

GHNPS STAFF

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312 Alumni Avenue
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215-256-6900, press 1 then 1
M-F: 8:00 AM to 4:00 PM
www.ghnps.org

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The PEAK Center


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Lansdale, PA 19446
215-362-7432, press 2 then 1
M-F: 8:00 AM to 4:00 PM
www.ghnps.org


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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 September!

There is something about the September “Back-to-School” season that feels like a fresh start for everyone of any age! So as the weather turns crisp and the leaves begin to change, I’m looking forward to a chance to feel that excitement of a new season and new beginnings.

In thinking back to those first day of school jitters, I think about what it must be like to step into Encore or PEAK for the first time: excited and hopeful that this might be the place where you make new friends and enjoy old hobbies together... but also scared and nervous to learn the ropes of the new place, and maybe a little worried that you won’t fit in.

As we put together our program information for the newsletter every month, we try to be mindful about how things look to a pair of fresh eyes. Is our information complete and clear? Does it answer the questions a new member might have? However, our space is limited, and at times we find it challenging to present everything as thoroughly as we would like.

With this in mind, we are excited to share the addition of information on our website that can be accessed via QR codes in the programming section of the printed newsletter. If you open up the camera on your cell phone and hold it over the QR code (as if you wanted to take a picture of it), you’ll be prompted to open a web browser to view our programming pages for Encore or PEAK. Here you will find complete descriptions of our regular programming, sorted by category, to help answer questions you might have about whether a certain activity is a good fit for you. If you don’t want to use the QR code, just visit ghnps.org and look for the “Programming” section.

If you have been coming to the Centers for awhile, you probably already have your routine, and you know what most of the classes are all about. But in the spirit of embracing a “new season,” what if you challenged yourself to try something different this month? Maybe you could check out a menu item you’ve never tried. Or you could sit with a different group of friends one day. Maybe you’ll step out of your comfort zone and try an exercise class or learn a new card game. And if you see a new face, we hope you’ll say “Hello!” and pull out a chair, welcoming them to join you at the table ... because we all remember what it was like to be new!

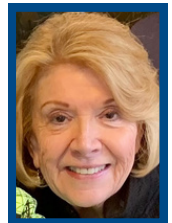
Fondly, *Elizabeth Beil*

GHNPS MEMBERS OF THE MONTH

ENCORE MEMBER OF THE MONTH

Shirley Ray

We have a lot of fun with Shirley when she comes to Encore! Her friendly and helpful presence at our Greeter's desk brings a smile to everyone as they walk in the door. She loves joining our dinner outings (when she is not traveling to visit her family in Florida!). She helps keep us organized and is always asking what else she can do for us. We love having you here at Encore, Shirley, and are so thankful for all that you do to help us!



Louise Kloenne

PEAK MEMBER OF THE MONTH



Louise joined the PEAK Center after moving to the area from New York to be closer to her children following her husband’s passing. She loves attending Chair Yoga and Bingo, as well as the Montgomery County Association for the Blind meetings and Story Time with Josephine. Louise mentioned how appreciative she is of the members that welcomed her to their card game group, purchasing special large print color-coded cards so that she could participate. She visits PEAK several times a week and says that her days here are her favorite days of the week. We definitely look forward to seeing her just as much as she looks forward to being here! Thanks for being such a source of joy around the PEAK Center, Louise!

GHPSS RESOURCES AND SERVICES FOR OLDER ADULTS

Advisory Council Meetings

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

Encore: *Thursday, September 12th at 12:30 pm*

PEAK: *Wednesday, September 18th at 12:30 pm*

Free Legal Consultation Appointments

Encore: Call 215-256-6900 to schedule

PEAK: Call 215-362-7432 to schedule for *Tuesday, Sept 24th*

Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a seasonal program offering eligible households a grant toward heating costs. Applications will be accepted beginning **Nov 1, 2024** for the next heating season.

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, Sept 12th & Sept 26th.*

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, September 13th, from 11 am - 12 pm.

PEAK: PA State Representative Steve Malagari's Office:

Tuesday, September 10th from 10 am -12:30 pm

PA State Senator Maria Collett's Office:

Wednesday, September 25th 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

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 November 30th.

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 **10 am - 2 pm, on Sept. 10th & 26th**

PEAK: Call to request an appointment.

Tech Tutoring

Need help with a computer, smartphone, or tablet?

