

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.ghnpss.org

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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.ghnpss.org

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Grace Chung

*Korean American Services Specialist,
Ext. 212*

Follow Us On:

- facebook.com/ghnpss
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- <https://bit.ly/GHNPSyoutube>

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



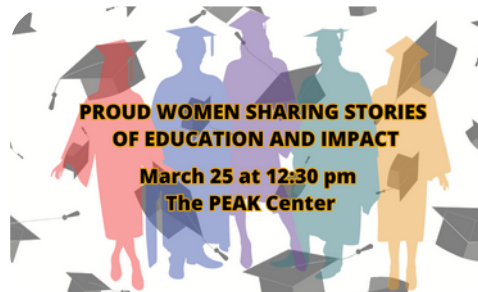
A MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy March!!

Since Punxsutawney Phil did not see his shadow on Groundhog's Day, we're looking forward to an early Spring. I love each change of season we experience here in Pennsylvania, but there is something about March that I truly enjoy... the daylight gradually extending, the blustery winds tempered by bright sunlight, and rainstorms that bring the promise of new growth. I have my fingers and toes crossed that March doesn't treat us to a late season snow storm!



March is Women's History Month. During this time, we highlight the contributions of women to events in history and contemporary society. It is celebrated in the US, United Kingdom, and Australia. On a broader scale, many countries recognize March 8 as International Women's Day. At Encore and PEAK, I am delighted to hear stories each day of the many contributions to society that the women who visit our Centers have made in their lives. You have raised families, had interesting and challenging careers, contributed special talents through volunteer service, traveled to locations both near and far, and, overall, made an indelible impact on our lives. This month we celebrate all of you along with all of the women who have made their mark on the history of our country. We have Women's History Month events planned at both Encore and PEAK this month!



If you would like to participate with either your memories of your educational experience at PEAK's event or your knowledge of the history of Encore at Encore's event, please reach out to me!

We have a great schedule of events lined up for March in addition to our Women's History Month events. Read on, then mark your calendars!

Finally, I wanted to extend a special invitation to attend the Community Dance Party to be held at Encore on March 9th. While this is not a GHNPS led event, our team is supporting the community members hosting this dance and we are thrilled to open our space for these fun Saturday night parties.

Fondly,

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: Thursday, March 21 at 12:30 pm

PEAK: Wednesday, March 20 at 12:30 pm

Legal Counseling

Encore: Free legal consultations are available by appointment. Call 215-256-6900 to schedule.

PEAK: Free legal consultations are available Tuesday, March 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 until April 5, 2024. You can also apply online at

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

PA MEDI Medicare Counseling

Free, unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers. If you are enrolled in a Medicare Advantage plan that does not suit your current health needs, you have until the end of March to change to a different Medicare Advantage plan for the remainder of the year.

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

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

PA Property Tax/Rent Rebate

Applications for the 2023 tax year are now being accepted.

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 <https://www.revenue.pa.gov/IncentivesCreditsPrograms/PropertyTaxRentRebateProgram/Pages/default.aspx>. 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**. You can apply to the District for their rebate through June 2024. To learn more, to get applications for both rebates, or to get help from the GHPSS Social Services Coordinator, call 215-362-7432 ext. 203.

Tax Preparation Service

GHPSS hosts this free service at each Center weekly, ending on April 15. Call the Center of your choice to learn of available appointments. Generally, this service is open to low- to moderate-income households under \$60,000/year.

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.

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.

