

# 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.



**MONDAY, JUNE 3 @ 12:30 pm: Boomers 'R Heroes** | Join Jean from Boomers 'R Heroes for an informative session around self-care for caregivers. This program will be supported by Patina Health and UnitedHealthcare.



**TUESDAY, JUNE 4 @ 10:00 am: Crafts with Friends** | Suzanne will lead a fun summer craft of hand colored and decorated wooden wind chimes. \$4 fee to cover supplies.



**WEDNESDAY, JUNE 5 from 10:00 am to 3:00 pm: Shiatsu Appointments** | 15-minute, fully clothed chair massages by Kerry Palanjan, an experienced Shiatsu practitioner. The cost is \$20 paid directly to Kerry via cash, check, Venmo or Zelle. **Schedule with Sabrina, or call Kerry at 215-622-4359.**



**THURSDAY, JUNE 6 @ 11:30 am: Monthly Birthday Celebration** | Join Peak friends to celebrate our June Birthdays during our congregate meal. **June birthdays, please let Sabrina know when registering for lunch.**



**THURSDAY, JUNE 6 from 12:30 to 2:30 pm: Art Class: Still Life with Pencil** | Join Diane Catherwood for an instructional art session using pencil to create a still life. Diane is a life-long artist who recently retired and is open to starting regular art classes at PEAK. Come to learn and to share your interests for future instruction. There is no charge for this initial class but there will be a fee to cover expenses for future classes.



**FRIDAY, JUNE 7 from 10:00 am to 12:00 pm: Tech Appointments with Les** | Need assistance with your computer, phone, or tablet? Need Notary Services? **Call Sabrina at PEAK to Schedule an appointment** with Les to help navigate the digital world.



**MONDAY, JUNE 10 @ 12:00 pm: Movie Matinee** | Join us for an afternoon movie. Concessions will be available at no charge. **Contact Sabrina at PEAK for additional information.**

**TUESDAY, JUNE 11 @ 10:00 am: Storytime with Josephine (HYBRID)** | Join Josephine at The PEAK Center or online. Josephine will be reading, "The Red-Headed League" by Sir Arthur Conan Doyle, A Sherlock Holmes Mystery. **Please RSVP to Sabrina at PEAK to receive the zoom link.**



**TUESDAY, JUNE 11 from 10:00 am to 12:30 pm: Resource Office Hours** | PA State Rep. Steve Malagari's office staff will be on site help you with resources offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property, and more! This is also a time to share any feedback you have for our legislators directly with their staff.



**TUESDAY, JUNE 11 @ 12:30 pm: Meet and Greet with Doctors of Live Better Hearing & Balance** | Come meet with your local audiologists to discuss signs of hearing loss, risk factors of hearing loss, and treatment. We are formerly known as Associates in Hearing and we would like to re-introduce ourselves to you. Free ear evaluations will be offered following the presentation, as well as coffee and treats. We look forward to meeting you!



**THURSDAY, JUNE 13 & 14 @ 8:30 am: AARP 8 hr course, Part 1 & 2** | This two-day AARP driving class is designed to help mature drivers learn proven driving techniques to help keep you and your loved ones safe on the road. Upon completion of this class, you could be eligible for a multi-year discount on your auto insurance. This course is \$20 for AARP members & \$25 for non-members. **RSVP to Sabrina.**



**THURSDAY, JUNE 13 from 12:00 pm to 1:30 pm: Picnic at Fischer's Park** | Kick off summer with a picnic at Fischer's Park. Lunch is catered by Manna's Common Grounds with entertainment by Michael Kropp (\$10). This is a rain or shine event. **Please RSVP to Sabrina or Gina by June 7th.**



**FRIDAY, JUNE 14 @ 11:00 am: Grief Support** | Deborah Harris of Family Services facilitates this welcoming, supportive, and confidential Support Group for older adults dealing with the challenges of loss and grief. You will learn about coping with the unpredictability of grief, connect with others who understand the pain of loss, and find comfort in sharing with the group.