Encore: Call 215-256-6900 for an appt w/ Ed

Wednesdays from 10:30 am -12 pm

PEAK: Call 215-362-7439 to inquire about Sept. appt availability.

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.



Shelby Leight, Associate Broker

Direct: 215.892.2178

Office: 267.733.0777

www.ShelbySellsHomesPA.com



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and extremely fast.
Can't recommend
enough!"

- Logan



5-STAR
Customer Rating

"Shelby was great helping
us get through selling our
home in the changing
market. She went above
and beyond her realtor
duties and rolled up her
sleeves to help us. Thank
you Shelby!"

- Maureen

September 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><i>Closed for</i> LABOR <i>day</i></p> <p>2</p>	<p>Roast Turkey with Pesto Roasted Red Peppers & Spinach on Whole Grain Roll Potato Chips Fruit Cup Milk</p> <p>3</p>	<p>Spaghetti with Meatballs Green Salad Italian Bread & Butter Apple Sauce Milk</p> <p>4</p>	<p>Roast Pork Mashed Potatoes Sauerkraut Milk</p> <p>5</p>	<p>COLD MEAL Chicken Salad Stuffed Tomato over Lettuce Whole Grain Crackers Cookie Milk</p> <p>6</p>
<p>COLD MEAL Ground Beef Taco Salad Corn Chips Pineapple Milk</p> <p>9</p>	<p>Potatoes & Cheese Perogies with Carmelized Onions & Mushrooms Green Salad Cookie Milk</p> <p>10</p>	<p>COLD MEAL Tuna Salad on Rye Cheddar Cheese Lettuce Tomato Vegetable Soup Peaches Milk</p> <p>11</p>	<p>Meatloaf Mushroom Gravy Mashed Potatoes Green Beans Whole Grain Roll & Butter Mandarin Oranges Milk</p> <p>12</p>	<p>Sweet & Tangy Chicken Breast Brown Rice Broccoli Milk</p> <p>13</p>
<p>Sweet & Sour Pork Sliders Whole Grain Slider Buns Cole Slaw Fruit Cup Milk</p> <p>16</p>	<p>COLD MEAL Shrimp Caesar Salad Roll & Butter Fresh Melon Salad Chocolate Pudding Milk</p> <p>17</p>	<p>Chicken Tenders Potato Salad Vegetable Salad Cookie Milk</p> <p>18</p>	<p>SPECIAL LUNCH Stuffed Flounder Florentine Rice Pilaf Vegetable Medley Roll & Butter Apple Crisp Milk</p> <p>19</p>	<p>Roast Beef French Dip Whole Grain Bun French Fries Green Salad Mandarin Oranges Milk</p> <p>20</p>
<p>Pineapple Chicken Brown Rice Green Salad Fruit Cup Milk</p> <p>23</p>	<p>Rotelle Pasta w/Sauce Vegetables & Cheese Mandarin Oranges Whole Grain Roll Milk</p> <p>24</p>	<p>BIRTHDAY LUNCH Crab Cake on Whole Grain Bun Lettuce & Tomato Sweet Potato Fries Cole Slaw Milk</p> <p>25</p>	<p>Swedish Meatballs Egg Noodles Carrots Apple Sauce Whole Grain Roll Milk</p> <p>26</p>	<p>COLD MEAL Mandarin Grilled Chicken Mixed Greens w/ Feta, Almonds & Cranberries Chow Mein Noodles Chocolate Pudding Milk</p> <p>27</p>
<p>Roast Turkey with Pesto Roasted Red Peppers & Spinach on Whole Grain Roll Potato Chips Fruit Cup Milk</p> <p>30</p>				

MON

TUES

WED

THURS

FRI

September 2024

Closed for LABOR DAY

2

9:00-10:20am Haircuts* (\$4)
9:15am Walking w/ Weights (\$4)
9:30am Group Trivia
10:00am Stamp Club
10:30am-12:00pm Cash for Gold!*

8:00am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
10:30am Tech Tutoring appts**
12:30pm Ice Cream Social by The Birches*
1:00pm Movie Matinee*
1:00pm Rummikub

9:00am Wood Carving
9:30am Stitch & Chat
9:30am-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 and Balance (\$4)

