

# 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.



• **AARP Refresher Course** | **WEDNESDAY, AUGUST 7, FROM 8:30 am to 12:30 pm:** Open to participants 55+ who have successfully completed the 8hr course within the previous 36 months. \$20 for AARP members, \$25 for non-members, checks payable to AARP. Please register in advance with Sabrina. Upon successful completion, participants may be eligible for an auto insurance discount.



• **Art Class** | **THURSDAY, AUGUST 8 @ 12:30 pm:** Join Diane Catherwood for a drawing class using various materials to create art. This is a skill building class, all levels welcome. There is a \$4 charge for this class.



• **Benefits of PT for Arthritis** | **WEDNESDAY, AUGUST 28 @ 12:30 pm:** PT Total Solutions will share information about how therapy can benefit those with arthritis. Movement tips and guidance will be given.



• **Birthday Lunch with Viola** | **TUESDAY, AUGUST 13 @ 11:30 am:** During our birthday lunch celebration, enjoy musical entertainment with classical selections from Alayna Drolet on viola.



• **Blood Drive** | **FRIDAY, AUGUST 30, from 9 am to 2 pm:** Register: 1-800-RED-CROSS or [www.redcross.org](http://www.redcross.org)



• **Book Club** | **MONDAY, AUGUST 26 @ 12 pm:** Book this month is "The Island of Sea Women," by Lisa See

• **Cornhole Games** | **MONDAY, AUGUST 12 @ 12:30 pm:** Come try out the bean bag cornhole game with friends. All skill levels welcome!



• **Crafts with Friends** | **TUESDAY, AUGUST 6 @ 10 am:** Suzanne will lead a craft group creating Mason Jars with flowers and decorations. Bring your creativity. \$4 fee to cover supplies.



• **Elder Abuse/Domestic Violence/Senior Bullying Presentation** | **TUESDAY, AUGUST 20 @ 12:30 pm:** Hear from the Women's Center of MontCo for some tips to keep you and your loved ones safe from harm.

• **Food for Thought** | **WEDNESDAY, AUGUST 7 @ 12:30 pm:** Join your fellow members and share information about yourselves using games and prompts. This will be a fun casual way to get to know each other, find unexpected commonalities, and celebrate our unique experiences.



• **Grief Support** | **FRIDAY, AUGUST 9 & 23 @ 11 am:** This month's Support Group will be member led. These meetings are welcoming, supportive, & confidential. You'll learn coping skills and connect with others.



• **Healthy Blood Pressure Presentation and Screening** | **THURSDAY, AUGUST 8 @ 11 am:** Come learn about what the numbers mean for your health. Blood pressure testing will be available from Oak St. Health.



• **MontCo Assoc for the Blind Life Skills Class** | **THURSDAY, AUGUST 15, from 12:30 to 2:30 pm:** This class will help you to learn to adapt and cope with vision loss and find out about related services that are available in our community. Classes are led by Mary Brucker, BSW. For more info call MCAB at 215-661-9800.



• **Oh the Places You'll Go Travel Club: Guatemala w/ Liz Beil** | **MONDAY, AUGUST 26 @ 12:30 pm:** - Join our Executive Director, Liz, to explore the "Land of Eternal Spring" Learn about the rich Mayan culture along with the projects Liz worked on during her 10 years in Guatemala.



• **Shiatsu Massage Appts** | **WEDNESDAY, AUGUST 7 from 11 am to 1 pm:** 15-min, fully clothed, chair massages by Kerry Palanjian, experienced Shiatsu practitioner. For pricing information and to schedule an appointment, call Sabrina at the PEAK front desk, or call Kerry directly at 215-622-4359.



• **Special Sports Fan Lunch with Entertainment** | **WEDNESDAY, AUGUST 21 @ 11:30 am:** Come wearing your sports gear and show your competitive spirit. Entertainment by John Conklin. Cost is \$10, RSVP by 8/14.

• **Sports Chat- The Olympics** | **WEDNESDAY, AUGUST 14 @ 9:30 am:** Come chat with fellow members about the Summer Olympics in Paris and about past and present Olympians.



• **Story Time with Josephine** | **TUESDAY, AUGUST 13 @ 10 am** - Josephine will be reading "A Scandal in Bohemia," a Sherlock Holmes mystery By Sir Arthur Conan Doyle. RSVP at the desk for Zoom Link if needed.

• **Summertime BINGO with PA Health & Wellness** | **TUESDAY, AUGUST 27 @ 10 AM** - Join Estelle for a free, fun, and educational BINGO event with summertime prizes!

• **Trivia Challenge** | **THURSDAY, AUGUST 8 @ 1:30 pm:** Looking for something challenging and fun? Join us to test your skills and laugh with friends with a general trivia challenge.

**\*Scheduling note: There will be no Tech Tutoring Appointments this month\***