

# 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, JULY 2 from 10:00 am: to 11:00 am: Crafts with Friends** | Suzanne will lead a craft group creating Inspirational Rocks. **There will be a \$4 fee to cover supplies.**



**WEDNESDAY, JULY 3 from 10:00 am to 3:00 pm: Shiatsu Appointments** | 15-minute, fully clothed chair massages by Kerry Palanjian, an experienced Shiatsu practitioner. The cost is \$20 paid directly to Kerry via cash, check, Venmo or Zelle. **Schedule with Sabrina, or call Kerry at 215-622-4359.**



**WEDNESDAY, JULY 3 @ 1:00 pm: Food for Thought** | Join your fellow members and begin a discussion facilitated by our Site Manager, Cindy, on your life experiences using writing/talking prompts. We will learn about each other and find commonalities among us.



**THURSDAY, JULY 4, & FRIDAY, JULY 5: CLOSED for the 4th of July Holiday!**



**MONDAY, JULY 8 @ 12:00 pm: Movie Matinee** | Join us for an afternoon movie. Concessions will be available at no charge. **Contact Sabrina at 215-362-7432 for additional information.**



**TUESDAY, JULY 9 from 10:00 am to 12:30 pm: Resource Office Hours** | PA State Rep. Steve Malagari's office staff will be on site 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.



**TUESDAY, JULY 9 @10:00 am: Storytime with Josephine (HYBRID)** | Join Josephine at The PEAK Center or online. Josephine will be reading, "The Man with the Twisted Lip," by Sir Arthur Conan Doyle, A Sherlock Holmes Mystery. **Please RSVP to Sabrina at PEAK to receive the zoom link.**



**WEDNESDAY, JULY 10 @ 12:30 pm: Nutrition Workshop** | Join staff from UPMC for an interactive Nutrition Workshop geared towards promoting healthy eating habits as we age.



**THURSDAY, JULY 11 @ 11:30 am: Monthly Birthday Celebration** | Join PEAK friends to celebrate our July Birthdays during our congregate meal. **July birthdays, please let Sabrina know when registering for lunch.**



**THURSDAY, JULY 11 @ 1:30 pm: Trivia Challenge with Cindy** | Looking for something challenging and fun? Join us to test your skills and laugh with friends with a general trivia challenge.



**THURSDAY, JULY 11 from 12:30 to 2:00 pm: Art Class: Still Life with Pencil** | Join Diane Catherwood for an instructional art session using pencils to create a still life. We will be working with a larger canvas and experimenting with both regular and colored pencils. **There is a \$4 fee for supplies.**



**FRIDAY, JULY 12 @ 9:30 am: DIY Crafts, Adventures & More** | Gather with friends and work on a project or task independently. Some examples will be beading, puzzles, crafts, service projects, center decor, walking activities, and much more. This week's craft will be paper flowers with instructions.



**FRIDAY, JULY 12 from 10:00 am to 12:00 pm: Tech Appointments with Les** | Need assistance with your computer, smartphone, or tablet? Need Notary Services? Come to PEAK, Les to the rescue! **Call Sabrina at 215-362-7432 to schedule an appointment.**



**FRIDAY, JULY 12 from 10:00 am to 12:00 pm: Medication Take Back** | Bring your unused or expired medications to the PEAK Center for safe disposal. Staff from the Montgomery County Office of Senior Services and the Attorney General's Office will be on hand to answer questions you have about safe storage and disposal of medications, needles, and other potentially hazardous medical items.



**FRIDAY, JULY 12 @ 11:00 am: Grief Support** | Deborah Harris of Family Services facilitates this welcoming, supportive, and confidential Support Group for older adults dealing with the challenges of loss and grief. You will learn about coping with the unpredictability of grief, connect with others who understand the pain of loss, and find comfort in sharing with the group.