9:00am Breakfast Outing @ Peeps Diner*
10:00am Wii Sports or Jeopardy
11:00am Prayer Care Group
1:00pm The Happy? Ya! Ya! Crew*
1:30pm Stretch & Tone (\$4)

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

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

8:00am Chess
9:15am Tai Chi Canceled
9:30am Coloring for Calmness
10:30am Tech Tutoring appts**
10:30am Healthy Living for your Brain and Body*
1:00pm Rummikub
1:00pm Aetna Medicare Bingo*

9:00am Wood Carving
9:00am-12:00pm Medicare Counseling Appts**
9:30am Stitch & Chat
12:30pm Advisory Council **
12:30pm Bridge
12:30pm Skip-Bo
1:00pm Tone and Balance (\$4)

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

9:15am Tai Chi Canceled
1:00pm APOS Biomechanical Footwear Medical Devices*
1:30pm Art Class (\$4)
1:45pm Bingo for Bucks

8:30am-12:30pm AARP Refresher Course (\$)*
9:00-10:20am Haircuts*
9:15am Walking w/ Weights Canceled
9:30am Group Trivia
10:30am Scrabble
11:00am-12:00pm St. John Neumann Table*
12:30pm Pinochle
1:00pm Mahjong
1:30pm Zumba

8:00am Chess
9:15am Tai Chi Canceled
9:30am Coloring for Calmness
10:30am Tech Tutoring appts**
11:00am Knee Pain Workshop w/ Dr. Dressler*
1:00pm Rummikub
1:00pm Fly Swatter Art*

9:00am Wood Carving
9:30am Stitch & Chat
10:00 Decoupage with Cindy*
12:00-1:30pm Special Lunch w/ Pat the Hat (\$8)*
12:30pm Bridge
12:30pm Skip-Bo
1:00pm Tone and Balance (\$4)

10:00am Wii Sports or Jeopardy
11:00am Prayer Care Group
1:00pm The Happy? Ya! Ya! Crew*
1:30pm Stretch & Tone (\$4)

Tai Chi (\$5)
Art Class (\$4)
Bingo for Bucks
4:30pm Dinner Outing @ Energy Station*

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

8:00am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
10:30am Tech Tutoring appts **
12:00pm Birthday Lunch*
1:00pm Rummikub
1:00pm Life in Guatemala presentation by Liz*

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

9:30am Veterans' Coffee Catch Up
10:00am Wii Sports or Jeopardy
11:00am Fall Celebration Sing-Along w/ Sr. DJ Group*
1:00pm The Happy? Ya! Ya! Crew*
1:30pm Stretch & Tone (\$4)

Tai Chi (\$5)
Art Class (\$4)
Bingo for Bucks



Lunch is served daily from 12-1 pm. Advanced Reservations are required. To make a lunch reservation, register for programs, make appointments, or obtain more information on any of the programs or services offered at our centers, please call: 215-256-6900

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

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

Detailed descriptions for all of our regular and recurring programming can be found on our website: www.ghnps.org or scan below for quick access



Scan me

***September Programming note: Tai Chi will be cancelled on Sept 9th, 11th, 16th & 18th.
Walking with Weights will be cancelled on Sept 17th & 24th ***



• **TUESDAY, SEPT 3, from 9:00 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.



• **TUESDAY, SEPT 3, from 10:30 am to 12 pm: Cash for Gold** | Leave your wallet at home but bring your old or broken gold, silver, or platinum jewelry, class rings, coins, sterling silver flatware, or even dental gold, and turn it into CASH in your pocket!



• **TUESDAY, SEPT 3 @ 1:30 pm: Stretch & Tone with Jane will take the place of Zumba today.**



• **WEDNESDAY, SEPT 4 @ 12:30 pm: Ice Cream Social hosted by The Birches** | They make senior living what it should be – affordable and fun. This small, intimate community excels, thanks to their friendly staff and compassionate caregivers, where getting to know their residents is a top priority. One BIG family is how best to describe it. The Birches at Harleysville is a leading Personal and Memory care community in Montgomery County. Come enjoy a sweet treat and Nicole will answer any questions you may have!