Rest Easy in Retirement

Ice Cream Social & Seminar

Wednesday, April 24, 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



March 2024 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>Join us on March 14th! Celebrate St. Patrick's Day with a Special Lunch by Chef Trish and music by Accordionist Don Bitterlich (\$10)</p> 		<p>We Can Do It!</p>  <p>Celebrate Women's History Month!</p>		<p>9:30 Caregiver's Coffee Catch-up 1 10:00 Wii Sports or Jeopardy 10:00 Tai Chi for Arthritis 11:00-2:00pm Shiatsu Massage by appointment (\$20) 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew: Wear Blue - Fighting Cancer 1:30pm Stretch & Tone (\$4)</p>
<p>4</p> <p>9:15 Tai Chi (\$5) 9:00 Breakfast Outing: Ralph's Corner Diner 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>5</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Stamp Club 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>6</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 11:00 Chair Yoga (\$4) 12:00-1:00pm Lunch 1:00pm Rummikub 12:30pm Faith Community Fair: Ice Cream Social 1:00pm Medicare Counseling (by appt.)</p>	<p>7</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 9:30-10:45 Free Blood Pressure Screenings 11:00-12:00 Help Yourself to Healthy Living: "Healthy food makes you feel good!" 12:00-1:00pm Lunch 12:30pm Bridge 1:00pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>8</p> <p>10:00 Wii Sports or Jeopardy 10:00 Tai Chi for Arthritis 11:00 PA State Rep. Donna Scheuren Resource Hour 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew: National Peanut Cluster Day 1:30pm Stretch & Tone (\$4)</p>
<p>11</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>12</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00 Storytime with Josephine (Online & at PEAK) 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>13</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30-12:00 Cash for Gold! 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Safecracking: Tales and Tips for Seniors</p>	<p>14</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 11:00 Prayer Care (NEW TIME!) 12:00-1:30pm St. Paddy's Day Special Lunch with Accordionist Don Bitterlich (\$10) 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>15</p> <p>10:00 Wii Sports or Jeopardy 10:00 Tai Chi for Arthritis 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew: National "Shoe the World" Day Collection 1:30pm Stretch & Tone (\$4)</p>
<p>18</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>19</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>20</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appt.) 10:30 Retrospective Roundtable: "Women Directors of Encore" 12:00-1:00pm Lunch 1:00pm Rummikub</p>	<p>21</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Advisory Council 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>22</p> <p>9:30 Veteran's Coffee Catch-up 10:00 Tai Chi for Arthritis 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm AdvocacyWorx: Free Self-Advocacy Training 1:00pm The Happy? Ya! Ya! Crew: National Goof Off Day 1:30pm Stretch & Tone (\$4)</p>
<p>25</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 12:30pm The Cupcake Walk 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>26</p> <p>9:15 Walking with Weights (\$4) 9:30 Group Trivia 10:00-2:00 Carol Costlow - Social Services Resources 10:30 Scrabble 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>27</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Italian Wedding Soup with Teri Wassel 10:30 Tech Tutoring with Ed (by appt.) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Brain Aerobics with Neely (\$4)</p>	<p>28</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 11:00 Prayer Care (NEW TIME!) 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>29</p> <p>CLOSED</p> <p>GOOD FRIDAY</p> 

March 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
			 <p>MARCH 6TH ICE CREAM SOCIAL</p>	<p>Baked Flounder in Citrus Sauce Roasted Tomatoes Mac & Cheese Cookie Milk 1</p>
<p>Grilled Cheese on Whole Grain Bread Tomato Basil Soup Mandarin Oranges Milk 4</p>	<p>Roasted Veggie Flatbread Pizza Green Salad Vanilla Pudding Milk 5</p>	<p>Meatloaf with Mushroom Gravy Glazed Carrots Mashed Potatoes Dinner Roll Apple Sauce Milk Ice Cream Social 6</p>	<p>Mixed Greens w/ Grilled Chicken, Cranberries, Pepitas, and Feta Pear Salad Corn Muffin Fruit Cup Milk 7</p>	<p>Fish and Chips Cole Slaw Cookie Milk 8</p>
<p>Open-faced Hot Turkey Sandwich on grain bread Steamed Broccoli Cranberry Sauce Chocolate Pudding Milk 11</p>	<p>Quiche Lorraine Green Salad Pineapple Milk 12</p>	<p>Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese Caesar Salad Club Crackers Birthday Celebration Milk 13</p>	<p>Special Lunch (\$10) Shepherd's Pie Mixed Green Salad Scone Surprise Dessert 14</p>	<p>Meatballs with Spaghetti and Marinara Vegetable du jour Fruit Cup Milk 15</p>
<p>Beef Chili w/ Cheddar Cheese Tortilla Chips Mandarin Oranges Milk 18</p>	<p>Tuna Melt on Whole Grain English Muffin Vegetable Soup Chocolate Pudding Milk 19</p>	<p>Breaded Chicken Tenders w/ special dipping sauce Tuscan Veggies Cheddar Biscuit Pineapple Milk 20</p>	<p>Philly Cheesesteak w/ Fried Onions Marinara Sauce French Fries Fruit Cup Milk 21</p>	<p>Crab Cake Platter Veggie Medley Herbed Quinoa Seasonal Dessert Milk 22</p>
<p>Chicken Marsala w/ wild rice Green Beans Dinner Roll Peaches Milk 25</p>	<p>Baked Eggplant Parmesan Caesar Salad Dinner Roll Mandarin Oranges Milk 26</p>	<p>Chicken Pot Pie in Puff Pastry Green Salad Fruit Cup Milk 27</p>	<p>Sloppy Joe on Whole Grain Bun Cole Slaw Sweet Potato Fries Fruit Cup Milk 28</p>	<p>CLOSED Good Friday 29</p>



