

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, NOVEMBER 1 / 10:00am to 3:00pm / Presented by Kerry Palanjan

Shiatsu Appointments Kerry Palanjan, an experienced Shiatsu practitioner, will be offering 15 minute 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 for 15 minutes paid to Kerry via cash, check, Venmo or Zelle. To schedule, you can call Kerry directly at 215-622-4359, see Sabrina at the front desk, or call 215-362-7432.

WEDNESDAY, NOVEMBER 1 / 12:45pm / Presented by PA Medi, a statewide service operated by PA Dept. of Aging

What is Medicare's Open Enrollment and Why Should I Care? PA MEDI is a statewide service operated by the Pennsylvania Department of Aging. All services are free and confidential and delivered by specially trained certified counselors. Confused about Open Enrollment and the various choices available to you? Join Diane from PA Medi. Come with your questions. Leave with answers.

FRIDAY, NOVEMBER 3 / 10:30am to 11:30am / Presented by staff from Peter Wentz Farmstead

Peter Wentz Farmstead: History of Pennsylvania to 1800 Pennsylvania has a long and rich history. Join a staff member from the Peter Wentz Farmstead to learn about Pennsylvania's history to 1800, including Native American history, the establishment of the colony, events in the colonial era, Pennsylvania's involvement in the Revolutionary War, and the state's influence after the U.S. gained independence. An interesting and educational presentation about our great state!

TUESDAY, NOVEMBER 7 / 10:00am to 11:00am

Crafts with Friends Join Suzanne, a former Art Teacher and long-time craft lover, for an edible craft in November. We will be making Thanksgiving-themed favors out of pretzels and candy that will bring your tablescape to life and delight your guests. There is a \$3 cost to cover supplies for this class. Please RSVP to Sabrina at the front desk, or call 215-362-7432.

WEDNESDAY, NOVEMBER 8 / 10:00am to 11:00am

Games and Conversations with Mater Dei Students Middle School Students from Mater Dei will be joining our Wii Bowling group to test out their bowling skills, play card games, and share conversations. We've been enjoying these intergenerational experiences; sharing our stories and learning about our young neighbors.

TUESDAY, NOVEMBER 14 / 10:00am / Presented by Josephine Smith

Storytime with Josephine Storytime with Josephine is hybrid! This month you can either join Josephine at The PEAK Center or from the comfort of your own home, online. Josephine will be reading "The Love Detectives" by Agatha Christie and "The Possibility of Evil" by Shirley Jackson.

TUESDAY, NOVEMBER 14 / 10:00am to 12:30pm / Representative Steve Malagari

WEDNESDAY, NOVEMBER 22 / 10:00am to 12:00pm / Senator Maria Collett

Resource Office Hours with State Legislators As a benefit to their constituents, Rep. Malagari and Sen. Collett 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 to their staff members.

THURSDAY, NOVEMBER 16 / 12:30pm to 2:30pm / Presented by Montgomery County Association for the Blind

Montgomery County Association for the Blind Life Skills Classes The PEAK Center is hosting the Montgomery County Association for the Blind's Life Skills Classes on a monthly basis. 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 by Mary Brucker, BSW. For more information on this class or for other services offered, call MCAB at 215-661-9800. No RSVP is needed for this class.

FRIDAY, NOVEMBER 17 / 9:00am

Thank You, Veterans! Join your PEAK friends for a belated Veterans' Day celebration as we honor the service of our Veterans and their continued contributions to our community. There will be coffee & danish in the PEAK Cafe. We extend a special invitation to Veterans and family members but all are welcome to attend. Please RSVP to Sabrina at the front desk or call 215-362-7432 by 11/13 to help with planning.

PEAK SPECIAL PROGRAMS CONTINUED...

MONDAY, NOVEMBER 20 / 11:00am to 12:00pm / Presented by Total Performance PT

Donuts with a Doctor Join Dr. Austin Dressler from Total Performance PT for an informal Q&A session on Physical Therapy and its benefits. Come with your questions and enjoy some treats while you learn how Physical Therapy can help you heal from injuries and age gracefully!

MONDAY, NOVEMBER 20 / 12:30pm / Presented by Deb Solodar from SHARE

House-sharing in Montgomery County Shared Housing and Resource Exchange (SHARE) is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. The home seeker receives their own bedroom and agrees upon use of the common areas. Every arrangement is unique depending on the needs, preferences, and abilities of the participants involved. Deb Solodar will be at PEAK to explain how the SHARE program works for people who are interested in sharing their home.

TUESDAY, NOVEMBER 21 / 11:30am to 1:30pm

Special Lunch - Thanksgiving Meal Feast and Korean Entertainment Come enjoy time with your friends at PEAK and a special Thanksgiving Meal of turkey with gravy, green beans with crispy onions, stuffing, mashed potatoes and cranberry sauce. Following lunch, there will be entertainment from some of our Korean senior classes including Kalimba, a musical instrument with a wooden soundboard and metal keys, Saxophone, and traditional Korean dancing and drumming. Cost is \$10. Please RSVP by 11/15 to Sabrina at the front desk or by calling 215-362-7432.

TUESDAY, NOVEMBER 28 / 12:30pm / Presented by Jefferson Health

Jefferson Health Plan Medicare Open Enrollment Presentation Join this Open Enrollment session to learn about the Jefferson Healthcare System's new Medicare option as well as other Medicare and Medicare Advantage plans available to you.

MONDAYS / 11:00am

Stitch and Chat Bring some yarn, your favorite needles, and a sense of humor! Stitch and Chat is designed for anyone interested in crochet, knitting, needlepoint, or other sewing techniques. All levels are welcome to join and gab while working on a project of your choice. Please keep an eye on the flyers at PEAK for days when volunteers will specifically be available to teach crochet techniques.

Special Note: Fit For the Future will be replaced by Stretch and Tone from November 1st thru 8th due to our instructor's vacation. Join Jane Evans for Stretch and Tone, a seated exercise class focusing on building strength and flexibility. For regular, Fit for the Future attendees, you will see similar exercises in Jane's interactive class. Kim will be back for the November 13th class.