# PEAK SPECIAL PROGRAMS CONTINUED...



**MONDAY, JUNE 17 @ 12:30 pm: What does the Office of Senior Services Do?** | Did you know that there is a local government organization designed specifically to support older adults? In addition to helping fund Senior Community Centers like PEAK and Encore, MCOSS has a variety of resources to help you navigate the aging process. **Please RSVP to Sabrina.**



**TUESDAY, JUNE 18 @ 12:30 pm: Foster Grandparent Presentation** | Interested in volunteering with children in local schools? You could be that special person in the lives of local children as you provide the extra attention, support, and mentoring they need to build their school readiness and academic skills. Becoming a foster grandparent volunteer doesn't just benefit the children! Volunteering has been shown to improve physical and mental health, provide a sense of purpose, and prevent loneliness and isolation in older adults. Join us to learn more about the program and how you can join.



**Wednesday, June 19 from 11:30 am to 12:30 pm: Member Appreciation Pizza Party** | YOU make each day special at PEAK so our staff would like to say "Thank You" with a Pizza Party! **Please RSVP to Sabrina by Friday, June 14th with your preference of plain, pepperoni, or veggie pizza.**



**WEDNESDAY, JUNE 19 @ 12:30 pm: Advisory Council** | A meeting of members and staff to share ideas and feedback.



**THURSDAY, JUNE 20 @ 10:30 am Paint & Sip with PA Health & Wellness** | Join Estelle Walker as she leads us in a step-by-step painting project. All supplies are included and refreshments will be served. **RSVP by 6/14.**



**THURSDAY, JUNE 20 from 12:30 pm to 2:30 pm: Montgomery County Association for the Blind Life Skills Class** | If you or someone you know is facing vision loss or low vision, this class will help you to learn to adapt and cope with vision loss, and to find out about services that are available in our community. Monthly classes led by Mary Brucker, BSW. **For more info call MCAB at 215-661-9800.**



**FRIDAY, JUNE 21 from 10:00 am to 12:00 pm: Tech Appointments with Les** | By appt only.



**MONDAY, JUNE 24 @ 12:00 pm: PEAK Center Book Club** | The book this month is The Secret Keeper by Kate Morton.



**MONDAY, JUNE 24 @ 12:30 pm: Senior DJ Group Singalong** | Our friends from the TriCounty Active Adult Center will lead a group sing-along to some of our favorite songs that remind us of springtime. Come for lunch (don't forget to sign up!) and stay for this free entertainment.



**TUESDAY, JUNE 25 @ 12:00 pm: Legal Consultations by Appt** | Call 215-362-7432 to schedule.



**WEDNESDAY, JUNE 26 from 10:00 am-12:00 pm: Resource Office Hours** | Sen. Maria Collett's office staff will be on site help you with resources offered to Seniors by the Commonwealth of Pennsylvania. Apply for a SEPTA Senior Fare Card, check for Unclaimed Property, and more! This is also a time to share any feedback you have for our legislators directly with their staff.



**WEDNESDAY, JUNE 26 @ 12:30 pm: History of LGBT over the past 50+ years with Bob Skiba** | This lively illustrated talk traces the evolution of the LGBT community from the dark days of the 1950s "Lavender Scare," through the annual Reminder Demonstrations right here in Philadelphia in front of Independence Hall in the 1960s, through the rise of radicalism in the post-Stonewall 1970s, to the state of the Philadelphia LGBT community in the age of marriage equality and the New Right. This historical overview will be presented by Bob Skiba, Curator of Collections at the John J. Wilcox Jr LGBT Archives at the William Way Community Center in Philadelphia.



**THURSDAY, JUNE 27 @ 9:00 am Breakfast Outing to West Main Diner** | Join your friends at a local favorite, West Main Diner. Each person will pay their own bill and supply their own transportation. Restaurant address: 805 W Main St, Lansdale. **Please RSVP to Sabrina in person or by calling 215-362-7432 by June 24th** so we can call ahead and arrange seating together.



**FRIDAY, JUNE 28 from 10:00 am to 12:00 pm Tech Appointments with Les** | By appt only.



**FRIDAY, JUNE 28 11:00 am Grief Support** | See program description from June 14th for details