• **WEDNESDAY, SEPT 4 @ 1:00 pm: Movie Matinee** | Join us for an afternoon movie. Concessions will be available at no charge. *Contact Mary Ellen for additional information.*



• **THURSDAY, SEPT 5, from 11:00 am to 12:00 pm: Help Yourself to Healthy Living: "Take a Deep Breath," by Jefferson Health** | Acquire knowledge regarding advances in respiratory illnesses and treatments. *Get your free blood pressure check beforehand from 9:30am to 10:45am.*



• **FRIDAY, SEPT 6 @ 9:00 am: Breakfast Club** | This month we will try out the menu at Peeps Diner (333 Main Street, Harleysville). Each person will pay their own bill and supply their own transportation. *Please RSVP to Gina or Sabrina, in person or by calling 215-256-6900 by Fri, 8/30 so we can arrange seating together.*



• **FRIDAY, SEPT 6 @ 1:00 pm: Happy? Ya! Ya! Crew: National Food Bank Day** | It's the final day of the Happy? Ya! Ya! Crew's canned food drive for our local food banks. We'll be tallying the weight of the donated items and packing the items for delivery. Who will have the best guess for the total weight of food collected?



• **WEDNESDAY, SEPT 11 @ 10:30 am: Healthy Living for your Brain and Body – Alzheimer's Association** | For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. *Please sign up with Gina in the office by Mon, 9/9.*



• **WEDNESDAY, SEPT 11 @ 1:00 pm: Aetna's Medicare Bingo with Yasmeen** | There will be information, fun and prizes! *Please sign up with Gina in the office by Mon, 9/9.*



• **FRIDAY, SEPT 13 @ 1:00 pm: Happy? Ya! Ya! Crew: Positive Thinking Day** | For this first Friday the 13th in 2024, we will celebrate Positive Thinking! Be sure to dress positively and bring 5 positive thoughts/sayings in writing that impact you and that you are willing to share with the group. We'll be singing, laughing & playing.



• **MONDAY, SEPT 16 @ 1:00 pm: Biomechanical Footwear Presentation** | Join Liz Kim from AposHealth to learn about a biomechanical footwear medical device to aid in relieving lower back and knee pain. It works by redistributing weight to the lower extremities to a more comfortable, less painful position. Clinical studies report that within 3-6 months, 70% of patients have reported a decrease in pain, and 89% have avoided total knee replacements. Independence Blue Cross (including Keystone 65) and Highmark plans cover the footwear 100% as a covered benefit. *Please sign up with Gina in the office by Fri, 9/13.*



• **TUESDAY, SEPT 17, from 8:30 am to 12:30 pm: AARP Driver Refresher Course** | Open to participants 55+ who have successfully completed the 8 hr course within the previous 36 months. \$20 for AARP members, \$25 for non-members, checks payable to AARP. Check with your auto insurance carrier to see if you are eligible for a premium discount after course completion. *Please register in advance with Gina in the office.*

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, SEPT 17, from 9:00 to 10:20 am: Haircuts w/ Robin** | Call to schedule a \$10 dry haircut appt.
- **TUESDAY, SEPT 17, 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, SEPT 18 @ 11:00 am: Knee Pain Workshop by Total Performance Physical Therapy** | Are you dealing with knee pain that interferes with your daily life, wondering what's causing it, and if injections could help? How about surgery, and knee replacements? Come and meet Dr. Austin Dressler, PT, DPT and find out the common causes of knee pain, and see if physical therapy is right for you!
- **WEDNESDAY, SEPT 18 @ 1:00 pm: Fly Swatter Art** | Join us outside as we attempt to keep the flies away from us while we are swatting colors at the canvas! This unique art technique will be entertaining as well as decorative. *Please sign up with Gina in the office by Fri, 9/13.*
- **THURSDAY, SEPT 19 @ 10:00 am: Decoupage with Cindy Cinderella** | Take part in our class and gain an understanding of the decoupage technique through the process of creating coasters. With Cindy's guidance, this class will be fun, engaging, and informative. Supplies provided. *Please sign up in the office by Tues, 9/17.*
- **THURSDAY, SEPT 19 @ 12:00 pm: Special Lunch** | Lunch today will be Stuffed Flounder Florentine, Rice Pilaf, Veggie Medley, and Apple Crisp for dessert! We will have a special guest, Pat the Hat, crooning some old favorites for us during lunch! *Please RSVP to Gina in the office by Fri, 9/13; \$8 cost.*
- **FRIDAY, SEPT 20 @ 1:00 pm: Happy? Ya! Ya! Crew: National Punch Day** | No, not that kind of punch, we are all friends here! Show and tell with your favorite punch bowl and/or punch recipe. Of course, there will be sampling!
- **MONDAY, SEPT 23 @ 4:30 pm: Dinner Outing @ Energy Station in the Shelly Square Shopping Center** | 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 Mon, 9/16.*
- **WEDNESDAY, SEPT 25 @ 12:00 pm: September Birthday Lunch Celebration** | Join us for a sweet treat and celebration. September birthdays, make sure to put your name on the whiteboard in the dining room so we can recognize you.
- **WEDNESDAY, SEPT 25 @ 1:00 pm: Living in Guatemala – Land of Eternal Spring** | Join our Executive Director, Liz Beil, to explore the rich Mayan culture and learn about the projects Liz worked on during her 10 years in Guatemala.
- **FRIDAY, SEPTEMBER 27 at 11:00am: "Celebrating Fall" Sing-Along, presented by Senior "DJ" Group** | Sign up for lunch that day & come early to join our friends from TriCounty Active Adult Center as they lead us in song!
- **FRIDAY, SEPT 27 @ 1:00 pm: Happy? Ya! Ya! Crew: National BRAVE Day** | Wear a RED hat for the kickoff day for Encore's Big Red Hatters and bring your calendar so we can plan some Big Red Hatter events.