FRIDAY, MARCH 1 / 10:00am

Caregiver's Coffee Catch-up Come join other caregivers for a casual coffee hour where you can enjoy socializing with people who are involved in a similar caregiving lifestyle. You can bring your loved one you are caring for with you or come on your own. Please sign up in the office so we know how many people to expect!



WEDNESDAY, MARCH 6 / 12:30pm

Faith Community Fair: Ice Cream Social! Join us for a sweet treat and mingle with various local religious communities to discover what different faiths are all about. This is the perfect time to do some research if you are looking to become part of a faith community.



THURSDAY, MARCH 7 / 11:00am to 12:00pm

Help Yourself to Healthy Living: Healthy food makes you feel good! Join nurses from Jefferson Health to discuss nutrition and its effects on diabetes and cancer. **Get your free blood pressure check from 9:30am to 10:45am.**



FRIDAY, MARCH 8 / 11:00am to 12:00pm

State Representative Resource Table Please join PA State Representative Donna Scheuren's office staff for information on services offered to seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property and more!



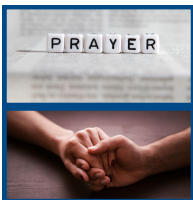
WEDNESDAY, MARCH 13 / 10:30am to 12:00pm

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!



WEDNESDAY, MARCH 13 / 1:00pm

Safecracking: Tales and Tips for Seniors What happens when someone loses the combination to a safe or when the lock just stops working? Learn about the tools and methods a safe technician / master safecracker would use to open and repair safes. Learn what numbers NOT to set your combination to and where NOT to hide the combination! Join our own Ed Sellers, master safecracker, as he enlightens us with his knowledge!



THURSDAY, MARCH 14 and MARCH 28 at 2:30pm

Prayer Care Group Check out the new time for this opportunity to pray with someone else for whatever issue needs to be addressed. We will pray for people who are grieving the loss of a friend or relative, those with family problems, and those with illnesses. We can pray for world events, wisdom, comfort, and direction. Also, to praise God for his faithfulness and to give Him glory for who He is.



THURSDAY, MARCH 14 / 12:00pm - 1:30pm

St. Patrick's Day Special Lunch with Entertainment by Accordionist Don Bitterlich Enjoy Shepherd's Pie with a Mixed Green Salad, Scone and an Irish dessert surprise! **Cost is \$10. Please RSVP by Friday, March 8th to Gina at the front desk or by calling 215-256-6900.**



WEDNESDAY, MARCH 20 / 10:30am

Retrospective Roundtable: Women Directors of Encore Join us for a casual presentation focused on Women's History Month. We will learn about Louise Conway, the first Director of Harleysville Senior Adult Activity Center, plus our current Executive Director, Liz Beil, will contribute her insights on how she came to be with us and her thoughts on the evolution of the directorship role.

ENCORE SPECIAL PROGRAMS CONTINUED...



FRIDAY, MARCH 22 / 1:00pm

AdvocacyWorx: Self-Advocacy for Adults Join Program Supervisor Akilah Williams for a 90-minute training session focused on helping adults resolve problems, learn self-advocacy, and utilize peer support. The mission of AdvocacyWorx, a division of HopeWorx and funded by the Montgomery County Office of Behavioral Health, is to promote self-advocacy with adults using mental health services through choice, self-determination and empowerment in collaboration with community members. **Please sign up with Gina in the office or by calling 215-256-6900.**



MONDAY, MARCH 25 / 12:00pm

The Cupcake Walk! Join us for some fun (and fundraising!) over lunch as we dole out baked goods specially made and donated by our own staff and members. Proceeds will benefit programs and services at Encore. **Please contact Mary Ellen if you are interested in baking for this event.**



