203.

## Tax Preparation Service

GHPSS will host this free service at each Center starting in early February 2024. Appointments can be scheduled by calling the Center of your choice. Members of GHPSS will have priority in scheduling during the week of 1/15/24 through 1/19/24. Starting 1/22/24 tax appointments can be scheduled by anyone who qualifies. Generally, this service is open to low- to moderate-income households under \$60,000/year.

## Do You Need Assistance?

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 the GHPSS Social Service Coordinator at 215-362-7432, ext. 203.



*Shelby Leight*

Direct: 215.892.2178

Office: 267.733.0777

[www.ShelbySellsHomesPA.com](http://www.ShelbySellsHomesPA.com)

**kw**  
KELLERWILLIAMS  
REALTY GROUP

*Vickie*  
LANDIS RENTSEL  
TEAM



**SRES**  
Seniors Real Estate Specialist

**My SRES designation means I have experience meeting the needs of maturing clients when selling, buying, relocating, or refinancing properties.**

**With so many details to take into consideration, it's important to have the right guidance!**

# December 2023 Programs

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Hybrid Classes (in-person and virtual) are noted in blue. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p><b>Hanukkah 12/7-15</b></p>	 <p><b>Christmas 12/25</b></p>	 <p><b>Kwanzaa 12/26 - 1/1</b></p>	<p><b>10:00</b> Wii Sports or Jeopardy <b>1</b>  <b>10:30</b> Diamond-Painted Ornaments (\$2)  <b>11:00-3:00pm</b> Shiatsu Massage Appt. (\$20)  <b>12:00-1:00pm</b> Lunch  <b>1:00pm</b> The Happy? Ya! Ya! Crew  <b>1:30pm</b> Stretch &amp; Tone (\$4)</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b>9:15</b> Tai Chi (\$5)  <b>11:00-12:00pm</b> Creative Recycled Cards Craft  <b>12:00-1:00pm</b> Lunch  <b>1:30pm</b> Art Class (\$4)  <b>1:45pm</b> Bingo for Bucks</p>	<p><b>9:00-10:20</b> Haircuts (by appt.) (\$10)  <b>9:15</b> Walking with Weights (\$4)  <b>9:30</b> Group Trivia  <b>10:00</b> Stamp Club  <b>12:00-1:00pm</b> Lunch  <b>12:30pm</b> Pinochle  <b>1:00pm</b> Mahjong  <b>1:30pm</b> Zumba (\$4)</p>	<p><b>8:00</b> Chess  <b>9:15</b> Tai Chi (\$5)  <b>9:30</b> Coloring for Calmness  <b>10:00am-3:00pm</b> Christmas Bazaar featuring ...  <ul style="list-style-type: none"> <li>• Cafe-style Luncheon (\$)</li> <li>• Cash for Gold</li> <li>• Senator Pennycuik's Office</li> <li>• Crafts, games, raffles &amp; prizes</li> </ul> <b>11:00</b> Chair Yoga  <b>1:00pm</b> Rummikub  <b>1:00pm</b> Medicare Counseling (by appt. only)</p>	<p><b>9:00</b> Wood Carving  <b>9:30</b> Stitch &amp; Chat  <b>10:00-10:45</b> Free Blood Pressure Screenings  <b>11:00-12:00</b> Help Yourself to Healthy Living: Have a Peaceful and "Less-Stress" Holiday Season!  <b>12:00-1:00pm</b> Lunch  <b>12:30pm</b> Bridge  <b>12:30pm</b> Skip-Bo  <b>1:30pm</b> Tone &amp; Balance (\$4)</p>	<p><b>10:00</b> Wii Sports or Jeopardy  <b>12:00-1:00pm</b> Lunch  <b>1:00pm</b> The Happy? Ya! Ya! Crew  <b>1:30pm</b> Stretch &amp; Tone (\$4)</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b>9:15</b> Tai Chi (\$5)  <b>11:00</b> Caring for the Caregiver Roundtable  <b>12:00-1:00pm</b> Lunch  <b>1:30pm</b> Art Class (\$4)  <b>1:45pm</b> Bingo for Bucks</p>	<p><b>9:15</b> Walking with Weights (\$4)  <b>9:30</b> Group Trivia  <b>10:00</b> Storytime with Josephine (Online &amp; at PEAK)  <b>11:00</b> Arts &amp; Crafts with Tara - Snowmen and Elves  <b>12:00-1:00pm</b> Lunch  <b>12:30pm</b> Pinochle  <b>1:00pm</b> Mahjong  <b>1:30pm</b> Zumba (\$4)</p>	<p><b>8:00</b> Chess  <b>9:15</b> Tai Chi (\$5)  <b>9:30</b> Coloring for Calmness  <b>10:30</b> Tech Tutoring with Ed (by appt.)  <b>10:30</b> Peter Wentz Farmstead: Life in 18th Century Pennsylvania  <b>12:00-1:00pm</b> Lunch  <b>1:00pm</b> Rummikub  <b>4:00-6:00pm</b> Dinner Outing at Villa Vito: 10% off for Seniors</p>	<p><b>9:00</b> Wood Carving  <b>9:30</b> Stitch &amp; Chat  <b>12:00-1:00pm</b> Lunch  <b>12:30pm</b> Bridge  <b>12:30pm</b> Skip-Bo  <b>1:00-2:00pm</b> PEAK Tappers and Brittany Pointe Steel Drums Show  <b>2:00pm</b> Tone &amp; Balance (\$4)</p>	<p><b>10:00</b> Wii Sports or Jeopardy  <b>12:00-1:00pm</b> Lunch  <b>1:00pm</b> The Happy? Ya! Ya! Crew  <b>1:30pm</b> Stretch &amp; Tone (\$4)</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>9:15</b> Tai Chi (\$5)  <b>12:00-1:00pm</b> Lunch  <b>1:30pm</b> Art Class (\$4)  <b>1:45pm</b> Bingo for Bucks</p>	<p><b>9:00-10:20</b> Haircuts (by appt.) (\$10)  <b>9:15</b> Walking with Weights (\$4)  <b>9:30</b> Group Trivia  <b>10:00-12:00</b> United Healthcare table  <b>12:00-1:00pm</b> Lunch  <b>12:30pm</b> Pinochle  <b>1:00pm</b> Mahjong  <b>1:30pm</b> Zumba (\$4)</p>	<p><b>8:00</b> Chess  <b>9:15</b> Tai Chi (\$5)  <b>9:30</b> Coloring for Calmness  <b>12:00-1:00pm</b> Lunch  <b>1:00pm</b> Rummikub  <b>1:00pm</b> LGBT Center of Greater Reading: A Conversation of Understanding</p>	<p><b>9:00</b> Wood Carving  <b>9:30-10:30</b> Legal Consultations (by appt.)  <b>9:30</b> Stitch &amp; Chat  <b>12:00-1:00pm</b> Lunch  <b>12:30pm</b> Bridge  <b>12:30pm</b> Skip-Bo</p>	<p><b>10:00</b> Wii Sports or Jeopardy  <b>12:00-1:00pm</b> Lunch  <b>1:00pm</b> The Happy? Ya! Ya! Crew  <b>1:00pm</b> Holiday Sing-Along with Annie  <b>1:30pm</b> Stretch &amp; Tone (\$4)</p>
<b>CLOSED</b> <b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	<p><b>9:15</b> Walking with Weights (\$4)  <b>9:30</b> Group Trivia  <b>12:00-1:00pm</b> Lunch  <b>12:30pm</b> Pinochle  <b>1:00pm</b> Mahjong  <b>1:30pm</b> Stretch &amp; Tone (\$4)</p>	<p><b>8:00</b> Chess  <b>9:30</b> Coloring for Calmness  <b>10:30</b> Tech Tutoring with Ed (by appt.)  <b>12:00-1:00pm</b> Lunch  <b>1:00pm</b> Chair Bingo Exercise (\$4)</p>	<p><b>9:00</b> Wood Carving  <b>9:30</b> Stitch &amp; Chat  <b>12:00-1:00pm</b> Lunch  <b>12:30pm</b> Bridge  <b>12:30pm</b> Skip-Bo</p>	<p><b>9:30</b> Veterans' Coffee Catch-up  <b>10:00</b> Wii Sports or Jeopardy  <b>12:00-1:00pm</b> Lunch  <b>1:00pm</b> The Happy? Ya! Ya! Crew  <b>1:30pm</b> Stretch &amp; Tone (\$4)</p>

