

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



****Programming Note for May: Stretch and Tone with Jane Evans will take the place of Fit for the Future on May 19th, 21st, and 28th ****

• **TUESDAYS in MAY, starting May 13, from 10 am to 2 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.



• **FRIDAY, MAY 2 @ 10:30 am: HypnoFit Living Presentation** | Join Sam Formica for a Hypnotherapy session designed to sweep away mental clutter, dust off negative thoughts, and refresh your mind.



• **TUESDAY, MAY 6 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating mosaic flower pots. **There will be a \$4 fee to cover supplies. Please sign up at the front desk by Tues, April 29.**



• **TUESDAY, MAY 6 @ 12:30 pm: Clear Captions Presentation** | Why struggle to use the phone? Thanks to a federally mandated program, you can SEE what your caller is saying! If you have hearing loss that necessitates use of captioned phone calls, come learn about this home/mobile phone friendly equipment that has free installation and lifetime support. **Please sign up at the front desk by Mon, May 5.**



• **WEDNESDAY, MAY 7, 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 front desk, or call Kerry directly at 215-622-4359.**



• **THURSDAY, MAY 8 @ 9 am: Breakfast Club** | This month we will visit Peeps at 333 Main Street, Harleysville. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, May 5 so we can arrange seating together.**



• **THURSDAY, MAY 8 @ 12:30 pm: Food for Thought** | In honor of Mother's Day, let's talk about Moms! Alexis will facilitate a casual conversation where we can share stories and get to know one another. Tell us about what your mom was like, or someone who acted as a mother figure for you in your life. If you are a Mom, what are some things you are proud of or wish you had done differently?



• **MONDAY, MAY 12 @ 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 at the front desk by Fri, May 9.**



• **TUESDAY, MAY 13 @ 10 am: Story Time with Josephine** | Josephine will be reading "Quitters , Inc." by Stephen King. She will also talk about his biography as everyone has heard of Stephen King. You can join at PEAK or via Zoom. Email Liz at ebeil@ghnpss.org if you would like the Zoom link.



• **TUESDAY, MAY 13 @ 12 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all May birthdays after lunch with birthday cake and a "Preventative Care & Mental Health Awareness" presentation by Estelle Walker. May Birthdays, please let us know it's your birthday month when you sign up for lunch!



• **WEDNESDAY, MAY 14 @ 12:30 pm: Helpful Tips for Selling your Home** | Janine Paillard, long-time kitchen volunteer in Harleysville, is an experienced RE/MAX Central Realtor and will be presenting a seminar on the multitude of steps it takes to getting your house ready for sale. She will break it down for us so that it is not so overwhelming! Bring any questions you have. **Please sign up at the front desk by Mon, May 12.**



• **FRIDAY, MAY 16 @ 10:30 am: Crystal Sound Bowls** | Relax, Refresh & Rejuvenate with Soothing Sounds. Experience a gentle and peaceful Sound Bowl session with Sally Kauffman designed to promote relaxation, calmness, and a sense of well-being. Using the soothing tones of crystal singing bowls, this session will create a serene atmosphere where participants can unwind, release stress, and enjoy the beauty of sound.



• **TUESDAY, MAY 20, from 10:30 to 11:15 am: Help Yourself to Healthy Living: "Prevent a Stroke!"** | Stroke is the number 1 cause of disability in the US! Most strokes are preventable! Learn the steps you can take to prevent a stroke! **Stop by prior to the presentation to get your free blood pressure check between 10 and 10:30 am. Please sign up at the front desk by Mon, May 19.**

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• **TUESDAY, MAY 20 @ 12:30 pm: Summertime Safety with MCOAS** | Debbie Jankowski will present on the following topics: Benefits of Spending Time Outdoors, Ways to Stay Safe in Hot Weather, and How To Spot and Treat Problems Caused by Heat. **Please sign up at the front desk by Mon, May 19.**



• **TUESDAY, MAY 20 @ 4:30 pm: Dinner Outing, 1750 Grille @ The Holiday Inn** | Join us at 1750 Grille @ The Holiday Inn in Kulpville. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Tues, May 13 so we can sit together.**



• **WEDNESDAY, MAY 21 and THURSDAY, MAY 22, from 8 am to 4 pm: Toy Trains in Motion in Harleysville** | Head on down to Encore Experiences in Harleysville to catch this interactive train show comprised of miniature trains winding their way through a village that includes a sawmill, log loader, crane, rockets and whistles. This will bring out the conductor in you!



• **WEDNESDAY, MAY 21, from 10 to 11:30 am: Covenant Insurance Info Table** | Carl Cutrone and Kim Frattone, agents with the Covenant Insurance Group, will be onsite as a Public Service Educational Event to answer any questions you may have regarding Medicare content and changes for 2025. Please stop by in the Lobby and say hello and bring any questions you may have.



• **TUESDAY, MAY 27 @ 12 pm: Book Club** | This month we will discuss "Happiness for Beginners" by Katherine Center. For more information contact Betty Helpa (betty.helpa@gmail.com).



• **WEDNESDAY, MAY 28, from 11:30 am to 1:30 pm: Special Lunch, Springtime in Paris with Sunset Skyz Music Duo (\$10)** | Enjoy a very special lunch of Creamy Chicken Tarragon, Roasted Potatoes, Asparagus Salad, Strawberry Rhubarb Crisp and then stick around for some live yacht rock and feel-good songs like My Girl and Summer Wind with Michael and Tina Oelschlager of Sunset Skyz Music Duo! **Sign up in the office by Fri, May 23.**



Calling all Performers! We need YOU for our Talent Show in June! Come sing, dance, juggle, read a poem, or show off any other hidden talent you may have. Sign up at the table in the hallway outside the Cafe. Please note that all acts are subject to content approval.

Lansdale Senior Spotlight: Charles Hallowell

Meet our May Senior Spotlight: Charles Hallowell. Charles found his way to The PEAK Center about a year and a half ago after moving to the area and hearing about our Center from someone who lives in his living community. Charles was born locally but has enjoyed traveling all over the world throughout his life, even living in Spain for many years before moving back to this area. If you get a chance to sit down and talk with him about his world travels, you definitely should! He has tales for days! Here at the PEAK Center, he enjoys spending time with his friends, and enjoys Chair Yoga and Tai Chi. "Back in the day" Charles used to be an avid marathon runner, so staying active is extremely important to him. We enjoy his positive attitude and smile every day around the Centers, and we hope you get a chance to get to know him!



Thank you!!!

Last month we put out a call to collect supplies for The Variety Club's Summertime program, and you guys came through in a major way! Between the two centers we collected **31 outdoor games and activities, 18 sensory toys, 30 sunshade items, 36 books/workbooks, and 162 arts and craft items!** What a joy to be able to present these items and help The Variety Club prepare for a busy summer full of camps. We appreciate your donations so so much.

