

NEWS & NOTES

The PEAK Center in Lansdale
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432

www.peakcenter.org

PEAK CENTER HOURS

Monday – Friday

8:00 AM – 4:00 PM*

Occasional evening and weekend programming

*Summer Hours: We close Fridays at 3:00 PM
from Memorial Day-Labor Day

Incident Weather Alert

Your safety is important to us. If North Penn Schools are closed, due to bad weather, we are too. Watch the news or go online to www.npenn.org/page/11873

It is our policy to request that each attendee completes a participant registration form. This helps us apply for additional funding and gives us vital information in case of incident/emergency. Thank you for your cooperation.

All speakers, products, services or advertisements which are presented as part of the Greater Harleysville and North Penn Senior Services activities at Encore Experiences in Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHPSS; nor are the opinions of speakers necessarily the opinions of GHPSS, nor are the representations and information presented, tested or reviewed for accuracy or reliability by GHPSS.

TransNet Rider Information

For new trip reservations to and from The PEAK Center or Encore Experiences call:

The PEAK Center at 215-362-7432

Encore Experiences at 215-256-6900

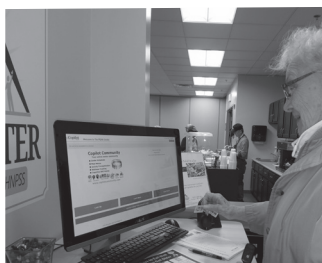
For next day reservations you must call by 11:00 AM the previous day. To cancel your reservation, you must call TransNet at 215-542-7433.

If your call is not answered by an operator, listen closely for the prompts and follow the prompts for Mid County Transportation or Valley ParaTransit (whichever applicable).

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Site Directors' Comments



Louisa scans into the new Copilot.

Spring has sprung! The days are longer, brighter, and flowers are blooming. And exciting things are happening too at PEAK and Encore centers. This is a perfect time to come visit us - see what Greater Harleysville and North Penn Senior Services has to offer YOU!

We have every type of fitness class you could ever want to try, Yoga, Zumba, Growing Stronger, Tai-chi, Wii Bowling, dancing and more. Come be our guest – bring a friend.

We serve a delicious and nutritious hot lunch every

day, prepared onsite by professional chefs. Join us, try new foods and make new friends.

From Bingo to computers to crafts to speakers both sites offer a diverse mix of health, wellness, social, entertaining and meaningful programs. (See below for center highlights at PEAK & Encore.) Last but not least, you will see a new screen when you swipe your card in. Copilot has replaced MySeniorCenter. While some of the features may look different, they are pretty much the same as before. Your current swipe card will still work in Copilot. If you have any questions, please don't hesitate to ask us!

Stop by and say hi—we'd love to meet you and give you a tour of our centers. Happy Spring!

Margo & Patty

Older Americans Month May 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, Age Out Loud, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge,

striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!

UPCOMING PROGRAMS AND EVENTS!

- PEAK's Casual Corner-Come check out our "new" spot to relax, grab a good read, or just chat – every weekday morning!
- Open Computer Lab-Laptops and iPads available for your use. Instruction and coaching available also! Check for specific times.
- Positive Aging Discussion group- A lively discussion of real issues that older adults never get to talk about! A different meaningful topic will be decided by the group each month.
- Special May "Memorial Day" Lunch and speaker program
- **New Crafting series-each month volunteers will lead a cool craft project to make and take.
- Special Health and Wellness speakers
- Special June Barbeque Lunch

PEAK Members' Council Notes



It is very exciting that some new programs have been added to the PEAK Center's activities. Mags Watts is leading the sewing and craft program that will meet monthly. We are anticipating that

Please join us to discuss what is going on at the Center. We welcome any suggestions for improvement. We meet on the 3rd Tuesday of the month at 12:30.

We continue to support Manna on Main St. Donations can be made by dropping of any non-perishable food item at the information desk. In March we donated 10.45 lbs to Manna.

Spring is on the way!!
Louise Shabeen, President

*"What lies behind us and what lies before us
are tiny matters....compared to what lies within us!"*
Ralph Waldo Emerson

our computers will be installed in the near future for members to use. The showing of movies has been added to our calendar.