# December 2023 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
				<b>1</b> Baked Haddock with Lemon/Wine Sauce Vegetable Medley Macaroni & Cheese Milk
<b>4</b> Meatball Parmesan Sub Fruit Salad Potato Salad Milk	<b>5</b> Sweet & Tangy Chicken Thighs Broccoli Brown Rice Vanilla Pudding Milk	<b>6</b> <b>Cafe-style Special Lunch</b> (see Gina for menu and pricing) 	<b>7</b> Shrimp & Grape Tomato Pesto Pasta Green Salad Milk	<b>8</b> Mandarin Chicken Salad Mixed Greens with Almonds, Craisins & Chow Mein Noodles Dinner Roll Milk
<b>11</b> Cheeseburger with Lettuce, Tomato, & Onion on Multi-grain Bun Fruit Salad Baked Beans Milk	<b>12</b> Roasted Vegetable Flat Bread Pizza Green Salad Mandarin Oranges Milk	<b>13</b> Crab Cake Coleslaw Sweet Potato Fries Chocolate Pudding Milk	<b>14</b> Roasted Pork & Sauerkraut Mashed Potatoes with Gravy Applesauce Milk	<b>15</b> Chicken Ratatouille with Penne Wheat Dinner Roll Cookie Milk
<b>18</b> Baked Ziti Green Salad Dinner Roll Applesauce Milk	<b>19</b> French Toast Casserole with Turkey Sausage Fruit Salad Milk	<b>20</b> Apricot Glazed Salmon Broccoli Wild Rice Cookie Milk	<b>21</b> Ground Beef Stroganoff over Egg Noodles Carrots Dinner Roll Milk	<b>22</b> Chicken Salad Wrap Fresh Vegetable Salad Brownie Milk
<b>CLOSED</b> <b>25</b> 	<b>26</b> Grilled Ham & Cheese with Whole Grain Bread Minestrone Soup Peaches Milk	<b>27</b> Tuna-stuffed Tomato Four Bean Salad Crackers Milk	<b>28</b> Sliced Roast Beef & Gravy Green Beans Mashed Potatoes Dinner Roll Milk	<b>29</b> Baked Haddock with Lemon/Wine Sauce Vegetable Medley Macaroni & Cheese Milk



**FRIDAY, DECEMBER 1 / 10:30am**

**Diamond-Painted Christmas Ornaments** Bring on the holiday cheer as we create Diamond-Painted Christmas Ornaments with Laura. These sparkly decorations will really catch the light wherever you hang them! **RSVP to the Office by Monday, November 27th. \$2 Cost.**



**FRIDAY, DECEMBER 1 / 11:00 am to 3:00pm**

**Shiatsu On-Site Acupressure Chair Massage by Kerry Palanjian** Relax and refresh your muscles with a shiatsu-style, fully-clothed, chair massage. **\$20 for a 15 minute session...discount coupons for members enclosed in the newsletter! Please sign up for an appointment in the office or by calling 215-256-6900.**



**MONDAY, DECEMBER 4 / 11:00am**

**Creative Recycled Cards Crafts** Make your own greeting cards or design of your choice from recycled cards! Supplies are provided, but please bring your own scissors.



**WEDNESDAY, DECEMBER 6 / 10:00am to 3:00pm**

**Christmas Bazaar** Come in for a stroll around our winter wonderland. There will be crafts, games, prizes, lunch, goodies and lots of holiday cheer! There's no cost to enter, but bring money for our Café-style al-la-carte lunch and snacks, also for the games, gifts, raffles and crafts!



