

SPECIAL PROGRAMS

Please sign up for all programs at the Greeter's Desk at PEAK

You may also sign up for programs & schedule appointments by calling 215-362-7432



• **MONDAYS IN APRIL, from 10 am to 2 pm: Gwynedd Mercy University Speech Language Pathology Students on Site** | Speech Language Pathologists work to prevent, assess, and treat disorders that impact speech, language, cognition, social communication, fluency, voice, and/or swallowing. There will be opportunities for group and 1:1 activities. The students and their supervisor will be at PEAK on Mondays through April 28. **Please note that the students will not be at PEAK April 21st due to the Easter Holiday.**



• **TUESDAY, APRIL 1 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group making Easter Baskets and filling them with goodies. We'll raffle them off and/or donate them locally. **There is a \$4 fee to cover supplies. Please sign up with Sabrina in the office.**



• **WEDNESDAY, APRIL 2, from 8 am to 12 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. Contact your insurance company to determine your eligibility & bring your driver's license to class. The fee is \$20 for AARP members, \$25 for non-members. Please bring a check payable to AARP to class. **Sign up with Sabrina or by calling 215-363-7432 by Tues, April 1st.**



• **WEDNESDAY, APRIL 2 @ 10 am: Stretch & Tone w/ Jane Evans** will take the place of **Fit for the Future.**



• **WEDNESDAY, APRIL 2, from 10 am to 1 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, APRIL 2 @ 10 am: World Autism Awareness Day: Bunny Craft with Variety Club** | Come join us for a cute little bunny craft and a casual presentation to raise awareness about autism.



• **MONDAY, APRIL 7 @ 10 am: Stretch & Tone w/ Jane Evans** will take the place of **Fit for the Future.**



• **TUESDAY, APRIL 8 @ 10 am: Story Time with Josephine** | Josephine will be reading "The Moment of Decision" by Stanley Ellin and "The Homesick Buick" by John D MacDonald. You can join at PEAK or via Zoom. Email Liz at ebeil@ghnpss.org if you would like the Zoom link.



• **TUESDAY, APRIL 8 @ 12:30 pm: Supportive Living 101 w/ Living Branches** | Free-standing care homes which provide only one level of care can be a viable living option for people who cannot maintain or safely manage a house or their own activities of daily living. Nicole Boucher and Karen Walser, Sales Counselors from Living Branches, will describe inclusions and address common myths and concerns for free-standing communal living homes offering specialized care. They will clarify the licensure differences between personal care, assisted living, and healthcare communities.



• **WEDNESDAY, APRIL 9 @ 10 am: Stretch & Tone w/ Jane Evans** will take the place of **Fit for the Future.**



• **WEDNESDAY, APRIL 9 @ 12:30 pm: Peter Wentz Farmstead: The PA German Past** | We all know that German immigration and heritage has had a great impact on Pennsylvania's history. Come find out why Germans immigrated to PA and discover some of the characteristics that defined Pennsylvania German culture: religion, architecture, food, furniture, & more. **Please sign up with Sabrina in the office by Mon, April 7th.**



• **THURSDAY, APRIL 10 @ 12:30 pm: Food for Thought** | Spring is a time for new beginnings. Alexis will facilitate an open discussion around new beginnings in your life. Come ready to share about a time when you moved someplace new, began a new career, made an important new friend, or started a new chapter?



• **THURSDAY, APRIL 10, from 3 to 6 pm: Vaccine Clinic with ACLAMO/GIANT** | The following vaccines will be available: MMR, Tdap & COVID-19. Please bring your Medicare, medical, and pharmacy insurance cards. **Please RSVP by Thurs, April 3rd, so we can provide an approximate number to the Pharmacists.**



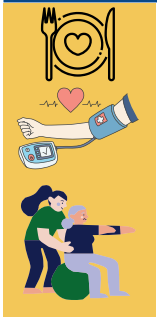
• **FRIDAY, APRIL 11 @ 9 am: Breakfast Club @ Five Star Diner** | See page 11 for details.



• **MONDAY, APRIL 14 @ 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'd like the congregate meal during the movie, please sign up with Sabrina by Fri, April 11th.**

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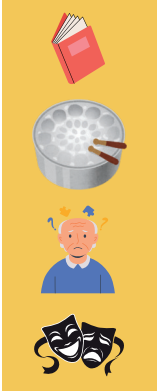
- **MONDAY, APRIL 14 @ 4:30 pm: Dinner Outing at P.J. Whelihan's Pub and Restaurant** | See page 11.
- **TUESDAY, APRIL 15, from 10 to 10:30 am: Free Blood Pressure Checks from Jefferson Health** | Take advantage of this free service from Jefferson Health to monitor this key health indicator and then stay for the educational presentation afterwards.
- **TUESDAY, APRIL 15, from 10:30 to 11:15 am: Help Yourself to Healthy Living: "What's that Therapy?"** | Learn about your therapy options that may enhance your quality of life! (Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy, Psychotherapy, Aromatherapy, Pet Therapy, etc.)



- **MONDAY, APRIL 21, from 8:30 am to 12 pm: Photo Shoot Day** | See page 12 for details.
- **TUESDAY, APRIL 22 @ 12:30 pm: Fire Safety for Seniors** | This presentation from MontCo Office of Aging Services reviews fire safety information for seniors. The goal is to help seniors prevent fires and learn how to prepare for fire emergencies. **Please sign up with Sabrina in the office by Mon, April 21st.**
- **WEDNESDAY, APRIL 23 @ 12:30 pm: Weatherization Program** | Mark Finley, Outreach Coordinator for the Weatherization Program at the Community Action Agency of Delaware County (CAADC). This presentation will explain the FREE weatherization program that is now being offered to residents of Montgomery County. This is a program that can reduce energy costs by 20-30%. After the demonstration, we'll play a fun music quizzo, and the winners will receive prizes. **Please sign up with Sabrina in the office by Mon, April 21st.**



- **THURSDAY, APRIL 24 @ 12 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all April birthdays with birthday cake and an interactive health presentation by Estelle Walker. April Birthdays, please let us know it's your birthday month when you sign up for lunch!
- **FRIDAY, APRIL 25 @ 11:30 am: Special Pizza Lunch (\$8)** | Nothing like Pizza on a Friday to kick off the weekend! We'll feast together on pizza, salad, chips, and a cookie to get us all in the TGIF spirit. **Please sign up with Sabrina in the office by Fri, April 18th.**



- **MONDAY, APRIL 28 @ 12 pm: Book Club** | This month we will discuss "The Forgotten Garden" by Kate Morton. For more information please contact Betty Helpa (betty.helpa@gmail.com).
- **MONDAY, APRIL 28 @ 12:30 pm: Entertainment from the Brittany Pointe Panhandlers** | Let's transport ourselves someplace warm and relaxing with the sweet sounds of steel drums, almost like what you would hear on a tropical island, with a performance from the Brittany Pointe Panhandlers.
- **TUESDAY, APRIL 29 @ 12:30 pm: 10 Warning Signs of Alzheimer's** | Jane Cero of the Alzheimer's Association will teach us about different traits to look for so that we are armed with knowledge for ourselves and our loved ones. **Please sign up with Sabrina in the office by Fri, April 25th.**
- **WEDNESDAY, APRIL 30 @ 1 pm: NPHS Musical Matinee (offsite)** | See page 11 for details.



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!



Our days are brighter because of you!