# PEAK SPECIAL PROGRAMS CONTINUED...



**MONDAY, JULY 15 @ 9:00 am: Breakfast Outing to ZOTO'S** | Join your friends at a local favorite diner, ZOTO'S, (1100 Bethlehem Pike, Line Lexington, PA, 18932). Each person will pay their own bill and supply their own transportation. **Please RSVP to Sabrina in person or by calling 215-362-7432 by Tuesday, July 9th**, so that we can call ahead and arrange seating together.



**MONDAY, JULY 15 @ 12:45 pm: "Oh the Places We'll Go," Travel Club: Paris** | We will travel via photos and stories to Paris, France. Learn about food, culture, history, and architecture. Are you willing to share one of your trips or a place you have lived? Reach out to Cindy to get on the schedule.



**TUESDAY, JULY 16 @ 11:00 am: Celebrating July 4th with a Virtual Tour of Historic Philadelphia** | Norm Danis will continue sharing his photographic overview of Historic Philadelphia with a special emphasis on buildings integral to Independence Day.



**WEDNESDAY, JULY 17 @ 9:00 am: Sports Chat: Let's talk Phillies** | Join Cindy for a fun casual chat about all things Phillies. Come check out some memorabilia (bring any that you might have!), and let's share stories and memories of seasons past and present.



**WEDNESDAY, JULY 17 @ 12:30 pm: Advisory Council** | Open to all, Advisory Council is a meeting of members and staff to share ideas and feedback.



**THURSDAY, JULY 18 from 10:00 am to 11:30 am: Group Wall Art Project with Estelle from PA Health & Wellness** | We will create a permanent wall decoration for The PEAK center. Come join in!!!



**THURSDAY, JULY 18 from 12:30 pm to 2:30 pm: Montgomery County Association for the Blind Life Skills Class** | If you or someone you know is facing vision loss or low vision, this class will help you to learn to adapt and cope with vision loss, and to find out about services that are available in our community. Monthly classes led by Mary Brucker, BSW. **For more info call MCAB at 215-661-9800.**



**FRIDAY, JULY 19 @ 9:30 am: DIY Crafts, Adventures & More** | This week we will have a Scavenger Hunt through the Building. Find some ordinary things listed and win a prize.



**FRIDAY, JULY 19 from 3:00 pm to 4:30 pm: Advance Care Planning Seminar in Korean** | This session will be led by Dr. Eunice Park-Clinton. Do you have any fears or concerns about preparing for you or a family member's care long-term? This seminar will introduce you to the process of advance care planning for those who want to express treatment preferences. This seminar will be presented in Korean only. **RSVP required to Grace by July 12.**



**MONDAY, JULY 22 @ 11:30 am: Special Lunch and Entertainment** | Dig out your cowboy boots and hats for the day. Enjoy a festive western barbecue style lunch and enjoy musical entertainment immediately following. **RSVP to Sabrina by Monday, July 15. Cost \$10.**



**TUESDAY, JULY 23 @ 9:00 am: Word Mining** | This is a fun and challenging way to wake up our brains in the morning. How many words can we find in larger words?



**TUESDAY, JULY 23 @ 12:00 pm: Legal Consultations by Appt** | Call 215-362-7432 to schedule.



**WEDNESDAY, JULY 24 from 10:00 am to 12:00 pm: Resource Office Hours** | Sen. Maria Collett's office staff will be on site 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.



**FRIDAY, JULY 26 @ 9:30 am: DIY Crafts, Adventures & More** | This week we'll explore some brain teasers with a "Fill in the Blank" worksheet activity.



**FRIDAY, JULY 26 from 10:00 am to 12:00 pm: Tech Appointments with Les** | *By appt only.*



**FRIDAY, JULY 26 @ 11:00 am: Grief Support** | See program description from July 12th for details



**MONDAY, JULY 29 @ 12:00 pm: PEAK Center Book Club** | This month's book is, *The Frozen River* by Ariel Lawhon. Book Club is led by Betty Helpa.



**MONDAY, JULY 29 @ 12:30pm: Active Games** | Join us for an interactive activity to promote physical exercise and have fun with other members. All skill levels are welcome! This month will be Volleyball.