**WEDNESDAY, DECEMBER 6 / 10:00am to 1:00pm**

**Senator Pennycuick Resource Table** PA State Senator Tracy Pennycuick's Office will be on-site to provide information on services 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 members.



**WEDNESDAY, DECEMBER 6 / 10:00am to 1:00pm**

**Cash for Gold** Leave your wallet at home, but bring your old, unworn, or broken gold, silver, or platinum jewelry and coins and turn it into CASH! Bring that class ring, broken necklace, sterling silver flatware set, silver coins, or even dental gold and leave with CASH in your pocket!



**THURSDAY, DECEMBER 7 / 11:00am to 12:00pm**

**Help Yourself to Healthy Living: Have a Peaceful and Less-Stress Holiday Season!** Learn how to enjoy your favorite holiday traditions in a stress-free way! Are you grieving? Learn how to be kind to yourself and navigate your way through the holidays. **Get your free blood pressure check from 10:00am to 10:45am.**



**MONDAY, DECEMBER 11 / 11:00am**

**"Caring for the Caregiver" Roundtable** Join Kristi Wile, Director of Nursing for Senior Helpers, who can provide valuable advise to help you in your caregiving role. This session will also include sharing of ideas from those in attendance to help you grow your own support network.



**TUESDAY, DECEMBER 12 / 11:00am**

**Snowmen & Elves Arts & Crafts** Join Tara and her special little "elf" for some creative fun. Supplies are provided, just bring your creativity and your chit-chat!

# ENCORE SPECIAL PROGRAMS CONTINUED...



**WEDNESDAY, DECEMBER 13 / 10:30am**

**Peter Wentz Farmstead: Life in 18th Century Pennsylvania** LeAnne Sykes will explore various facets of this past era, including social classes, the lives of women and children, fashions and dress, religion, cooking and food, and other topics. Enjoy the “traveling trunk” of reproduced articles of clothing and food utensils to see and hold.



**WEDNESDAY, DECEMBER 13 / 4:00pm**

**Dinner Outing at Villa Vito** Join your friends at a local favorite, Villa Vito, right across Alumni Ave. from Encore Experiences. **Please RSVP with the Office by Friday, December 8th**, so we can call ahead and arrange seating together. There is a Senior Citizen’s discount of 10% off the regular menu. Each person will pay their own bill and supply their own transportation.



**THURSDAY, DECEMBER 14 / 1:00pm**

**The PEAK Tappers and Brittany Pointe Steel Pan Drums Show!** Come for pork and sauerkraut at noon (**lunch requires an RSVP as usual**) and then stay to enjoy some fabulous entertainment! We are so grateful to these two groups for coming to share their talents with us. No cost!



**TUESDAY, DECEMBER 19 / 10:00am to 12:00pm**

**United Healthcare Info Table** Stop by and have your healthcare insurance related questions answered by Charles Siniari, Licensed Sales Agent.



**WEDNESDAY, DECEMBER 20 / 1:00pm**

**A Conversation of Understanding** Join Tasha Santiago, Director of Education for the LGBT Center of Reading, for a training on the language and definitions that are utilized when referencing sexual orientation, gender identity, and gender expression while also referencing historical and cultural context. This is a safe place for participants to learn and ask questions free of judgment or prejudice and allows for dialogue on LGBT+ concepts and terminology through an intersectional lens.



**FRIDAY, DECEMBER 29 / 9:30am**

**Veteran’s Coffee Catch-up** Come on in and “catch up” with other Veterans in a relaxing environment. Let’s celebrate the upcoming New Year together!






## ENCORE MEMBER OF THE MONTH Naomi Griffiths

Naomi has that special something about her that you just know she is always there supporting you. A long-time member and volunteer at Encore, there are some activities that would not have survived over the years if Naomi hadn't been in charge of them. We love seeing Naomi breeze on in and get right to work with the Stitch & Chatters, the Group Trivia, the Bingo, and the Skip-Bo games! She has also been on the Advisory Council for many years and is a pleasure to work with. Thanks for all you have done and continue to do for all our staff and members here at Encore, Naomi!



