

BODY MIND & SPIRIT

Fitness

Bowling is offered at Hacienda Whitaker, E. Norriton on Tuesdays and Thursdays, 12:30 PM sign in; games start promptly at 1 PM. The cost is \$7.50 for three games, which includes shoe rental, coffee and donuts.

A second group meets at Earl-Bowl on Tuesdays. The cost is \$7.50, plus an additional charge of \$2.00 for shoe rental. Come stay fit while enjoying the company of others.

Healthy Steps in Motion – A Peer Led Exercise Class – Tuesdays and Fridays at 9:00 AM & Tuesdays and Thursdays at 2:15 PM. The routines are varied but all include stretching, walking, flexibility & strength exercises. Exercise with a friendly group; the routines are fun & easy to learn.

Total Body Toning – Wednesdays at 10:15 AM – This program is designed to increase flexibility and strength while reducing the fear of losing balance. Through the use of

bands and leg weights, the exercises are modified to match each person's needs and abilities.

Strong Women – Mondays and Wednesdays at 9-10 AM. Cost is \$24 for a six week session. This class is open to both men and women. The fall session will resume on Monday, September 20.

YMCA – Older Adults Fitness Training - MW F- 2 Sessions 9:00 - 10:00 AM or 10:00-11:00 AM. Check with the YMCA for more information & cost. This is a great way to slow down the progress of osteoporosis.

YMCA – Senior Water Shape-Up – Fridays, 10:30-11:15 AM. Each session consists of gentle but stimulating exercise in the water, which is great for people who have arthritis. COST: \$28.00 for 8 weeks; check with YMCA for details. This is for people 55 & older. To register, contact the YMCA & mention that you are a PEAK member. Show your current PEAK Membership card & you will get a complimentary Program Membership worth \$50.00, which will enable you to sign up for classes. Registration is usually a week before class begins.

NOTE: If you are a PEAK Member, you may swim at the YMCA for \$5.00 per day.

Tap Dancing – TH-10:30 AM. This class is energetic and fast moving. Remember the tap dance scenes in those old time movies. Join John Long and our PEAK Tappers and you will be surprised to find that you can also click those heels. Cost: \$24.00 for 6 weeks or drop in Fee \$5.00 per class

Beginner Line Dancing – TH-12:30-1:00. May come for half hour combined with regular line dance class no extra charge. Beginner class alone – Cost: still \$24.00 for 6 weeks or drop in fee \$5.00 per class.

Line Dancing – TH-1:00 PM – 2:00 PM John Long is the teacher for this Regular line dancing class. This class will be a mix of old favorites, new dances and some Country Western dances. Class is for those experienced line dancers & will cover a variety of interesting and fun dances. Join us. Cost: \$24.00 for 6 weeks or drop in fee \$5.00 per class

Nutrition

Gourmet Weight Wise Thursdays, September 2 and 9. Gourmet Weight Wise classes provide healthy nutrition tips to improve diet and control weight. Be sure to stop in to see what's cooking. Gourmet Weight Wise will

Strong Women

STRENGTH TRAINING



**Mondays and Wednesdays
9:00 – 10:00 a.m.**

**New session starts on September 20
Cost \$24 for 6 weeks
Register by September 15**

Weight bearing exercise has been proven to increase bone density and prevent osteoporosis. The StrongWomen Program is a low impact strength-training program specifically for midlife & older women and men. All dumbbells and ankle weights will be provided.

This course will help you increase your strength, bone density, balance, and energy, and you will look and feel better!

**For Men and Women
ages 50 and up!**

Call Penn State Cooperative Extension at 610-489-4315 for more information.

6th Annual PrimeTime Health Walk

**Tuesday, September 14
10:30 AM- 1:00 PM**

The 6th annual PrimeTime Health Walk will again be held at Fischer's Park, Towamencin Township.

Come join us for:

- Entertainment with Jazzy Dee
- Lunch
- Stretching and walking activities with Alice Lodge

This is always a great time to enjoy the outdoors, to meet with old friends and to make new friends. Everyone who registers will receive a free commemorative tee shirt.

Transportation is free, but you must be registered with TRANSNET.

Register at Member Services

This year's walk will provide kick-off information for an exciting diabetes program that is being planned.

not meet on September 16, 23 and 30.
New session begins on Thursday, October 7.

