

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



• **MONDAY, JAN 6 @ 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, Jan 3rd.**



• **TUESDAY, JAN 7 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating Flowerpot Snowmen. These will be great for yourself or for gifts! **\$4 fee to cover supplies.**

• **TUESDAY, JAN 7: Tai Chi and Korean Dance/Drums are Canceled / WEDNESDAY, JAN 8: Fit for the Future is Canceled**



• **WEDNESDAY, JAN 8, from 10 am to 1 pm: Shiatsu Massage Appts** | 15-min, fully clothed, chair massages by Kerry Palanjan, 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.



• **THURSDAY, JAN 9 @ 12:30 pm: Food for Thought** | Alexis will facilitate an open discussion around food! What was your favorite meal growing up? Where do you love to go out to eat? Do you enjoy cooking? What are some of your favorite food related memories or traditions? Let's chat!



• **FRIDAY, JAN 10 @ 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 by Friday, Jan 3rd.**

TAX

• **MONDAY, JAN 13: MEMBER Sign-ups open for Tax Appointments** | See page 2 for more details.



• **MONDAY, JAN 13 @ 10:15 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, JAN 14 @ 10 am: Story Time with Josephine** | Josephine will be reading "I Can't Breathe" by Ring Lardner, and "The Fifty-First Dragon" by Heywood Broun. You can join at PEAK or via Zoom. **Email Liz at ebeil@ghnps.org if you would like the Zoom link.**



• **WEDNESDAY, JAN 15 @ 9 am: Breakfast Club** | This month we will visit So Much to Give Inclusive Cafe (3401 W. Skippack Pk, Cedars). Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Wednesday, Jan 8th so we can arrange seating together.**



• **WEDNESDAY, JAN 15 @ 12:30 pm: TransNet Senior Advisory Committee Meeting** | Staff from TransNet and from the Montgomery County Office of Aging Services invite you to join this Senior Advisory Committee Meeting at PEAK. This meeting is designed to share valuable information about TransNet's transportation services to both new & existing riders. There will be time allocated for your questions and comments.

• **FRIDAY, JAN 17 @ 10 am: Montgomery County Arthritis Foundation Exercise Program**

TAX

• **MONDAY, JAN 20: General Sign-ups open for Tax Appointments** | See page 2 for more details.



• **MONDAY, JAN 20 @ 12:30 pm: MLK Day of Service Activity with Traditions of Lansdale** | Join the team from Traditions of Lansdale as we create a craft and care package to donate to local residents. **Please RSVP by Wednesday, Jan 15th so we can have enough supplies on hand.**



• **TUESDAY, JAN 21 @ 12:30 pm: Health & Wellness Education plus Free Blood Pressure Checks** | Join the Jefferson Health Community Outreach and Engagement team for an educational workshop on positive aging through healthy lifestyle and disease prevention. Free Blood Pressure Checks will also be available. Please RSVP in person or by calling 215-362-7432 by Tuesday, January 21st.

• **FRIDAY, JAN 24 @ 10 am: Montgomery County Arthritis Foundation Exercise Program**

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



• **MONDAY, JAN 27, from 10 am to 2 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. There will be opportunities for group and 1:1 activities. The students and their supervisor will be at PEAK on Mondays through April 27.



• **MONDAY, JAN 27, from 11:30 am to 1:30 pm: Special Lunch and The Mummies** | Enjoy a Special Lunch with your friends at PEAK. Afterwards, we will be entertained by a group of Mummies in true Philadelphia fashion! The cost is \$10. **Please RSVP in person or by calling 215-362-7432 by Wednesday, Jan 22nd.**



• **THURSDAY, JAN 30 @ 10:30 am: Teri Wassel Nutrition Workshop** | Montgomery County Registered Dietician, Teri Wassel, always bring the fun when it comes to good nutrition. Kick the New Year off to a healthy start by joining her cooking workshop. Not only will you learn something, you'll also get to try out a tasty treat! **Please RSVP in person or by calling 215-362-7432 by Thursday, January 23rd.**

• **FRIDAY, JAN 31 @ 10 am: Montgomery County Arthritis Foundation Exercise Program**



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!



As December comes to a close, we say a bittersweet goodbye to Carol Costlow, Social Services Coordinator. Carol has been providing social services with care and compassion to our community of seniors for over 14 years. Whether you needed help with a rent rebate application or weren't sure where to turn for assistance with health insurance, Carol would take the time to listen and provide guidance. If you needed someone to deliver your food box or to walk you through SNAP benefits, Carol was there with patience and a smile. We wish her well in retirement and know that she will always hold a special place in the history of GHNPS and in the hearts of so many of you. Carol's official last day is December 31st. We are working to hire a new Social Service Coordinator. Until then, please contact our Executive Director, Liz Beil, at 215-256-6900 ext. 201 with any questions.