Want more information about the regularly occurring programs, classes, clubs, and gaming times at Encore? Check out the newly revised programming information pages on our website under the Programming tab, or Scan the QR code with your phone camera to view these descriptions on your phone right now! We hope you can join us for something new to you this month!



September 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><i>Closed for</i> LABOR <i>day</i></p> <p>2</p>	<p>Eggs and Turkey Bacon Peaches Collard Greens Milk</p> <p>3</p>	<p>SPECIAL LUNCH Sloppy Joes Macaroni Salad Carolina Coleslaw Chips Milk</p>  <p>4</p>	<p>Roasted Chicken Thighs with Sweet Potatoes Green Beans Blueberry Buckle Milk</p> <p>5</p>	<p>Roasted Tilapia with Lemon over Rice Capri Vegetable Blend Stewed Tomatoes Milk</p> <p>6</p>
<p>Baked Mac & Cheese Roasted Peppers Steamed Green Beans Milk</p> <p>9</p>	<p>Gingered Mustard Pork Brussels Sprouts Sweet Potatoes Milk</p> <p>10</p>	<p>Caribbean Flounder with Dirty Rice Steamed Carrots Brussels Sprouts Milk</p> <p>11</p>	<p>Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce Milk</p> <p>12</p>	<p>French Toast Sticks Scrambled Eggs with Cheese Peaches with Granola Milk</p> <p>13</p>
<p>COLD MEAL Cobb Salad Crackers Mandarin Oranges Milk</p> <p>16</p>	<p>Korean BBQ Beef Fried Rice Mixed Vegetables Milk</p> <p>17</p>	<p>Pasta with Meatballs Peas Poached Pear Milk</p> <p>18</p>	<p>Roasted Chicken w/ Beans & Sun Dried Tomatoes Quinoa Pilaf w/ Riced Vegetables Broccoli w/ Cheese Sauce Milk</p> <p>19</p>	<p>Frittata Breakfast Potatoes Spinach Milk</p> <p>20</p>
<p>BIRTHDAY LUNCH Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Milk</p>  <p>23</p>	<p>Three Bean Chili w/ Bulgur Wheat Confetti & Pea Vegetable Apple Crumble Milk</p> <p>24</p>	<p>COLD MEAL Chicken Salad on Lettuce with Grape Tomatoes Three Bean Salad Tapioca Pudding Milk</p> <p>25</p>	<p>Turkey with Gravy Glazed Sweet Potatoes Green Beans Milk</p> <p>26</p>	<p>Sweet Italian Sausage, Peppers, Onions & Marinara Sauce Roasted Potatoes Steamed Peas Milk</p> <p>27</p>
<p>COLD MEAL Tuna Salad w/ Lettuce & Grape Tomatoes Garden Pea Confetti Salad Cheddar Cheese Cubes Milk</p> <p>30</p>				

MON

TUES

WED

THURS

FRI

September
2024

2
Closed for
★**LABOR**★
★**DAY**★

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

4
10:00am-1:00pm
Shiatsu Appts*
10:00am Fit for the Future (\$4)
10:00am Medicare Counseling**
10:00am Wii Bowling
11:30am-1:30pm Special Lunch
& Singalong w/ DJ Smooth Jazz*
12:45pm Progressive Pinochle
2:00pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