Pro-Health

Glucose Clinic – the 4th Tuesday of each month – The next session will be Tuesday, September 28, 9:30-10:30 AM – A nurse from Bayada Nurses will be here to administer a glucose test. Fasting is not required, but if you have breakfast, it is best to limit your sugar intake. This is a free service offered by Bayada Nurses.

NPVNA Health Screenings – Tuesday, September 14, 10:30-11:30 AM. Come visit the nurse to discuss your health concerns and to have your blood pressure checked. This free service is offered by the NPVNA.

Head, Neck, Shoulder Massage/ Acupressure – Friday, September 24 – 10 AM-1 PM Lisa Battis, RN, BSN, HN-BC, who has 20 years experience in nursing, offers both Acupressure and seated Head, Neck and Shoulder Massages. This massage is a blend of different modalities that has many

benefits. Come and soothe your muscles and have the flow of energy re-established along the meridian line. By appointment only; cost for each treatment is \$15 for 15 minutes and \$25 for 30 minutes. Please register at Member Services. To learn more about Lisa's services, check www.lisabattisrn.com.

Relaxation

Lincoln Center – Thursdays, September 2 and 9 at 10:30-11:30 AM – The topic for September is Making Important Decisions. Counselors are available to meet for private counseling at the center or in your home. Contact Pat to make arrangements.

Tai Chi – Mondays at 5:00 – 6:15 PM and Tuesdays at 10:15- 11 AM- Tai Chi is an ancient form of Chinese exercise. The movement of Tai Chi derives from the martial arts, reinforcing balance, coordination, flexibility, muscle relaxation, body awareness and mental concentration. Cost: \$18 for one class/ week for each six week session or a drop in fee of \$4/class. The next evening session will start on Monday, September 13.

Yoga – Yoga instructor, Sharon White Fawn offers eclectic/Hatha and Ashtanga Yoga combined with breathing Asanas. We welcome new people – come out & try something different. The benefits of breathing, stretching & relaxation are wonderful! Cost: \$30 for each six week session or \$6/class. New session starts on Thursday, September 9.

Support

Arthritis Support Group – Friday, September 17 at 10:30 AM – As an arthritis sufferer, you know that arthritis is very painful. Sharing information and getting support from others who have arthritis can be very beneficial. Come and learn about this support group that is offered by the North Penn Visiting Nurse Association.

Music and Movement
Warm Up and Stay Fit
Join Us at The PEAK Center
For Dance Classes



New Sessions
Begin September 9th

*BALLROOM DANCING: 5:30 PM
*Beginner BALLROOM DANCING: 6:30 PM

New Sessions
Begin
September 30th
for

TAP DANCING: 10:30 AM
BEGINNER LINE DANCING: 12:30 PM
LINE DANCING: 1:00 PM

\$24.00 FOR SIX WEEK SESSION
\$5:00 DROP-IN FEE

*PLEASE NOTE: NO DROP-IN FOR BALLROOM CLASS
INSTRUCTOR: JOHN LONG
DANCING CLASSES HELD ON THURSDAYS



Want to keep your memory keen and sharp?

Then consider enrolling an exciting course offered by the PEAK Center this Fall

MEMORY ENHANCEMENT TRAINING

A five week course that teaches practical techniques for enhancing memory ability.

Memory Training provides an exciting and innovative educational program for people with age-related memory concerns. Based upon research conducted by Dr. Gary Small at the UCLA Center on Aging and validated by proven research, the course is designed to help:

- Acquire general strategies to improve memory
- Remember names and faces
- Develop techniques to recall numbers
- Learn about factors that affect memory
- Classes meet for five consecutive weeks, two hours each week.
- Class size is limited for effective trainer-attendeo ratio.
- An interactive classroom environment promotes learning and enjoyment.

Who should attend?

Memory training is designed for people with age related memory concerns who wish to improve or maintain their memory ability. The course is Not intended for people with Alzheimer's disease or other forms of dementia.

Class Schedule

Thursdays, Oct 14-Nov 11, 2010 • 7-9PM • Held at North Penn High School

Registration—Call North Penn Community Education 215-853-1028

Thursdays, Oct 21 – Nov 18, 2010 1-3PM

Held by Abington Memorial Hospital at Giant Superstore • 315 York RD Willow Grove

Call 215-481-2571 to register

This course is a licensed program from the UCLA Center on Aging taught by trained instructors from the PEAK Center