Computer Lab Time

Mondays 1:00 - 4:00 PM
Tuesdays 9:00 AM - 11:30 AM
Thursday 12:30 PM - 3:00 PM



PEAK Center's newly opened Computer room is equipped with laptops and iPads for your use. Come and surf the Web, read the news or connect with relatives on Facebook. Volunteers will be available to answer questions and coach.

PEAK's
Casual Corner

Every morning from 9:00-11:00 AM
in The PEAK Café



Looking for a spot to socialize, relax with a cup of coffee and a good book (or newspaper), have a quick game of chess/checkers, or simply hang out? Then the casual corner is for you!

Join others for casual conversation in our café every morning.

Please Consider Making a Donation!

ENCLOSED IS MY GIFT OF (PLEASE CIRCLE):
\$25.00 \$50.00 \$100.00 \$250.00 OTHER: \$

Matching gifts from your employer could double your contribution. Please request a matching gift form at work and enclose it with your gift.

Make checks payable to GHPSS
Mail to:

The PEAK Center
606 E. Main Street, Suite 1003
Lansdale, PA 19446

Name _____

Address _____

Address line 2 _____

City _____ State _____ Zip _____

Your response is greatly appreciated!

GHPSS STAFF MEMBERS

Sarah Whetstone
Executive Director
Becky Carver
Administrative Assistant/Bookkeeper
Vacant
Communications Manager

THE PEAK CENTER STAFF MEMBERS

Margo Fine-Gabbay
Site and Program Director
Carol Costlow
Social Services Coordinator
Joyce Helmick
Office Manager
Sherry Rocchino
Program Assistant

Steve Zurad
Meal Assistant

ENCORE EXPERIENCES STAFF MEMBERS

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Site and Program Director
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Social Services Coordinator
Alanna Benales
Administrative Assistant
Furman Boykin
Meal Coordinator

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Greater Harleysville and North Penn Senior Services is a 501(c)3 nonprofit corporation as determined by the IRS.

Greater Harleysville and North Penn Senior Services operates two senior center facilities: Encore Experiences in Harleysville and The PEAK Center in Lansdale.

Encore Experiences in Harleysville and The PEAK Center in Lansdale are supported in part by funding received from Montgomery County Office of Aging and Adult Services. We are participating agencies of the United Way of Greater Philadelphia and Southern New Jersey. Other sources of support include grants, wills & bequests, corporate donations, foundations, special events and individual contributions.

The official registration and financial information of Greater Harleysville and North Penn Senior Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

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Like us
on Facebook!



A Unit of the National Council on Aging

NISC
ACCREDITED BY
NATIONAL INSTITUTE OF
SENIOR CENTERS

THE PEAK Café

*Eligible persons, aged 60 and above or disabled, (or the spouse of an eligible person), are requested to make an anonymous voluntary contribution of \$2.00 for the meal program. These funds are returned to Montgomery County Aging and Adult Services for redistribution to support nutrition programs throughout Montgomery County. We are able to provide this program with support of: Montgomery County Aging and Adult Services, United Way of Greater Philadelphia and Southern New Jersey, The Connelly Foundation, W.W. Smith Charitable Trust, The VNA Foundation of Greater North Penn, The Patricia Kind Foundation and other corporate and individual donations.

Lunch is served at from 11:30 AM to 1:00 PM Monday - Friday. Advanced sign up required – must sign up at The Welcome Desk (215-362-7432) by Thursday of the week before you plan to join us. The community member price (persons under the age of 60) is \$6.95. Menu subject to change without notice.

