

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, SEPT 3 @ 10:00 am: Crafts with Friends** | Suzanne will lead a craft group creating Fall Wreaths this month. We'll have all kinds of crafty supplies to attach to your wreath: ribbons, acorns, leaves, etc. Bring your creativity, and leave with a beautiful wreath. \$4 fee to cover supplies.



• **WEDNESDAY, SEPT 4 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.



• **WEDNESDAY, SEPT 4 from 11:30 to 1:30 pm: Special Lunch and Singalong** | Enjoy a delicious special meal prepared by the Manna team followed by a rousing Singalong led by DJ Smooth Jazz aka Milton! The cost is \$8. Please RSVP and submit song choices for the singalong by Wed, 8/28.



• **THURSDAY, SEPT 5 @ 12:30 pm: Food for Thought** | Join us for a relaxed conversation to share stories and learn about each other. In recognition of a traditional September milestone of our youth, this month's topic will be "Back to School". Bring a favorite memory to share and an open mind to listen!



• **FRIDAY, SEPT 6 @ 9:00 am: Breakfast Club** | This month we will try out the menu at Peeps Diner (333 Main Street, Harleysville). Each person will pay their own bill and supply their own transportation. Please RSVP by Fri, 8/30 so we can arrange seating together.



• **MONDAY, SEPT 9 @ 11:30 am: Movie Matinee & Lunch** | This month we are trying out a new time and format for the Movie Matinee. You can eat 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 Fri, 9/6. Keep an eye out for signs at PEAK or give us a call to find out what movie will be shown.



• **TUESDAY, SEPT 10 @ 10:00 am: Story Time with Josephine** | Josephine will be reading "The Learned Adventure of the Dragon's Head" by Dorothy L. Sayers and sharing a bit about Dorothy's life. You can join at PEAK or via Zoom. Email Liz at ebel@ghnps.org if you would like the Zoom link.



• **WEDNESDAY, SEPT 11 @ 1:00 pm: Shell Decorating Craft** | Join your friends for a relaxing, fun craft decorating shells and turning them into a piece of artwork for The PEAK Center... you may have some to take home as well! Please RSVP by Fri 9/6.



• **THURSDAY, SEPT 12 @ 12:45 pm: Trivia Challenge** | Looking for something challenging and fun? Join us to test your skills and laugh with friends with a general trivia challenge.



• **MONDAY, SEPT 16 @ 12:30 pm: Cornhole & Mini Golf "Pool"** | Come try out some easy lawn games in our multi-purpose room. No experience needed... just come ready to toss, putt, laugh, and have fun!



• **WEDNESDAY, SEPT 18 @ 12:30 pm: Advisory Council** | This month, Chef Dan will join us to get feedback on meals in addition to our regular meeting agenda.



• **FRIDAY, SEPT 20 from 10:00 to 11:45 am: Balance & Falls Prevention** | Vestibular and Injury Prevention Specialists from Grand View Health will provide a comprehensive workshop on ways to improve balance, maintain independence, and learn how to prevent falls inside and outside the home. Please RSVP by Fri 9/6.



• **FRIDAY, SEPT 20 from 10:30 am to 1:00 pm: Vaccine Clinic** | Sponsored by Giant Pharmacy and the Montgomery County Immunization Coalition. The following vaccines will be available: Flu, COVID-19, Shingles, Tdap, Pneumonia, and RSV. Please bring your Medicare, medical, and pharmacy insurance cards. Please RSVP by Friday, 9/13 so we can provide an approximate number to the Pharmacists.



• **MONDAY, SEPT 23 @ 12:30 pm: Volleyball** | Get yourself moving with a low-stress game of volleyball. You can let the ball bounce, catch it then toss it over, or try for some volleys back and forth. You are welcome to play from a standing or seated position. If numbers allow, we will work on some skill building and partner work. No experience needed, just a desire to have fun and keep moving!

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• **MONDAY, SEPT 23 @ 4:30pm: Dinner Outing @ Energy Station in the Shelly Square Shopping Center** | 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 Mon, 9/16.*

• **TUESDAY, SEPT 24 @ 12:30 pm: UPMC Nutrition Workshop** | Healthy eating habits are important no matter what our age! Join Registered Dieticians from UPMC for Part 2 of their Nutrition Series focusing on healthy eating for older adults. You don't have to have attended Part 1 to learn something from this session!

• **THURSDAY, SEPT 26 @ 10:33 am: Prayer Care Group** | Come join this peaceful fellowship of prayer to praise God. We pray for those in need of guidance, wisdom, comfort, and direction. All are welcome! You may leave a prayer request card at the front desk if you would like us to include a prayer for you.

MONDAY, SEPTEMBER 30 @ 12 pm: Book Club | The book this month is "The Cuckoo's Calling," by Robert Galbraith (pseudonym for J.K. Rowling). For more information contact Betty Helpa @ 215-688-3874.

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 Scan the QR code with your phone camera to view these descriptions on your phone right now!

