

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



• **EVERY MONDAY in FEB, from 10:00 am to 2:00 pm: GMU 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 27.



• **EVERY FRIDAY in FEB @ 10 am: Montgomery County Arthritis Foundation Exercise Program** | The Arthritis Foundation Exercise Program is a low-impact recreational exercise program that incorporates an educational component. Classes consist of multiple exercise activities including warm up, stretching, strengthening, cardiovascular endurance, balance, coordination, and cool down. Breathing and relaxation techniques are also included. This class will meet once a week on Fridays at 10 am for 16 weeks. Please sign up with Sabrina or by calling 215-363-7432.



• **MONDAY, FEB 3 @ 10:30 am: Mall Walkers** | Get your steps in, out of the cold, and with good company. We will meet inside the Montgomery Mall, on the upper level, right outside of JCPenney. Park and enter through the food court, as the doors between JCPenney and the mall will not be unlocked yet.



• **TUESDAY, FEB 4 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating custom picture frames. Bring in a picture of a family member, loved one, pet, or a pretty card you'd like to frame, and we'll decorate the frames with bows, buttons, etc. There will be a \$4 fee to cover supplies.



• **TUESDAY, FEB 4 @ 11 am: Meet and Greet with Social Services Coordinator Tara Ticktin** | Stop in to meet Tara, learn a little bit about what she does, and see how she can be a resource for you!



• **WEDNESDAY, FEB 5, 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.



• **MONDAY, FEB 10 @ 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 Friday, Feb 7th.**



• **TUESDAY, FEB 11 @ 10 am: Story Time with Josephine** | Josephine will be reading "The Haircut" by Ring Lardner and "The Desert Limited" by Bill Pronzini. You can join at PEAK or via Zoom. Email Liz at ebeil@ghnps.org if you would like the Zoom link.



• **WEDNESDAY, FEB 12, from 8am to 12pm: AARP 4-hr Refresher Safe Driver 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 for the course 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 Tuesday, Feb 11th.**



• **WEDNESDAY, FEB 12, from 11:30am to 1:30pm: Special Lunch (\$10) and Black History Month Presentation** | Enjoy a delicious special grilled cheese and tomato bisque lunch prepared by Chef Dan. After lunch join Terri Lyons for her character performance of the life of Diane Nash, who emerged from the sit-in movement in Nashville, Tennessee and became one of the most esteemed student leaders and organizers of the time. Diane worked closely with Martin Luther King and was a leader of the student wing of the Civil Rights Movement. This will be a captivating portrayal of the valuable contributions Diane made and the reputation she established as a "force to be reckoned with!"



• **THURSDAY, FEB 13 @ 12:00 pm: Birthday Celebration During Lunch, sponsored by PA Health and Wellness** | Join us for a cake celebration and special activity after lunch with Estelle. Feb Birthdays: Let us know when you sign up for lunch so we can sing and celebrate you!

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• **TUESDAY, FEB 18 @ 10:30 am: The Extraordinary Life of Jimmy Carter** | Throughout his life, President Carter has found himself in extraordinary circumstances faced with extraordinary opportunities, many of which were brought about by the American Presidency. This program will examine civic engagement and discuss the primary sources of the Carter Library and National Archives to address the question, "What is the secret to an extraordinary life?" An educator from The Carter Library will be joining us virtually to present. You will be able to view the presentation and ask questions of the presenter from either Encore or PEAK.



• **THURSDAY, FEB 20 @ 9 am: Breakfast Club** | This month we will visit Tiger's Family Restaurant. Join us at 1031 N Broad St in Lansdale. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Monday, Feb 10th, so we can arrange seating together.**



• **MONDAY, FEB 24 @ 12:00 pm: Book Club** | This month we will discuss "America's First Daughter," by Stephanie Dray. For more information contact Betty Helpa (betty.helpa@gmail.com).



• **MONDAY, FEB 24 @ 12:30 pm: Food for Thought** | Alexis will facilitate an open discussion around hobbies and past-times. What are some of your favorite games and activities, now and when you were younger? Let's get to know one another and share some fun facts and memories about ourselves.



Scan me

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!

Peak Member of the Month: *Jim Funk*

Even if you think you don't know Jim, we're sure you've seen him, with his warm welcoming smile, sitting at the table playing chess in the lobby. Jim greets everyone with a heartfelt hello and has a way of making everyone he meets feel special and welcome. He loves to be challenged with new chess opponents, but he also loves to teach this intricate game to anyone who is interested in learning, (and he'll usually help you beat him too!) When he's not at PEAK, he loves staying active by swimming at the YMCA throughout the year, and spending time tending to his garden during the warmer months. We love having you as a part of our community, Jim!



Have you met Jadon?

Jadon has been visiting Encore and PEAK, to share his musical talents of singing and saxophone since he was 9 years old. At 16, he has continued to share his gifts and even volunteers with our kitchen team. He has even founded a non-profit organization called "Care to Love." His organization encourages young people to visit and interact with Seniors at Senior Centers such as ours. Through outreach to local businesses, and the support of his faith community, Jadon led an extremely successful raffle basket fundraiser as a part of our Holiday Bazaar at Encore. This year Jadon raised close to \$2,000 for GHNPS! Thank you for all you do Jadon, you are a truly one of a kind!