LUNCH AT PEAK IS SUBSIDIZED BY GRANTS FROM:

*Aging and Adult Services of Montgomery County
 United Way of GPSNJ
 NP United Way
 BNY Mellon Charitable Trusts
 Clemens Foundation
 Fourjay Foundation
 Gemardi Foundation
 TD Bank Foundation
 The Patricia Kind Foundation
 The Philadelphia Foundation
 Walmart Foundation
 W.W. Smith Charitable Trust
 VNA Foundation of Greater North Penn*

May Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese with Tomato Basil Soup Fresh Fruit 1	Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth 2	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll 3	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll 4	Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll 5
Brown Sugar Baked Ham with Pineapple Stuffing & Green Beans Whole Grain Roll 8	Baked Ravioli with Beef Bolognaise Tossed Salad Whole Grain Dinner Roll 9	Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread 10	Baked Reuben in Puff Pastry Tossed Salad 11	Mediterranean Tuna Salad on Mini Croissant Mandarin Oranges 12
Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad 15	Chicken Marsala over Wild Rice Fresh Broccoli 16	Pulled Pork on Cornbread Waffle with BBQ Glaze Fresh Fruit 17	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad 18	Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit 19
Sausage, Pepper & Onions over Roasted Red Potatoes Green Salad 22	Special Luncheon 23	Potato & Cheese Pierogie with Caramelized Onions Green Salad 24	Italian Chicken Stew Green Salad Whole Wheat Roll 25	Open Faced Turkey, Brie & Cran on Ciabatta White Bean and Herb Salad 26
Memorial Day The PEAK Center Closed 29	Grilled Cheese with Tomato Basil Soup Fresh Fruit 30	Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth 31		

June Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Take Out meals are available at a cost of \$4.00 per meal. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.			Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll 1	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll 2
Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread 5	Baked Ravioli with Beef Bolognaise Tossed Salad Whole Grain Dinner Roll 6	Baked Reuben in Puff Pastry Tossed Salad 7	Mediterranean Tuna Salad on Mini Croissant Mandarin Oranges 8	Brown Sugar Baked Ham with Pineapple Stuffing & Green Beans Whole Grain Roll 9
Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit 12	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad 13	Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad 14	Pulled Pork on Cornbread Waffle with BBQ Glaze Fresh Fruit 15	Chicken Marsala over Wild Rice Fresh Broccoli 16
Potato & Cheese Pierogie with Caramelized Onions Green Salad 19	Italian Chicken Stew Green Salad Whole Wheat Roll 20	Barbeque Special Luncheon 21	Haddock with White Wine and Tomato Basil Sauce Garden Rice, Green Beans 22	Sausage, Pepper & Onions Over Roasted Red Potatoes Green Salad 23
Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth 26	Grilled Cheese with Tomato Basil Soup Fresh Fruit 27	Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll 28	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll 29	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll 30

KEEPING FIT PROGRAMS

Programs are free unless otherwise noted.

Please Note:

*Programs/events marked with * are specifically targeted to persons age 60 and older. Everyone is welcome to participate regardless of age.

Ballroom Dancing

Location: Encore Experiences in Harleysville
 Cost: \$4.00
 Experienced: Thursday Evenings 5:30 - 6:30PM
 Beginner: Thursday Evenings 6:45 - 7:45PM
 Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Bowling

Thursdays at Earl Bowl, Souderton
 12:15 PM sign-up; bowl at 12:30 PM
 Cost: \$5.00

Chair Yoga

Thursdays 10:30 - 11:30 AM
 Cost: \$4.00 Instructed by Terri Kuenzer
 Formerly called Joint Freeing Series. All in a chair, these 22 simple yoga posture based exercises help to loosen all the joints, from toes to the head. Learn this beautiful and GENTLE ancient practice from India.

Fit for the Future I

Tuesdays and Fridays 9:00 - 10:00 AM
 Cost: \$4.00
 Taught by Kim Zimmerman

Fit for the Future II

Tuesdays 12:45 - 1:45 PM
 Fridays 10:30 - 11:30 AM
 Cost: \$4.00
 Taught by Kim Zimmerman

Formerly named Healthy Steps in Motion, this program has a new name, but is the same great class! Routines include, stretching, walking, flexibility & strength training. Join us to exercise with this friendly group.

Line Dancing

Thursdays 1:00 - 2:00 PM
 Cost: \$4.00 Instructed by John Long
 John Long teaches all, from beginner to advanced, even those with multiple left feet!