# December 2023 Programs

Programs shown were scheduled at the time of printing and are subject to change. **In-person classes are noted in black.** **Hybrid classes (in-person and virtual) are noted in blue.** **Special programs are noted in gold.** You must make an appointment where indicated on the calendar and register for lunches as well as hybrid classes and special programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <b>Hanukkah 12/7-15</b>	 <b>Christmas 12/25</b>	 <b>Kwanzaa 12/26 - 1/1</b>	<b>8:00 Creative Coloring 1</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:30 PEAK Pinochle</b> <b>10:00am-1:00pm Farm Stand sponsored by IBX</b> <b>11:30-12:30pm Lunch</b> <b>1:30pm Korean Kalimba</b> <b>3:00pm Korean Book Club</b>
<b>8:00 Creative Coloring 4</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>10:00 Fit for the Future (\$4)</b> <b>10:00 Whist &amp; Other Games</b> <b>11:00 Stitch &amp; Chat</b> <b>11:30-12:30pm Lunch</b> <b>2:00pm Korean Bong Sul</b>	<b>8:00 Creative Coloring 5</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:30-11:30 Crafts with Friends Part 1 (\$3)</b> <b>10:00 Tai Chi (\$4)</b> <b>11:30-12:30pm Lunch</b> <b>12:30-2:30pm Mobile Device Workshop Part 1</b> <b>1:00pm Games</b> <b>1:00pm Korean Computer Class</b> <b>1:00pm Korean Dance &amp; Drumming</b> <b>3:30pm Korean Smart Phone Class</b>	<b>8:00 Creative Coloring 6</b> <b>8:00 Rummikub/Games/Puzzles/Chess</b> <b>10:00 Fit for the Future (\$4)</b> <b>10:00 Medicare Counseling (by appt.)</b> <b>10:00 Wii Bowling</b> <b>10am-3pm Shiatsu Appointments (\$20)</b> <b>11:30-12:30pm Lunch</b> <b>12:30pm Downsizing by Home Stream</b> <b>12:45pm Pinochle</b> <b>2:00pm Korean Bong Sul</b> <b>2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced)</b> <b>3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)</b>	<b>8:00 Creative Coloring 7</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:00 Yoga (\$4)</b> <b>10:00 Meditation (\$4)</b> <b>10:00 Crafts with Friends Part 2</b> <b>11:30-12:30pm Lunch</b> <b>2:00pm Korean Line Dancing</b> <b>3:00pm ESL for Koreans</b> <b>4:00pm Korean Taekwondo</b>	<b>8:00 Creative Coloring 8</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:30 PEAK Pinochle</b> <b>11:00 Grief Support</b> <b>11:30-12:30pm Lunch</b> <b>12:30pm Bingo</b> <b>1:30pm Korean Kalimba</b> <b>2:00pm Korean Bong Sul</b> <b>3:00pm Korean Book Club</b>
<b>8:00 Creative Coloring 11</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>10:00 Fit for Future (\$4)</b> <b>10:00 Whist &amp; Other Games</b> <b>11:00 Stitch &amp; Chat</b> <b>11:30-12:30pm Lunch</b> <b>12:30pm ArcoNet Holiday Concert</b> <b>2:00pm Korean Bong Sul</b>	<b>8:00 Creative Coloring 12</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>10:00 Tai Chi (\$4)</b> <b>10:00 Storytime with Josephine (Hybrid)</b> <b>10:00-12:30pm PA State Rep. Steve Malagari Resource Table</b> <b>11:30-12:30pm Lunch</b> <b>12:30-2:30pm Mobile Device Workshop Part 2</b> <b>1:00pm Games</b> <b>1:00pm Korean Computer Class</b> <b>1:00pm Korean Dance &amp; Drumming</b>	<b>8:00 Creative Coloring 13</b> <b>8:00 Rummikub/Games/Puzzles/Chess</b> <b>10:00 Fit for the Future (\$4)</b> <b>10:00 Medicare Counseling (by appt.)