

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.



FRIDAY DECEMBER 1 / 10:00am to 1:00pm

Friendly Farm Stand IBX is bringing Friendly Farms Stands to our community with giveaways and FREE fresh produce for you to take home. So, bring your neighbors and come enjoy a pear-fect time at the Friendly Farm Stands.



TUESDAY, DECEMBER 5 / 9:30-11:30 am AND THURSDAY, DECEMBER 7 / 10:00-11:00am

Crafts with Friends - Holiday Wine Bottles Join Suzanne for this two part craft session to decorate used wine bottles and turn them into new gifts or decorations for the holidays. **Cost \$3.**



TUESDAY, DECEMBER 5 AND TUESDAY, DECEMBER 12 / 12:30 to 2:30pm

Mobile Device Workshop Part 1 and 2 sponsored by Patina Health, PHEO (People Helping Each Other), and AETNA Bring your cell phone or tablet and start learning with the two-part tech class. This workshop will cover topics including, connecting to wifi, how to safely navigate the internet while protecting yourself from fraud, creating and using an email account, making voice and video calls, and more. If you feel intimidated by technology, this class will help you feel more confident. Please bring any mobile devices you use (or want to use!) and make sure they are fully charged. **Please RSVP to Sabrina at the front desk or by calling 215-362-7432.**



WEDNESDAY, DECEMBER 6 / 10:00am to 3:00pm

Shiatsu On-Site Acupressure Chair Massage by Kerry Palanjan Relax and refresh your muscles with a shiatsu-style, fully-clothed, chair massage. **\$20 for a 15 minute session...discount coupons for members enclosed in the newsletter! Please sign up for an appointment in the office or by calling 215-362-7432.**



WEDNESDAY, DECEMBER 6 / 12:30pm

Downsizing Dilemma... Where Do You Start? This program, presented by Home Stream, will answer your questions about downsizing and how it is never too early to begin the downsizing journey. This program will give you the boost you need to get started, even if you only organize a junk drawer!! At the end of the presentation, a door prize will be awarded to the one attendee/couple who stayed for the entire program. The door prize is an organizing container filled with organizing items along with a gift card for a free one-hour consultation for Home Stream to come to your home and discuss what steps can be taken to downsize your home.



MONDAY, DECEMBER 11 / 12:30pm

ArCoNet Holiday Concert Get into the holiday spirit by joining us in the North Penn Commons Lobby for a beautiful Holiday Concert given by the talented musicians of ArCoNet, The Arts & Community Network.



THURSDAY, DECEMBER 14 / 12:30pm

Taking the Stress out of the Holidays We all know this time of year can be hectic and stressful as we navigate parties, family dynamics, the hustle and bustle of gift giving, and more. Join Norm Danis, MS, for this practical class to help you breeze through the holidays with ease.



WEDNESDAY, DECEMBER 20 / 12:30pm to 1:30pm

Special Lunch with Entertainment by Ryan Slepian of Unplugged Entertainment Enjoy a delicious winter meal of Roast Beef au Jus, Spinach Gratin, Roasted Winter Squash, and Holiday Cookies. Following lunch, Ryan Slepian will perform with his marionettes and show off his juggling skills. He will also provide demonstrations of proper techniques and let us try out our own skills. **Cost is \$10. Please RSVP by 12/13 to Sabrina at the front desk or by calling 215-362-7432.**



WEDNESDAY, DECEMBER 27 / 12:30 to 2:30 pm

Holiday Party Join your PEAK friends for a festive Holiday Party! There will be music, snacks, and an optional gift exchange in the White Elephant-style. If you wish to participate in the gift exchange, please bring a wrapped item from home... **DON'T BUY SOMETHING NEW!** The fun of this is to hunt around for something you already have to brighten someone's day or make them laugh. **Please RSVP to Sabrina at the front desk or call 215-362-7432 by 12/20 to help with planning.**