Growing Stronger

Monday, Wednesday
 Please see May/June calendar for specific dates in the series
 Fee: \$40.00 per 6-week session
 This program is a safe, effective strength-training and nutrition program for individuals who have been active or sedentary for the past few years and are interested in improving their health.

Tap Dancing

Thursdays 10:30 - 11:30 AM
 Cost: \$4.00
 This class is energetic and fast moving. Join John Long and our PEAK Tappers. Beginners are welcome to come the first half hour, stay to observe the "pros" or just jump in.

Wii Bowling

1st and 3rd Wednesdays of the month
 10:00 AM
 Experience the health and social benefits of this fun program. Standing or seated, no heavy ball or strange shoes.

Zumba Chair

Wednesdays 12:45 - 1:30 PM
 Cost: \$4.00
 Instructor: Andrea Rogers
 If you love Latin and Middle Eastern sounds, but the motion seems too risky...Zumba CHAIR is the exercise class for you.

Zumba Gold

Mondays 1:15 - 2:15 PM
 Cost: \$4.00
 Instructor: Andrea Rogers
 Enjoy this aerobic exercise class conducted to the sounds of the Caribbean with a bit of the Mediterranean thrown in. Take it at your own pace.

*Tai Chi

Tuesdays 10:15 - 11:15AM
 Cost: \$4.00
 Instructor: Darryl Bryant
 Tai Chi movements reinforce balance, coordination, flexibility, muscle relaxation, body awareness & mental concentration.

*Yoga

Thursdays 9:00 - 10:00 AM
 Cost: \$4.00
 Instructed by Terri Kuenzer
 Do you think your physical limitations or age would prevent you from doing yoga? Have you been curious about yoga but were concerned about feeling out of place in a class? Improve your posture, increase your flexibility, build strength, and reclaim your ability to balance. Practice standing, seated, and reclining yoga poses that meet your physical needs now while expanding your abilities over time, and enjoy breathing and relaxation techniques to invite inner calm and clarity. While this is a gentle approach to yoga, you must be able to get down to the ground and back up again to fully benefit from the class. Please bring a yoga mat.

WELLNESS SCREENINGS

Abington Community Health Screenings

2nd Tuesday of the month 10:00 - 11:30 AM
 No charge. Offered by Abington Health Services
 See the nurse to discuss health concerns and have your blood pressure checked.

NORTH PENN COMMONS

WELLNESS COLLABORATIVE

THE PEAK CENTER AND THE YMCA

Pool Visitation

PEAK Center Members can use the YMCA pool for a daily rate of \$6.00. Please visit the YMCA Membership Office and show your PEAK card to receive your pool pass.

Silver Sneakers

Silver Sneakers will provide a free membership for those eligible. To check eligibility visit the YMCA Membership Office with your ID card.

Financial Assistance

The YMCA also welcomes PEAK Center members to apply for Financial Assistance. Stop by the Membership Office for copies of the necessary paperwork.

Program Membership

Benefit for PEAK Members
 Joining the PEAK Center allows you a free PROGRAM membership. If you choose to take a program/class you still pay for that program/class BUT at the PROGRAM MEMBER PRICE. **Being a PEAK Center member DOES NOT allow a free full membership to use the facility, pool or gym.** If you bring your insurance card to the Y Membership Desk, they will be happy to see if your insurance will help pay for the membership or reimburse you. They honor many insurances including Silver Sneakers and Silver and Fit. Please check with Y Membership for other participating insurance companies.

In Memoriam



*Florence Eubanks
 Harley Lapp
 John Sitarski*

These participants enriched our fellowship by their presence at The PEAK Center. We are glad that the Center was part of their lives and we will miss them.

results matter.

Personal Injury Litigation • Workers' Compensation
 Social Security Disability • Real Estate/Land Use/Zoning
 Family Law • Wills/Trusts/Estates • Civil Litigation
 Labor & Employment Law • Tax & Business Law
 Municipal Law • Education Law • Criminal Law



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10 Tips for Positive Aging: It's Not Your Same Old Business

All of us are aging by the day, whether we are willing to admit it or not. We usually dread talking about getting older, but there is actually good news that should give us reason to embrace our own aging. The good news is: We can optimize our own aging and can work toward successful and healthy aging. We just have to let go of our negative views of aging, think of growing older as an opportunity, and adopt a "can-do" attitude.