</b> <b>10:00 Wii Bowling</b> <b>11:30-12:30pm Lunch</b> <b>12:30pm Chair Exercise Bingo (\$4)</b> <b>12:45pm Pinochle</b> <b>2:00pm Korean Bong Sul</b>	<b>8:00 Creative Coloring 14</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:00 Yoga (\$4)</b> <b>10:00 Meditation (\$4)</b> <b>11:30-12:30pm Lunch</b> <b>12:30-2:30pm Taking the Stress out of the Holidays</b> <b>2:00pm Korean Line Dancing</b>	<b>8:00 Creative Coloring 15</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:30 PEAK Pinochle</b> <b>11:30-12:30pm Lunch</b> <b>12:30pm Bingo</b> <b>2:00pm Korean Bong Sul</b> <b>3:00pm Korean Book Club</b>
<b>8:00 Creative Coloring 18</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>10:00 Fit for Future (\$4)</b> <b>10:00 Whist &amp; Other Games</b> <b>11:00 Stitch &amp; Chat</b> <b>11:30-12:30pm Lunch</b> <b>12:30pm Book Club</b> <b>2:00pm Korean Bong Sul</b>	<b>8:00 Creative Coloring 19</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>10:00 Tai Chi (\$4)</b> <b>11:30-12:30pm Lunch</b> <b>1:00pm Games</b> <b>1:00pm Korean Computer Class</b> <b>1:00pm Korean Dance &amp; Drumming</b> <b>3:30pm Korean Smart Phone Class</b>	<b>8:00 Creative Coloring 20</b> <b>8:00 Rummikub/Games/Puzzles/Chess</b> <b>10:00 Fit for the Future (\$4)</b> <b>10:00 Medicare Counseling (by appt.)</b> <b>10:00 Wii Bowling</b> <b>11:30-1:30pm Special Lunch with Marionettes and Juggling Demo</b> <b>12:45pm Pinochle</b> <b>2:00pm Korean Bong Sul</b> <b>2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced)</b> <b>3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)</b>	<b>8:00 Creative Coloring 21</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:00 Yoga (\$4)</b> <b>10:00 Meditation (\$4)</b> <b>11:30-12:30pm Lunch</b> <b>12:30pm Montco Association for the Blind</b> <b>2:00pm Korean Line Dancing</b> <b>3:00pm ESL for Koreans</b> <b>4:00pm Korean Taekwondo</b>	<b>8:00 Creative Coloring 22</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:30 PEAK Pinochle</b> <b>11:00 Grief Support</b> <b>11:30-12:30pm Lunch</b> <b>12:30pm Bingo</b> <b>1:30pm Korean Kalimba</b> <b>2:00pm Korean Bong Sul</b> <b>3:00pm Korean Book Club</b>
 <b>CLOSED 25</b>	<b>8:00 Creative Coloring 26</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>10:00 Tai Chi (\$4)</b> <b>11:30-12:30pm Lunch</b> <b>12:00pm Legal Consultations (by appt.)</b> <b>1:00pm Games</b> <b>1:00pm Korean Computer Class</b> <b>1:00pm Korean Dance &amp; Drumming</b> <b>3:30pm Korean Smart Phone Class</b>	<b>8:00 Creative Coloring 27</b> <b>8:00 Rummikub/Games/Puzzles/Chess</b> <b>10:00 Fit for Future (\$4)</b> <b>10:00 Medicare Counseling (by appt.)</b> <b>10:00 Wii Bowling</b> <b>11:30-12:30pm Lunch</b> <b>12:30-2:30pm Holiday Party</b> <b>12:45pm Pinochle</b> <b>2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced)</b> <b>3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)</b>	<b>8:00 Creative Coloring 28</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:00 Yoga (\$4)</b> <b>10:00 Meditation (\$4)</b> <b>11:30-12:30pm Lunch</b> <b>2:00pm Korean Line Dancing</b> <b>3:00pm ESL for Koreans</b> <b>4:00pm Korean Taekwondo</b>	<b>8:00 Creative Coloring 29</b> <b>8:00 Rummikub/ Games/Puzzles/Chess</b> <b>9:30 PEAK Pinochle</b> <b>11:30-12:30pm Lunch</b> <b>12:30pm Bingo</b> <b>1:30pm Korean Kalimba</b> <b>2:00pm Korean Bong Sul</b> <b>3:00pm Korean Book Club</b>