5
9:00am Yoga (\$4)
10:15am Chair Yoga (\$4)
12:30pm 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

6
9:00am Breakfast Outing @
Peeps Diner*
9:30am PEAK Pinochle
12:30pm Bingo
1:30pm Korean Kalimba
2:00pm Korean Bong Sul
3:00pm Korean Book Club
3:00pm Korean Saxophone

9
10:00am Fit for the
Future (\$4)
10:00am Whist & Other
Games
11:00am Stitch & Chat
11:30am Movie Matinee*
2:00pm Korean Bong Sul
3:30pm Korean Choir Class

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

11
10:00am Fit for the
Future (\$4)
10:00am Medicare
Counseling**
10:00am Wii Bowling
12:45pm Progressive Pinochle
1:00pm Craft-Shell
Decorating*
2:00pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

12
9:00am Yoga (\$4)
10:15am Chair Yoga (\$4)
12:30pm Art Class (\$4)
1:00pm Korean Women's
Bong Sul
12:45pm Trivia Challenge*
2:00pm Korean Line
Dancing
3:00pm ESL for Koreans
4:00pm Korean Creative
Music Talk

13
9:30am PEAK Pinochle
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

16
10:00am Fit for the
Future (\$4)
10:00am Whist & Other
Games
11:00am Stitch & Chat
12:30pm Cornhole games*
2:00pm Korean Bong Sul
3:30pm Korean Choir Class

17
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

18
10:00am Fit for the
Future (\$4)
10:00am Medicare
Counseling**
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

19
9:00am Yoga (\$4)
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

20
9:30am PEAK Pinochle
10:00-11:45am Balance &
Fall Prevention*
10:30am-1pm Vaccine
Clinic*
12:30pm Bingo
1:30pm Korean Kalimba
2:00pm Korean Bong Sul
3:00pm Korean Book Club
3:00pm Korean Saxophone

23
10:00am Fit for the
Future (\$4)
10:00am Whist & Other
Games
11:00am Stitch & Chat
12:30pm Volleyball*
2:00pm Korean Bong Sul
3:30pm Korean Choir Class
4:30pm Dinner outing @
Energy Station*

24
10:00am Tai Chi (\$4)
12:30pm UPMC Nutrition
Workshop*
1:00pm Game Club
1:00pm Korean Computer
Class
1:00pm Korean Dance &
Drums
3:30pm Korean Smart
Phone Class

25
10:00am Fit for the
Future (\$4)
10:00am Medicare
Counseling**
10:00am Wii Bowling
10:00am-12:00pm Sen Collett
office hours**
12:45pm Progressive Pinochle
2:00pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

26
9:00am Yoga (\$4)
10:15am Chair Yoga (\$4)
10:33am Prayer Care Group*
1:00 pm Korean Women's
Bong Sul
2:00pm Korean Line Dancing
3:00pm ESL for Koreans
4:00pm Korean Creative
Music Talk

27
9:30am PEAK Pinochle
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

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

The PEAK CENTER
in Lansdale
Part of GHNPSS

Lunch is served daily from 11:30 am - 12:30 pm.
Advanced Reservations are required.
To make a lunch reservation, register for programs,
make appointments, or obtain more information on
any of the programs or services offered at our centers,
please call: 215-362-7432

Indicates special programming with additional information available on pg. 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.ghnpss.org
or scan below for quick access



Scan me

The PEAK Center • 606 E Main St, Suite 1003, Lansdale, PA 19446

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, SEPT 3 @ 10:00 am: Crafts with Friends** | Suzanne will lead a craft group creating Fall Wreaths this month. We'll have all kinds of crafty supplies to attach to your wreath: ribbons, acorns, leaves, etc. Bring your creativity, and leave with a beautiful wreath. \$4 fee to cover supplies.



• **WEDNESDAY, SEPT 4 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.



• **WEDNESDAY, SEPT 4 from 11:30 to 1:30 pm: Special Lunch and Singalong** | Enjoy a delicious special meal prepared by the Manna team followed by a rousing Singalong led by DJ Smooth Jazz aka Milton! The cost is \$8. Please RSVP and submit song choices for the singalong by Wed, 8/28.