Over the past several decades, psychologists

and researchers from other disciplines have convincingly shown that there are good reasons to rethink the stereotype that aging means primarily loss and decline—at least not until very late in life. Indeed, there are a growing number of studies showing a great deal of "plasticity" in adult development and aging. That is: Even the average Jack or Jill possesses reserve capacities that they can activate to improve the way in which they grow older. Aging is not the same old business anymore!

Positive aging is possible!

Here are 10 tips—all based on solid research—that any person can adopt with the goal of increasing his or her chances of successful and healthy aging:

1. Stay physically active: This includes daily exercise for at least 30 minutes. Aerobic exercise is good for brain function in older adults. Strength training is good for your bones and muscles.

Continued on Page 12

UPCOMING PROGRAMS

Programs are free unless otherwise noted.

Help Yourself to Healthy Living

Offered by Abington-Jefferson Health

Losing Height? Know your bone health.

Wednesday, May 3 10:30 AM - 11:30 AM

Have you noticed that you are losing height? In this month's "Help Yourself to Healthy Living", we will be reviewing what osteoporosis is and what factors increase the likelihood that you will develop it—including age, body frame, and lifestyle choices. What can we do to decrease our risk in developing osteoporosis and how are doctors treating it? Please come to learn the latest research!

What's All of the Hype with Zika and Lyme's disease?

Wednesday, June 7 10:30 AM - 11:30 AM

As the weather gets warmer, you may want to spend more time outside with family and friends hiking, camping, biking and/or swimming. Before going outdoors, though, you may need to brush up on the latest information on Zika and Lyme disease. Please attend June's "Help Yourself to Healthy Living" and find out how to protect yourself against Zika and Lyme disease!

Aging Gracefully- Musculoskeletal Changes and What to Expect As We Age

Wednesday, June 14 10:00 AM - 11:00 AM

Dr. Jack Parry, DPT, MPT, MSA from Parry Physical Therapy Group will lead an interactive PowerPoint presentation. Bring any questions you may have about keeping your bones, joints, and muscles strong and healthy. Free giveaways!

Montgomery County Senior Games May 8-12

As in past years, the MCSG will be held at Montgomery County Community College in Blue Bell, as well as several specialized area facilities. Friends and family of competitors are encouraged to come any day as spectators, or to attend the Senior Expo held on Friday morning or preregister to enjoy the Friday Awards Luncheon. Go to <http://www.montcoseniorgames.com/> to register.

INTEGRATIVE HEALTH SERVICES

Massage Therapy

Wednesday, May 17 and June 21

By appointment starting at 10:00 AM

Provided by A Body Balanced by Heidi Puppo,

Licensed Massage/Bodywork Therapist

Cost: Chair \$1.00 per minute; Table \$25.00/thirty

minutes; \$50.00 for one hour

Enjoy a relaxing and healing experience through the combination of energy and massage therapy modalities that benefit the whole person, body, mind, emotions and spirit.

**PARRY
PHYSICAL THERAPY
GROUP**

**FREE SCREENINGS for
Encore Experiences Members
and Peak Center Members**

Lansdale - Lansdale YMCA, 608 E. Main Street

Harleysville - Indian Valley Family YMCA, 890 Maple Ave.

215.538.1999

www.PARRYPTGROUP.COM



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PEAK CONSUMER EDUCATION

UPCOMING CONSUMER EDUCATION PROGRAMS

AARP Driving Courses

Instructed by Judy Pfander

Safe Driving

Thursday, May 11 & Friday, May 12

9:00 AM - 1:00 PM (4 hours each day)

4 Hour Refresher Course

Friday, June 9

9:00 AM-1:00 PM

\$15.00 AARP Members \$ 20.00 Non Member

Checks are to be made out to AARP. Register by calling The PEAK Center at 215-362-7432 Please bring AARP membership card with you.