# December 2023 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
				<b>1</b> Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts
<b>4</b> Roasted Herb Chicken with Bean Casserole Broccoli with Cheese Sauce Quinoa Pilaf with Riced Vegetables Milk	<b>5</b> Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Fudge Cookie Milk	<b>6</b> Sweet Italian Sausage Roasted Potatoes with Rosemary Steamed Peas Milk	<b>7</b> Eggplant Parmesan Steamed Green Beans and Carrots Cinnamon Peaches Milk	<b>8</b> Turkey Thyme Risotto Steamed Carrots Broccoli Milk
<b>11</b> Chickpea Curry Stew with Brown Rice Peas & Confetti Vegetables Apple Cobbler	<b>12</b> Herbed Chicken with Tomato Coulis over Polenta Broccoli Poached Pear Fresh Orange Milk	<b>13</b> Cheese Stuffed Shells with Tomato Basil Sauce Steamed Carrots Steamed Green Beans Milk	<b>14</b> Swedish Meatballs served over Noodles Peas Applesauce Milk	<b>15</b> Roast Pork au Jus with White Beans & Spinach Cauliflower with Cheese Sauce Peach Cobbler Milk
<b>18</b> Roasted Tilapia with Lemon over Rice Capri Vegetables Apple Cobbler Chocolate Pudding	<b>19</b> Baked Mac & Cheese Stewed Tomatoes Green Beans Milk	<b>20</b> <b>Special Lunch (\$10)</b> Roast Beef au Jus Spinach Gratin Roasted Winter Squash Holiday Cookies Milk	<b>21</b> General Tso's Chicken w/ Fried Rice Broccoli Confetti Vegetables w/ Dumpling Milk	<b>22</b> Beef Stroganoff w/ Egg Noodles Mixed Vegetables Applesauce Milk
<b>CLOSED 25</b> 	<b>26</b> Open-faced Turkey Burger with Roasted Corn & Mango Salsa Wild and Brown Rice Pilaf Broccoli Whole Fresh Fruit Milk	<b>27</b> Vegetable Lasagna Pesto Cauliflower Roasted Potatoes with Rosemary Fudge Cookie Milk	<b>28</b> Chicken Sausage Waffle Pears Collard Greens Milk	<b>29</b> BBQ Chicken Wraps w/ Black Bean Salsa Potato Salad Carolina Slaw Milk



# 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.



**FRIDAY DECEMBER 1 / 10:00am to 1:00pm**

**Friendly Farm Stand** IBX is bringing Friendly Farms Stands to our community with giveaways and FREE fresh produce for you to take home. So, bring your neighbors and come enjoy a pear-fect time at the Friendly Farm Stands.



**TUESDAY, DECEMBER 5 / 9:30-11:30 am AND THURSDAY, DECEMBER 7 / 10:00-11:00am**

**Crafts with Friends - Holiday Wine Bottles** Join Suzanne for this two part craft session to decorate used wine bottles and turn them into new gifts or decorations for the holidays. **Cost \$3.**



**TUESDAY, DECEMBER 5 AND TUESDAY, DECEMBER 12 / 12:30 to 2:30pm**

**Mobile Device Workshop Part 1 and 2 sponsored by Patina Health, PHEO (People Helping Each Other), and AETNA** Bring your cell phone or tablet and start learning with the two-part tech class. This workshop will cover topics including, connecting to wifi, how to safely navigate the internet while protecting yourself from fraud, creating and using an email account, making voice and video calls, and more. If you feel intimidated by technology, this class will help you feel more confident. Please bring any mobile devices you use (or want to use!) and make sure they are fully charged. **Please RSVP to Sabrina at the front desk or by calling 215-362-7432.**