• **THURSDAY, SEPT 5 @ 12:30 pm: Food for Thought** | Join us for a relaxed conversation to share stories and learn about each other. In recognition of a traditional September milestone of our youth, this month's topic will be "Back to School". Bring a favorite memory to share and an open mind to listen!



• **FRIDAY, SEPT 6 @ 9:00 am: Breakfast Club** | This month we will try out the menu at Peeps Diner (333 Main Street, Harleysville). Each person will pay their own bill and supply their own transportation. Please RSVP by Fri, 8/30 so we can arrange seating together.



• **MONDAY, SEPT 9 @ 11:30 am: Movie Matinee & Lunch** | This month we are trying out a new time and format for the Movie Matinee. You can eat 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 Fri, 9/6. Keep an eye out for signs at PEAK or give us a call to find out what movie will be shown.



• **TUESDAY, SEPT 10 @ 10:00 am: Story Time with Josephine** | Josephine will be reading "The Learned Adventure of the Dragon's Head" by Dorothy L. Sayers and sharing a bit about Dorothy's life. You can join at PEAK or via Zoom. Email Liz at ebel@ghnps.org if you would like the Zoom link.



• **WEDNESDAY, SEPT 11 @ 1:00 pm: Shell Decorating Craft** | Join your friends for a relaxing, fun craft decorating shells and turning them into a piece of artwork for The PEAK Center... you may have some to take home as well! Please RSVP by Fri 9/6.



• **THURSDAY, SEPT 12 @ 12:45 pm: Trivia Challenge** | Looking for something challenging and fun? Join us to test your skills and laugh with friends with a general trivia challenge.



• **MONDAY, SEPT 16 @ 12:30 pm: Cornhole & Mini Golf "Pool"** | Come try out some easy lawn games in our multi-purpose room. No experience needed... just come ready to toss, putt, laugh, and have fun!



• **WEDNESDAY, SEPT 18 @ 12:30 pm: Advisory Council** | This month, Chef Dan will join us to get feedback on meals in addition to our regular meeting agenda.



• **FRIDAY, SEPT 20 from 10:00 to 11:45 am: Balance & Falls Prevention** | Vestibular and Injury Prevention Specialists from Grand View Health will provide a comprehensive workshop on ways to improve balance, maintain independence, and learn how to prevent falls inside and outside the home. Please RSVP by Fri 9/6.



• **FRIDAY, SEPT 20 from 10:30 am to 1:00 pm: Vaccine Clinic** | Sponsored by Giant Pharmacy and the Montgomery County Immunization Coalition. The following vaccines will be available: Flu, COVID-19, Shingles, Tdap, Pneumonia, and RSV. Please bring your Medicare, medical, and pharmacy insurance cards. Please RSVP by Friday, 9/13 so we can provide an approximate number to the Pharmacists.



• **MONDAY, SEPT 23 @ 12:30 pm: Volleyball** | Get yourself moving with a low-stress game of volleyball. You can let the ball bounce, catch it then toss it over, or try for some volleys back and forth. You are welcome to play from a standing or seated position. If numbers allow, we will work on some skill building and partner work. No experience needed, just a desire to have fun and keep moving!

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, SEPT 23 @ 4:30pm: Dinner Outing @ Energy Station in the Shelly Square Shopping Center** | 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 Mon, 9/16.
 - **TUESDAY, SEPT 24 @ 12:30 pm: UPMC Nutrition Workshop** | Healthy eating habits are important no matter what our age! Join Registered Dieticians from UPMC for Part 2 of their Nutrition Series focusing on healthy eating for older adults. You don't have to have attended Part 1 to learn something from this session!
 - **THURSDAY, SEPT 26 @ 10:33 am: Prayer Care Group** | Come join this peaceful fellowship of prayer to praise God. We pray for those in need of guidance, wisdom, comfort, and direction. All are welcome! You may leave a prayer request card at the front desk if you would like us to include a prayer for you.
- MONDAY, SEPTEMBER 30 @ 12 pm: Book Club** | The book this month is "The Cuckoo's Calling," by Robert Galbraith (pseudonym for J.K. Rowling). For more information contact Betty Helpa @ 215-688-3874.

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 Scan the QR code with your phone camera to view these descriptions on your phone right now!



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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WE ACCEPT

Medicaid, private pay and third party insurance



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