



## EVERY THURSDAY / 10:00 am

**Chair Yoga** Welcome to your new health. Chair Yoga for Wellbeing modifies traditional yoga poses to fit YOU! This class will consist of 45 minutes of movement, stillness, and awareness that will create space in your body, calm in your mind, and peace in your heart. Join Nadine Chudoba from Hopeful Healing on an exploration of the health within. Yoga, by nature, aids in the healing process while simultaneously inviting health in strength, length, and overall well being. Walkers, canes, and wheelchairs are all welcome here. Never think that one movement can't change your life; when you find it, you will know it, and never be the same. **Cost \$4.**



## THURSDAY, FEBRUARY 1 / 12:30pm

**Dance Fit** Have fun getting fit while you move to this toe-tapping, shoe shuffling dance workout. This is a light to moderate intensity 45 minute class that will target the whole body. Easy to follow moves are choreographed to all genres of music including some of your old favorites. Designed for the person who simply loves to dance. Come Join Kristin Messina for a fun time. **Cost \$4.**



## FRIDAY, FEBRUARY 2 and FEBRUARY 9 / 10:00am to 12:00pm

**Tech Appointments with Les** Need assistance with your phone, tablet, or computer? Les is available to assist with issues such as downloading apps, email correspondence, using a web browser, searching the internet, updating settings, and more. **Please make an appointment with Sabrina at the front desk or by calling 215-362-7432.**



## MONDAY, FEBRUARY 5 / 12:30 pm

**Fraud Bingo** Scam Artists rob hard-working families and senior citizens of billions of dollars each year! Join George Dillman with the PA Department of Banking and Securities for this fun, interactive presentation that teaches consumers how to protect themselves from scams and fraud by playing a familiar game: BINGO! **Please RSVP with Sabrina at the front desk or by calling 215-362-7432.**



## TUESDAY, FEBRUARY 6 / 10:00am

**Crafts with Friends** Join Suzanne and friends to create a special craft for Valentine's Day. We will be making Beaded Heart Suncatchers. **Cost \$3.**



## WEDNESDAY, FEBRUARY 7 / 10:00am to 3:00pm

**Shiatsu On-Site Acupressure Chair Massage by Kerry Palanjian** Relax and refresh your muscles with a shiatsu-style, fully-clothed, chair massage. **\$20 for a 15 minute session...Discount coupons included in the December mailing are valid thru March! Please sign up for an appointment in the office or by calling 215-362-7432.**



## WEDNESDAY, FEBRUARY 7 / 12:00 to 1:30pm

**Senior Expo Sponsored by UnitedHealthcare** Join The PEAK Center's Senior Expo sponsored by United Healthcare to get answers to your questions about a variety of senior services. Local organizations and businesses will be present to help you make informed decisions.



## FRIDAY, FEBRUARY 9

**Spirit Day** In celebration of Super Bowl Sunday, join your PEAK friends and wear your favorite sports team apparel.



## MONDAY, FEBRUARY 12 / 11:30 am

**Special Lunch and Valentine's Dance Party** Enjoy a delicious meal of Italian Wedding Soup and Pesto Chicken Sandwich followed by entertainment by Neil Farber of Celebrations Disc Jockeys. Neil will be here to celebrate Valentine's Day with music and entertainment. Join your friends for an afternoon filled with grooves and moves. **Cost \$10.**



## TUESDAY, FEBRUARY 13 / 8:30 am

**AARP 4 Hour Refresher Class** This single day 4 hour course is open to participants who have successfully completed their eight-hour driver safety program within 36 months prior to registering for participation in the refresher course. This course provides 4 hours of comprehensive classroom instruction focusing on the effects of aging on driving. Upon successful completion of the AARP SMART DRIVER REFRESHER Program, each participant will receive a certificate. Participants 55 years of age or older, may qualify for a state mandated discount on their automobile insurance premium. Participants should contact their insurance company to determine their eligibility. Please bring your driver's license to class. **The fee for the course is \$15 for AARP members and \$20 for non-members. Please bring a check payable to AARP to class. Please register at 267-263-2424.**



## WEDNESDAY, FEBRUARY 14 / 12:30pm

**Chair Exercise Bingo** Chair exercise Bingo is a seated, all level bingo game that is like regular bingo only you are putting bingo chips on different exercises and doing them. It is a FUN way to exercise! Prizes for winners are provided and popcorn. **Cost \$4**



## THURSDAY, FEBRUARY 15 / 12:30

**Zumba Gold** Zumba Gold is for active adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. **Cost \$4**



## MONDAY, FEBRUARY 19 / 12:30 pm

**Black History Month Presentation by Terri Lyons** Take a journey down the back roads of civil rights history where unsung heroes live. Walk with Unita Blackwell during her struggle to break free from the plantation, to fight for the right to vote, and years later become the first black female mayor in the state of Mississippi.



## TUESDAY, FEBRUARY 20 / 10:30am

**Balance Screenings** Join PT Solutions Physical Therapist Samantha Mullin for general information regarding fall risks and exercises to decrease fall risk. Participants will have the opportunity to be screened to determine their fall risk using standardized assessment tools.



## MONDAY, FEBRUARY 26 / 12:00 pm

**Monday Matinee** Join us for an afternoon movie. Concessions will be available for purchase. Please contact Sabrina at 215-362-7432 for details.