Created by AARP, these courses provide information to help you drive violation and crash free. This is a classroom course, there is no driving or other testing involved.

Independent and Assisted Living and Nursing Homes: What's the Difference?

Wednesday, May 24 10:30 AM - 11:30AM

Presented by Dr. Steve Fleisher, Oasis Senior Advisors of Montgomery Bucks

Thinking about moving to a senior community? Wondering what the options are? Confused about how to even begin the search? Join us to learn the various types of facilities and answer all your questions.

How Your Story Will Be Told

Thursday, June 8 10:00 AM

Presented by Joseph Lerner, Service Counselor from St. John Neumann Cemetery

Join us for a candid and informative discussion on funerals, cremation and burial planning. Bagels and coffee will be served.

Legal Aid

Thursday, June 22 11:00 AM

Presented by Erica Briant, Staff Attorney, Legal Aid of Southeastern PA

Hear about common scams, including identity theft and fraud, and what you can do to identify a scam and protect yourself. Legal Aid's services will be discussed and how you can get assistance, if needed.

THANK YOU for your help!

The PEAK Center was proud to host free tax preparation service once again to our senior community. A sincere thank you is due to all the AARP-sponsored tax preparers who assisted 400+ tax payers in completing their tax forms. Grateful thanks are also due to all our volunteers who cordially greeted our guests and guided them through our new home. Thank you all for a job well done!

Volunteer Tax Preparers

Susie Alpine Henry Hartman
Marty Behr Joe Heaney
Yvonne Giedgowd Steve Montgomery
Joan Gray Yvonne Montgomery
Richard Hardisty Irv Selsley
Carol Hartman Janet Selsley

PEAK Volunteers

Barbara Coble Bev Lersch
Carol Cutrone Barbara Masten
Carol Deadrick Carolyn Tilghman
Pat Doyal Mags Watts
Bridie Gibbons Marlene Wilson
Mary Kate Kennedy Judy Zoll

PEAK CONSUMER SERVICES

For information or to schedule an appointment for any of these services, please contact Carol Costlow at 215-362-7432 unless otherwise noted.

APPRISE Medicare Counseling

Tuesdays 9:30 AM-11:30 AM By Appointment
Bob Sykes, a Medicare insurance counselor, answers your questions about Medicare benefits, medigap insurance and Medicaid. Please call 215-362-1076 to request an appointment.

Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come in for a quick screening to determine if you may be eligible. Don't leave money on the table that could help you. Call today for an appointment to find out.

Farmers' Market Vouchers

Distribution will be held on Tuesday and Wednesday, June 6th and 7th, 1:30-4 PM. Thereafter, distribution will be on Wednesdays, 8 AM-4 PM. Income eligibility and Montgomery County residency is required. Please see the box on this page for more details.

Legal Counseling

Tuesdays, May 30 and June 27

Attorney Jack Dooley provides free legal consultations. Schedule an appointment at the office window.

Low-Income Heating Assistance Program (LIHEAP)

This is a seasonal program available November through March.

Looking for Community Resources?

Call or Search 211

You can ask for help from Carol, but what if she wasn't available? There is a new, easy to use directory of health and human service programs that lists resources like food pantries, emergency shelters, transportation, health clinics, rent or utility assistance, legal help, and more.

<http://www.211sepa.org/>

If you need additional assistance or don't have internet access you can also dial 2-1-1 to speak directly with an Information & Referral Specialist.

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2016 tax year are available at The PEAK Center. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by December 31, 2016, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted. The application deadline is June 30, 2017.

TransNet

Free shared ride service to The PEAK Center is available if you are age 65 or older. Rides must be booked at least one day in advance by calling The PEAK Center by 11:00 AM. Inquire at the office window for TransNet registration information. To cancel a Transnet ride, please call TransNet directly at 215-542-7433. If you are calling after hours, please follow the prompts to reach Mid-County Transportation.

Farmers' Market Vouchers

The annual Farmers' Market checks, or vouchers, can be used at local farmers' markets to purchase fresh produce grown in PA from June through November, 2017.

