

# 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.



**WEDNESDAY, MAY 1 from 10:00 am to 3:00 pm**

**Shiatsu Appointments** | Kerry Palanjian, an experienced Shiatsu practitioner, will be offering 15-min appointments for a fully clothed chair massage. Shiatsu has a number of health benefits and is shown to improve relaxation and wellbeing. The cost is \$20 paid to Kerry via cash, check, Venmo, or Zelle. **To schedule, you can call Kerry directly at 215-622-4359, call or see Sabrina at PEAK.**



**THURSDAY, MAY 2 @ 11:30 am**

**Monthly Birthday Celebration** | Join Peak friends to celebrate our May Birthdays during our congregated meal. **May birthdays, please let Sabrina know when registering for lunch.**



**FRIDAY, MAY 3 @ 10:00 am**

**Knee Pain Presentation with Total Performance PT** | Is knee pain interfering with your daily living? Are you wondering what it is, and what's causing it? Do injections help? Will PT stave off surgery? Come to the free workshop on knee pain presented by Dr. Sierra Padfield to get your questions answered.



**FRIDAY, MAY 3 from 10:00 am to 12:00 pm**

**Tech Appointments with Les** | Need assistance with your computer, phone, or tablet? Schedule an appointment with Les to get help navigating in this digital world. Les is also able to provide Notary Public Services. **To make an appointment, call or see Sabrina at PEAK.**



**TUESDAY, MAY 7 @ 10:00am**

**Crafts with Friends** | Join Suzanne in decorating straw hats with flowers & ribbons that can be used as centerpieces or door/wall hangings. Cost: \$3 to cover supplies. **RSVP to Sabrina at PEAK by May 3rd.**



**TUESDAY, MAY 7 @ 11:00 am**

**Healthy Steps in Motion (HSIM), a 7 week series** | This falls prevention exercise program is taught by Certified Workshop Leaders and is designed for all fitness levels. Class consists of a warm-up, strength and balance exercises, and a cool-down stretch. There are three levels of exercises, enabling participants to continue HSIM for as long as they like. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance. **Register for this 7 week series with Sabrina at PEAK by April 29th.** (Tuesdays weekly through June 25, with NO CLASS on MAY 14).



**WEDNESDAY, MAY 8 @ 12:30 pm**

**Safe Driving Refresher for the Adult Driver** | Join the Montgomery County Office of Public Health for this 30-minute refresher covering seatbelt safety, distracted driving prevention, pedestrian safety, general traffic laws, and more. Stay for the Question-and-Answer segment after the presentation and leave feeling more confident to safely navigate the roadways. **RSVP to Sabrina at PEAK by May 3rd.**



**FRIDAY, MAY 10 @ 11:00 am**

**Grief Support** | Deborah Harris of Family Services facilitates this Support Group for older adults dealing with the challenges of loss and grief. These meetings are welcoming, supportive, and confidential. 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.



**MONDAY, MAY 13th from 10:30 am to 1:00 pm**

**NAMI Resource Table** | NAMI, the National Alliance on Mental Illness, will have a resource table available to answer your questions about the services they provide to support individuals diagnosed with mental illness and their families. They will also have details about support groups specifically for the 55+ population.



**MONDAY, MAY 13 @ 12:00 pm**

**Movie Matinee** | Join us for an afternoon movie. Concessions will be available for purchase. **Contact Sabrina at PEAK for additional information.**

# PEAK SPECIAL PROGRAMS CONTINUED...



**TUESDAY, MAY 14th from 10:00 am to 12:30 pm**

**Resource Office Hours with State Legislators** | As a benefit to their constituents, Rep. Steve Malagari will have staff on site at The PEAK Center to provide information on services 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, MAY 14th @10:00 am**

**Storytime with Josephine (HYBRID)** | Join Josephine at The PEAK Center or online. Josephine will be reading "Remaindered" by Peter Lovesey. **Please RSVP to Sabrina at PEAK to receive the zoom link.**



**WEDNESDAY, MAY 15th @ 12:30 pm Advisory Council**



**THURSDAY, MAY 16 from 12:30 pm to 2:30 pm**

**Montgomery County Association for the Blind Life Skills Classes** | 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. Classes are led monthly by Mary Brucker, BSW. **For more information call MCAB at 215-661-9800.**

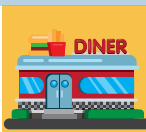


**FRIDAY, May 17th @ 10:30 am**

**UPMC Emergency Preparedness** | UPMC Community Health Choices will help you learn tips and tricks to be fully prepared to address the top 10 home and community emergencies. You will learn how to make an emergency plan, how to build a home emergency kit, how to keep your pets safe, and what community resources are available for older adults and those with special needs. **Please RSVP to Sabrina at PEAK by May 13th.**



**FRIDAY, MAY 17 from 10:00 am to 12:00 pm Tech Appointments with Les** | By appt only.



**MONDAY, MAY 20th @ 9:00 am**

**Breakfast outing** | Join your friends at a local favorite, American Star Diner (1200 Welsh Rd. #1, North Wales). Each person will pay their own bill and supply their own transportation. **Please RSVP to Sabrina at PEAK by May 15th so we can call ahead and arrange seating together.**



**TUESDAY, MAY 21 @ 11:00 am Healthy Steps in Motion** | Pre-registered participants only.



**WEDNESDAY, MAY 22 from 10:00 am-12:00 pm**

**Resource Office Hours with Senator Maria Collett** | Sen. Collett will have staff on site to take feedback & provide information on services offered to Seniors by the Commonwealth of PA.



**TUESDAY, MAY 28 @ 11:00 am Healthy Steps in Motion** | Pre-registered participants only.



**TUESDAY, MAY 28\* @ 12:00 pm PEAK Center Book Club** | The book this month is, *The Only Woman in the Room* by Marie Benedict (\*Date change due to Memorial Day).



**WEDNESDAY, MAY 29th from 11:00 am to 12:30 pm**

**Special Brunch at Elm Terrace Gardens** | Elm Terrace Gardens will be hosting a brunch for all GHPSS participants, with a menu of eggs, bagels, Danish pastries, meat, waffles etc. Their Activity Department will also offer an activity at the conclusion of brunch. An Elm Terrace bus will be available for those in need of transportation, departing from PEAK at 10:40am, and returning to PEAK between 12:30 pm and 1pm. (If you register for brunch, this will be in lieu of lunch at The Peak Center. The regular congregate meal will be available for anyone not attending the brunch). **Please RSVP with Sabrina at PEAK. Limited spots available.**



**FRIDAY, MAY 31st @ 10:30 am**

**Health and Wellness Education Program** | Montgomery County Immunization Coalition, Montgomery County Office of Public Health, and Giant Pharmacy will host a Health & Wellness Education Program, including an update on Adult Vaccines by Richard Lorraine, MD, FACP, Medical Director, MCOPH, and Heart Healthy Tips by Dave Wrzesniewski, RPh, Regional Pharmacy Manager, Giant Pharmacy. This is a great way to get your questions answered about key senior health and wellness issues! **Please RSVP to Sabrina at PEAK by May 27th.**



**FRIDAY, MAY 31st from 10:00 am to 12:00 pm Tech Appointments with Les** | By appt only.

