

# 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, OCT 1 @ 10:00 am: Crafts with Friends** | Suzanne will lead a craft group painting gourds and mini pumpkins. The sky is the limit with your creativity! \$4 fee to cover supplies.



- **WEDNESDAY, OCT 2 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.



- **FRIDAY, OCT 4 @ 10:30 am: County Nutritional Program** | Join Teri Wassel, MS, RD as she prepares a Roasted Beet, Orange and Goat Cheese Salad. This beet salad recipe is a stunning fall or winter side dish! Roasted beets, goat cheese, scallions and oranges fill it with a delightful mix of textures and flavors. Pre-registration is required by Friday 9/27.



- **MONDAY, OCT 7 from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students at PEAK** | Speech Language Pathologists work to prevent, assess, and treat disorders that impact speech, language, cognition, social communication, fluency, voice, and/or swallowing. From October through December, Master's level students from Gwynedd Mercy University will be at PEAK every Monday. There will be opportunities for group and 1:1 activities.



- **MONDAY, OCT 7 @ 11:30 am: Movie Matinee & Lunch** | Join us for a movie and 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 Friday 10/4. Keep an eye out for signs at PEAK or give us a call to find out what movie will be shown.



- **TUESDAY, OCT 8 @ 10:00 am: Story Time with Josephine** | Josephine will be reading "The Pendulum", "Jimmy Hayes and Muriel", and "The Duplicity of Hargraves" by O. Henry. You can join at PEAK or via Zoom. Email Liz at [ebel@ghnps.org](mailto:ebel@ghnps.org) if you would like the Zoom link.



- **WEDNESDAY, OCT 9 from 8:30 am to 12:30 pm: AARP Safe Driver Refresher Course** | This 4-hour course is open to participants who have successfully completed the 8-hour AARP driver safety program within 36 months prior. Participants 55 years of age or older, may qualify for a state mandated discount on their automobile insurance premium. Participants should contact their insurance company to determine their eligibility. Please bring your driver's license to class. The fee for the course is \$20 for AARP members and \$25 for non-members. Please bring a check payable to AARP to class. Please register by Friday 10/4.



- **WEDNESDAY, OCT 9 @ 12:30 pm: PA Medi: Open Enrollment Education** | Medicare's Open Enrollment is coming! PA Medi provides free, unbiased counselling for your Medicare options. Come hear how this free service can help you understand Medicare and changes coming for 2025.



- **MONDAY, OCT 14 @ 11:00 am: SeniorLAW Center Talk** | SeniorLAW Center provides a wide range of services to support the legal rights and interests of older Pennsylvanians, including trauma-informed lawyering, education, and advocacy at the local, state, and national levels. Lucy Qiu, Esq., Senior Attorney, Victim Services, will present on the services offered by the SeniorLAW Center as well as common scams, how to avoid them and what to do if you have been scammed.



- **TUESDAY, OCT 15 @ 9:00 am: Breakfast Club** | This month we will visit Franconia Heritage Restaurant at 508 Harleysville Pike, Telford. Each person will pay their own bill and supply their own transportation. Please RSVP by Wednesday 10/9 so we can arrange seating together.



- **THURSDAY, OCT 17 from 10:00 am to 1:00 pm: Representative Liz Hanbidge's Senior Fair in North Penn Commons Lobby** | Visit with a variety of senior serving organizations to learn about local resources.



- **MONDAY, OCT 21 from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students at PEAK**

- **TUESDAY, OCT 22 from 10:00 am to 12:00 pm: UnitedHealthcare Open Enrollment Presentation** | Join Charles Siniari to learn about Medicare options ahead of the annual Open Enrollment period.

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• **WEDNESDAY, OCT 23 @10:30 am: Nutritional Workshop: Vegetarian Meals for Seniors** | Curious about vegetarian meal options for positive aging? Registered Dietician, Grace McKelvey, will share tips and tricks for shopping for and preparing vegetarian meals that meet key dietary needs for seniors.

• **THURSDAY, OCT 24 @ 12:30 pm: Food for Thought** | This month's topic is "Memory Lane... meeting that special someone". We are looking forward to sharing stories about meeting people who had a meaningful influence on our lives... your spouse or partner, a best friend, or a mentor.



• **MONDAY, OCT 28 from 10:00 am to 2:00 pm: GMU Speech Language Pathology Students at PEAK**

• **MONDAY, OCT 28 @ 12 pm: Book Club** | The book this month is *The Last Child*, by John Hart. For more information contact Betty Helpa @ 215-688-3874.



• **TUESDAY OCTOBER 29 @ 4:30 pm: Dinner Outing @ 1750 Grille @ The Holiday Inn** | Located at 1750 Sumneytown Pike, Kulpsville. 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 Friday, Oct 25th.*



• **WEDNESDAY, OCT 30 @ 11:30 am: Special Halloween Lunch & Party with DJ Smooth Jazz aka Milton (\$10)** | Celebrate Halloween with a "spook-tacular" lunch followed by a party with music and games. Costumes encouraged... there will be prizes! *RSVP by Friday 10/25.*

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 open your camera app to scan the QR code with your cell phone to view these descriptions on your phone's web browser right now!

**We hope you can join us for something new to you this month!**



Scan me