TUESDAY, MARCH 26 / 10:00am – 2:00pm

Social Services with Carol Costlow Not sure where to turn for information on resources to help with all different situations? Set up a one-on-one appointment with our own Social Services Coordinator right here at Encore. **Call Mary Ellen for an appointment 215-256-6900.**



WEDNESDAY, MARCH 27 / 10:30am

Italian Wedding Soup time! It is winter and it is cold outside! So you know what that means...it is soup season! Come and learn how to prepare Italian wedding soup from Montgomery County's registered dietitian, Teri Wassel, MS, RD. **Pre-registration is required by Friday, March 22nd by signing up with Gina in the office or calling 215-256-6900.**



NEW SCRABBLE GROUP: TUESDAYS at 10:30am! Come play this fun and dynamic word game in our lobby, then stay for lunch!

MEMBERS OF THE MONTH

ENCORE MEMBER OF THE MONTH

Sonia Zemacke

Sonia just lights up Encore when she is here! Her exuberance is catching, and she is always ready to pitch in wherever needed. We all know this is her "happy place" and she contributes to making it a happy place for all those who are here. Sonia took on the role of Advisory Council Secretary at the beginning of 2023 and helped to launch our Skip-Bo group on Thursdays and our Rummikub group on Wednesdays. She enjoys her Stitch and Chat group so much here that she is helping to get one going at PEAK too. We thank you for everything you do to help our members and staff, Sonia!



PEAK MEMBER OF THE MONTH

Yon Suk Heo

Mrs. Yon Suk Heo is truly a kind and gentle individual. Despite the passing years, she possesses a youthful spirit that radiates through her actions. She consistently assists with Korean classes and diligently cleans up afterwards. Mrs. Heo's presence at the Peak Center is almost a daily occurrence and her unwavering commitment is truly and admirable. Not only is she still beautiful but she also possesses a positive outlook on life that is truly inspiring. We hold great affection and admiration for her.

March 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
		 <p>WEDNESDAY, MARCH 27TH SPECIAL LUNCH AND DANCE PERFORMANCE (\$10)</p> 		<p>Chicken Madras Roasted Zucchini and Squash Orzo with Peas Milk</p> <p>1</p>
<p>Asian Salad Grilled Chicken Mandarin Oranges Milk</p> <p>4</p>	<p>Pasta with Meatballs Peas Poached Pear Milk</p> <p>5</p>	<p>Korean Style BBQ Beef Fried Rice Roasted Peppers and Onions Milk</p> <p>6</p>	<p>March Birthday Celebration! Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts Milk</p> <p>7</p>	<p>Roasted Chicken with Beans and Sundried Tomatoes Quinoa Pilaf with Riced Vegetables Broccoli with Cheese Sauce Milk</p> <p>8</p>
<p>Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Milk</p> <p>11</p>	<p>Sweet Italian Sausage, Peppers, & Onions Marinara Sauce Roasted Potatoes Steamed Peas Milk</p> <p>12</p>	<p>Paprika Chicken Wild & Brown Rice Pilaf Peas & Carrots Poached Pear Milk</p> <p>13</p>	<p>Turkey Thyme Risotto Steamed Carrots Broccoli Milk</p> <p>14</p>	<p>Mini Pancakes Turkey Sausage Links Spinach Maple Syrup Milk</p> <p>15</p>
<p>Herb Chicken with Tomato-Basil Coulis over Creamy Parmesan Polenta Broccoli Apple Crumble Milk</p> <p>18</p>	<p>Gingered Mustard Pork Brussel Sprouts Sweet Potatoes Milk</p> <p>19</p>	<p>Swedish Meatballs over Egg Noodles Peas Applesauce Milk</p> <p>20</p>	<p>Roast Pork Au Jus with White Beans and Spinach Cauliflower with Cheddar Sauce Peach Crumble Milk</p> <p>21</p>	<p>Roasted Tilapia w/ Lemon over Rice Capri Vegetable Blend Stewed Tomatoes Milk</p> <p>22</p>
<p>Tortellini Primavera Salad w/ Light Italian Dressing Grilled Marinated Chicken Peaches Milk</p> <p>25</p>	<p>Cheesy Stuffed Shells w/ Crushed Tomato Sauce Steamed Carrots Steamed Green Beans Milk</p> <p>26</p>	<p>Special Lunch (\$10) Corned Beef and Cabbage Simmered Spiced Vegetables Irish "Potato" Dessert</p>  <p>27</p>	<p>Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce Milk</p> <p>28</p>	<p>CLOSED Good Friday</p> <p>29</p>

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.



