

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



• **EVERY MONDAY in MARCH, from 10 am to 2 pm: Gwynedd Mercy University 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. The students and their supervisor will be at PEAK on Mondays through April 28. **Please note that the students will not be at PEAK on March 10 due to Spring Break.**



• **EVERY FRIDAY in MARCH @ 10 am: Montgomery County Arthritis Foundation Exercise Program** | This class is open to pre-registered attendees only.



• **MONDAY, MARCH 3 @ 10:30 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, MARCH 4 @ 10 am: Crafts with Friends** | Suzanne will lead a craft group creating decorative banners, utilizing letters and ribbons to spell out your name or words like "SPRING!" **There will be a \$4 fee to cover supplies. Please RSVP in person or by calling 215-362-7432.**



• **WEDNESDAY, MARCH 5, 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 PEAK front desk, or call Kerry directly at 215-622-4359.**



• **WEDNESDAY, MARCH 5, from 11:30 am to 1:30 pm: Special Lunch & Blue Eyed Soul by John Conklin (\$10)** | Enjoy a delicious meal followed by the musical stylings of John Conklin. His Blue Eyed Soul set features the music of The Sylistics, The Temptations, The Delfonics, Smokey Robinson, Little Anthony, Stevie Wonder, and more. **Please RSVP in person or by calling 215-362-7432 by Wed, 2/26.**



• **THURSDAY, MARCH 6 @ 12:30 pm: UPMC Nutritional Program** | Learn tips to keep your nutrition on track with this interactive workshop from the team at UPMC Community Health Choices.



• **MONDAY, MARCH 10 @ 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 Fri, 3/7.**



• **TUESDAY, MARCH 11 @ 10 am: Story Time with Josephine** | Josephine will be reading "The Nine Mile Walk" by Harry Kemelman and "The Gettysburg Bugle" by Ellery Queen. You can join at PEAK or via Zoom. Email Liz at ebel@ghnpss.org if you would like the Zoom link.



• **WEDNESDAY, MARCH 12 @ 12:30 pm: Women's History Month Trivia Bingo** | Celebrate Women's History Month with a fun Trivia Bingo hybrid activity. Do you know in what year women first received the right to vote? Or who was the first woman to swim across the English Channel? You'll have the opportunity to test your knowledge and perhaps learn something new while enjoying Bingo for prizes!



• **THURSDAY, MARCH 13 @ 10 am: PT Solutions - Knee & Hip Replacement Info Session** | Come learn from Dr. Kelly Fitzpatrick of PT Solutions about how to know if you may be ready for a knee or hip replacement and what to expect from surgery through physical rehabilitation.



• **MONDAY, MARCH 17 @ 12 pm: PA Health and Wellness Birthday Celebration & Program** | Come celebrate all March birthdays after lunch with birthday cake and a "Spring Into Healthy Eating" presentation by Estelle Walker on Nutrition & Portion Control. **March Birthdays, please let us know it's your birthday month when you sign up for lunch!**



• **TUESDAY, MARCH 18 @ 9 am: Breakfast Club** | This month we will visit Valentino's Bistro. Join us at 518 N. Broad St. in Lansdale. Each person will pay their own bill and supply their own transportation. **Please RSVP at either Center by Mon, 3/10 so we can arrange seating together.**

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• **TUESDAY, MARCH 18, from 12 to 12:45 pm: Free Blood Pressure Checks** | Free Blood Pressure Checks will be available through Jefferson Health prior to the start of the Health and Wellness program. **Please RSVP in person or by calling 215-362-7432 by Tues, 3/11.**



• **TUESDAY, MARCH 18 @ 12:45 pm: Health & Wellness Education Program** | Join the Jefferson Health Community Outreach and Engagement team for an educational workshop on positive aging through healthy lifestyle and disease prevention.



• **FRIDAY, MARCH 21, from 9 am to 3 pm: Property Tax and Rent Rebate Appointments** | Need assistance applying for the PA Property Tax and Rent Rebate and/or your local school district's rebate? We are here to help! New rules apply to applicants for the 2024 tax year: both homeowners and renters can have income up to \$46,520 and the rebate amounts will increase over previous years. Several area school districts, including North Penn, now offer a tax rebate to their residents who have first qualified for the latest PA Property Tax/Rent Rebate for 2024. **Call Tara at 215-362-7432 ext. 203 or stop by PEAK to schedule your 20 minute appointment.**



• **MONDAY, MARCH 24 @ 12:30 pm: Food for Thought** | Alexis will facilitate an open discussion around Joy. What are some of your favorite things- big or small that make you smile? How can we spread joy in the world? Let's get to know one another and share about ourselves, feel free to bring in pictures or tokens.



• **WEDNESDAY, MARCH 26 @ 4 pm: Dinner Outing @ Franconia Heritage Restaurant** | Our dinner outings are back! Join us at 508 Harleysville Pike, Telford, PA. Each person will pay their own bill and supply their own transportation. Please RSVP at either Center by Mon, 3/10 so we can sit together.



• **MONDAY, MARCH 31 @ 12 pm: Book Club** | This month we will discuss "The Secret Book of Flora Lea" by Patti Callahan Henry. For more information contact Betty Helpa (betty.helpa@gmail.com).



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!

Peak Member of the Month: Swantje Edwards

We are pleased to honor Swantje as our March Member of the Month. Swantje is a ray of light at the PEAK Center, with a caring and calming energy that can be felt by everyone in her presence. She brings a unique perspective to the PEAK Center, having lived and worked in a life of service all over the world. From Germany, to Africa, to China, and back, Swantje has dedicated much of her life to helping people and wanting to make a difference, one small action at a time. The experiences that she has had throughout her life have taught her to value cultural diversity and embrace the need to break barriers and build trust across cultures. Our Center's diverse membership, and the opportunities that we offer to engage across cultures, are what she loves the most about The PEAK Center. Swantje has immersed herself into some of the Korean Programming here, helping out with the Korean ESL Classes, and creating a welcoming space in our building to strengthen those important cross-cultural bridges. Thanks for being you, Swantje! We are so lucky to have you here!