Eligibility requirements:

- 1) You must be 60 years or older, and
- 2) A Montgomery County resident, and
- 3) You must be living on a limited income. This year's income limits will be \$22,311 or \$1859/month for individuals and \$30,044, or \$2504/month for a couple. If you are qualified, each person will receive \$20.00 worth of vouchers. Please bring proof of your age and residency in Montgomery County, such as a current driver's license or photo ID.

The initial distribution will be held on Tuesday, June 6 and Wednesday, June 7 1:30 PM - 4:00 PM. Thereafter, distribution will be on Wednesdays, 8:00 AM - 4:00 PM, while the supply lasts.

Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following (Updated 4/2017):

Family Size	Annual	Monthly	Weekly Income
1	\$15,678	\$1,307	\$302
2	\$21,112	\$1,760	\$406
3	\$26,546	\$2,213	\$511

To register for this program, please see Carol and bring with you:

- Proof of Age (Driver's License);
- Proof of Residency (Utility bill, Driver's License);
- and Proof of Gross Income (Statement from Social Security, Pension Statement, etc.).

The monthly CSFP Food Package contains: 4 vegetables, 2 juices, 2 fruits, 1 protein, 2 cereals, 1 protein alternate, milk product, carbohydrate, and 2 lbs. cheese.

USDA Nondiscrimination Statement 2015

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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

PEAK ENRICHMENT

UPCOMING PROGRAMS

PEAK-A-BOO'S

Ladies' Luncheon Gathering

May 2 Taormina's 11:30 AM

June 6 Tigers in Lansdale 11:30 AM

Call the office at 215-362-7432 or Louise at 215-368-2618 for reservations. Let us know if you need transportation.

Silver Smartphone Coaching

Learn your Android Smartphone or Tablet

THIS CLASS IS NOT for iPhone or iPad.

Wednesday, May 10 3:00 - 4:00 PM

Instructed by Joanne Hyndman,

Silver Smartphone Coach

Cost: \$5.00 Limited space, call to register

Attendees will learn calling, texting, button features, touch screen navigation, display settings.

Positive Aging Discussion Group

PEAK's Site Director, Margo Fine-Gabbay will lead a new engaging discussion group. Do you love to share your ideas and life lessons? Looking for new ways to stay fit and healthy? Do you desire pursuing more meaning in your life? Join us for stimulating conversation.

Write a Six-Word Memoir

Monday, May 15 12:30 PM

How to Best Use My Free Time- Now That I Am Retired...

Monday, June 12 12:30 PM

Silver Smartphone Coaching

Learn your iPhone Smartphone or iPad

Tuesday, May 16 3:00 - 4:00 PM

Instructed by Joanne Hyndman,

Silver Smartphone Coach

Cost: \$5.00 Limited space, call to register

Attendees will learn calling, texting, button features, touch screen, navigation. We have a few iPads available to use and learn on in our computer lab, so let us know when you sign up if you need to reserve one.

Programs are free unless otherwise noted.

Tracing Your Family Roots Luncheon

Tuesday, May 23 12:00 PM

Cost: \$8.00 for lunch and program

Presented by Dr. Susanne Johnston

Registrar, Towamencin Chapter,

Daughters of the American Revolution.

Are you curious about your relatives? Want to find out who your ancestors were? Join us for an enlightening presentation. Come learn how to find birth, death, marriage, census, military, etc records. Hear what sources are available at the library for free. Find out how to keep track of everything. Dr. Johnston has worked on her own genealogy 40 years, has eight Patriots from which she is descended, is a Volunteer Genealogy Consultant for the DAR and assists members in finding their Patriots to qualify for membership. She also assists those who just need help with their genealogy.

Let's Get Crafty with Mags!

Cost: \$3.00 suggested donation for supplies

Wednesday, May 10 10:00 AM - 11:30 AM

Our very own super talented Mags will guide everyone in designing your very own gourd bird house! Just bring your imagination and we will supply the rest.