**WEDNESDAY, DECEMBER 6 / 10:00am to 3:00pm**

**Shiatsu On-Site Acupressure Chair Massage by Kerry Palanjian** Relax and refresh your muscles with a shiatsu-style, fully-clothed, chair massage. **\$20 for a 15 minute session...discount coupons for members enclosed in the newsletter! Please sign up for an appointment in the office or by calling 215-362-7432.**



**WEDNESDAY, DECEMBER 6 / 12:30pm**

**Downsizing Dilemma... Where Do You Start?** This program, presented by Home Stream, will answer your questions about downsizing and how it is never too early to begin the downsizing journey. This program will give you the boost you need to get started, even if you only organize a junk drawer!! At the end of the presentation, a door prize will be awarded to the one attendee/couple who stayed for the entire program. The door prize is an organizing container filled with organizing items along with a gift card for a free one-hour consultation for Home Stream to come to your home and discuss what steps can be taken to downsize your home.



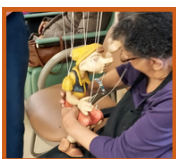
**MONDAY, DECEMBER 11 / 12:30pm**

**ArCoNet Holiday Concert** Get into the holiday spirit by joining us in the North Penn Commons Lobby for a beautiful Holiday Concert given by the talented musicians of ArCoNet, The Arts & Community Network.



**THURSDAY, DECEMBER 14 / 12:30pm**

**Taking the Stress out of the Holidays** We all know this time of year can be hectic and stressful as we navigate parties, family dynamics, the hustle and bustle of gift giving, and more. Join Norm Danis, MS, for this practical class to help you breeze through the holidays with ease.



**WEDNESDAY, DECEMBER 20 / 12:30pm to 1:30pm**

**Special Lunch with Entertainment by Ryan Slepian of Unplugged Entertainment** Enjoy a delicious winter meal of Roast Beef au Jus, Spinach Gratin, Roasted Winter Squash, and Holiday Cookies. Following lunch, Ryan Slepian will perform with his marionettes and show off his juggling skills. He will also provide demonstrations of proper techniques and let us try out our own skills. **Cost is \$10. Please RSVP by 12/13 to Sabrina at the front desk or by calling 215-362-7432.**



**WEDNESDAY, DECEMBER 27 / 12:30 to 2:30 pm**

**Holiday Party** Join your PEAK friends for a festive Holiday Party! There will be music, snacks, and an optional gift exchange in the White Elephant-style. If you wish to participate in the gift exchange, please bring a wrapped item from home... **DON'T BUY SOMETHING NEW!** The fun of this is to hunt around for something you already have to brighten someone's day or make them laugh. **Please RSVP to Sabrina at the front desk or call 215-362-7432 by 12/20 to help with planning.**

# PEAK MEMBER OF THE MONTH

## MARGE COLLINS

Marge is a member and volunteer at The Peak Center. She can be found in the Cafe serving meals with a warm smile on Thursdays. Her gentleness and willingness to jump in where needed is a great asset to our volunteer team. Marge says that PEAK is home for her and the highlight of her days are seeing the children in the North Penn Commons and serving lunch. We are very grateful for her kindness and service!



# Tributes to and from our Veterans

As we honored the service of our Veterans at Encore Experiences and The PEAK Center during November, we were overwhelmed by the generosity of our members. At PEAK, one of our Veterans donated a beautiful flag that now stands proudly at our entrance daily. At Encore, the wife of a Veteran came to us with the idea to cross-stitch a dedication. The result is a beautiful wall-hanging memorializing the names of 171 Veterans who are both current and past members at Encore. Thanks to the generosity of a dedicated donor, we were able to provide a filet dinner prepared by Chef Trish to more than 40 Vets and an additional 60 guests at Encore. The patriotism was on display with many Vets wearing hats and jackets displaying their branch of service. We celebrated at PEAK with a Veterans' Coffee Hour and a visit from our friends at the Lansdale YMCA Day Care. They made a sign of the American Flag and a message, "Thank You For Keeping Us Safe". It was wonderful to celebrate with our community and recognize the important service of our Veterans.