MONDAY, MARCH 4 / 9:00am

Breakfast Club Is Back! Join your friends at a local favorite, Ralph's Corner Diner. Each person will pay their own bill and supply their own transportation. **Please RSVP with the Office by Friday, March 1st, so we can call ahead and arrange seating together.** Ralph's Corner Diner address: 2333 W Main St., Suite C15, Lansdale, PA 19446.



MONDAY, MARCH 4 / 12:30pm

Lunch and Learn: Hearing Loss Join Listen-2-Life Hearing Centers for a "Lunch and Learn" to become educated on signs, symptoms and treatment options for those who suffer from hearing loss. Refreshments will be provided.



TUESDAY, MARCH 5 / 10:00am

Crafts with Friends Join Suzanne and friends to create a special craft of Easter and Spring themed clothespins. **Cost \$3.**



THURSDAY, MARCH 7 / 11:30am

Monthly Birthday Celebration Join PEAK friends to celebrate our March Birthdays. This celebration will take place during our congregate meal. **If your birthday is in March, please let Sabrina know when registering for lunch in March.**



MONDAY, MARCH 11 / 12:00 pm

Monday Matinee Join us for an afternoon movie. Concessions will be available for purchase. **Please contact Sabrina at 215-362-7432 for details.**



TUESDAY, MARCH 12 / 12:30 pm

Senior Living Options For many older adults, a time comes when your home is no longer accessible or affordable, and the conversation begins around where to spend your golden years. There are so many options for senior living, it can become overwhelming to decide what will be the best fit for your family. This presentation will cover the major types of senior living, approximate costs (up-front and monthly), amenities offered, financing options, and important questions to ask when visiting a senior living community.



WEDNESDAY, MARCH 13 / 12:30 pm

Chair Exercise Bingo Chair exercise Bingo is a seated, all-level bingo game that is like regular bingo only you are putting bingo chips on different exercises and doing them. It is a FUN way to exercise! Prizes for winners are provided and popcorn. **Cost \$4**



MONDAY, MARCH 18 / 12:30pm

UPMC Dental Health Presentation The presentation will cover the importance of proper routine dental care and cleanings, diabetes and dental health, daily routine, adaptive care, and denture care and additional resources.



TUESDAY, MARCH 19 / 10:30pm

Back Pain Presentation Is back pain interfering with your daily life? Can physical therapy help? Join Total Performance Physical Therapy and get your questions answered!



THURSDAY, MARCH 21 / 11:30am to 1:30 pm

Immunization Clinic Giant Pharmacy will be hosting an immunization clinic at The PEAK Center from 11:30 to 1:30pm. Stop by and speak with their pharmacists about any adult immunizations you may need to keep you protected from the threat of severe illness. Immunizations against COVID-19, RSV, Shingles, Pneumonia, and Tdap will be available.

PEAK SPECIAL PROGRAMS CONTINUED...



MONDAY, MARCH 25 / 12:30pm

Women's History Month Celebration Join the women of PEAK for stories of their college experience in celebration of Women's History Month.



TUESDAY, MARCH 26 / 10:30am

Ted Talk and Roundtable Discussion Join us for a Ted Talk followed by a discussion around learning new and different cultures.



WEDNESDAY, MARCH 27 / 11:30am to 1:30pm

Special Lunch Join us for a special St. Patrick's celebration with an Irish inspired lunch and entertainment from Pride of Erin School of Irish Dance. **RSVP to Sabrina at the front desk or by calling 215-362-7432 by March 22nd. Cost \$10**

SPECIAL EVENT FOR YOU, FAMILY, AND CAREGIVERS!



THURSDAY, MARCH 7 / 5:30pm

Resources for Aging Parents and Loved Ones The PEAK Center invites you and your family members or caregivers to join this interactive panel of experts on aging who will share resources for aging well! John, an insurance and Medicare expert, Andrew, a mobility and equipment professional, and Mandy representing Home Care for safe and successful aging in place will be present. All are welcome and encouraged to attend! If your family members or caregivers have questions, please have them call Alyssa at 215-362-7432 ext. 204.

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 가임 보너스도 제공합니다! 옵션 컴패니언 케어로 전환하려면 사무실 번호 (610) 885-0400으로 전화 주시기 바랍니다.



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