Monday, June 5 10:00 AM - 11:30 AM

Paint your very own "ladybug creation"-adorable decoration for your garden or indoor paperweight.

Summer Barbeque Luncheon

Wednesday, June 21 11:30 AM

Cost: \$8.00

Let's celebrate summer, July 4th and fun times with a special pre July 4th Bar-B-Que.

A Town is Born at North Penn Commons

Monday, June 26 1:00 PM

The program will include a history of the growth Lansdale from its early days of settlement and incorporation as a borough to the town's growth as a commercial business center in the 20th century. A PowerPoint presentation will include anecdotes and historic photographs of people and places from Lansdale's past.

AREAS OF INTEREST

Bingo

Fridays 12:45 PM

\$1.00 per card

Bridge-Card Game

Thursdays 1:00 PM

Computer Lab Time

Mondays 1:00 - 4:00 PM

Tuesdays 9:00 AM - 11:30 AM

Thursday 12:30 PM - 3:00 PM

PEAK Center's newly opened Computer room is equipped with laptops and iPads for your use. Come and surf the Web, read the news or connect with relatives on Facebook. Volunteers will be available to answer questions and coach.

Begins May 1!

Group Trivia

Interested in having Trivia at PEAK? Let us know and we'll schedule a new date.

Progressive Pinochle

Wednesdays 12:45 PM

Rummikub

Everyday 10:00 AM

Studio Art Class-Painting

Tuesdays 9:30 AM Cost: \$4.00

Instructed by Louisa Wismer

Woodcarving

Mondays 9:00 AM - 11:30 AM

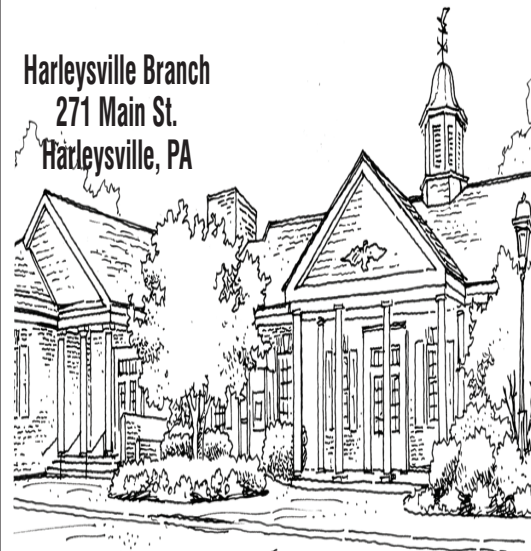
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10 Tips for Positive Aging: It's Not Your Same Old Business

Continued from Page 9

2. Exercise your brain: Engage in mentally challenging activities and don't stop learning new things. Embrace and seek opportunities to exercise your brain.
3. Adopt a healthy lifestyle: Maintain normal body weight, eat healthy food in small portions, don't smoke and drink alcohol in moderation, and adopt good sleeping habits.
4. Stay connected to other people: Treasure and nurture the relationships with your spouse or partner, your family, friends and neighbors. Reach out to others, including young people. Stay involved in your community.
5. Create positive feelings for yourself: Experiencing positive feelings is good for your

- body, your mental health, and for how you relate to the world around you. Feeling good about your age is part of this.
6. Don't sweat the small stuff: Don't worry too much. Be flexible and go with the flow. Don't lose sight of what really matters in life.
7. Set yourself goals and take control: It is important to have goals in life and to take control in achieving them. Being in control of your actions gives you a sense of mastery and leads to accomplishments that you can be proud of.
8. Minimize life stress: Stress has a tendency to "get under your skin"—if you notice it or not. Try to minimize your stress. Learn to unwind and to "smell the roses."

9. Have regular medical check-ups: Take advantage of health screenings and engage in preventive health behavior. Many symptoms and illnesses can be successfully managed if you take charge and if you partner with your health care providers.
10. It is never too late to start adopting any of these behaviors.

Remember: Life is a journey. So, make the best out of it and enjoy the ride!

Source:
<https://psychologybenefits.org/2013/05/03/10-tips-for-positive-aging-its-not-your-same-old-business/>

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