

BODY MIND & SPIRIT

Fitness

Bowling is offered at Hacienda Whitaker, E. Norriton on Tuesdays & Thursdays, 12:30 PM sign in; games start promptly at 1 PM. Pay just \$7.50 for three games including 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 FREE Peer Led Exercise Class – Tuesdays & Fridays, 9:00-10:00 AM and 12:30-1:30 PM. The routines are varied but all include stretching, walking, flexibility & strength training. Exercise with a friendly group. The routines are fun & easy to learn. *** NOTE: **NEW TIME** in the afternoon beginning January 17th. Before class enjoy a delicious lunch at PEAK!

Total Body Toning – Wednesdays, 10:15-11:15 AM. This FREE peer led 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 & Wednesdays, 9:00 – 10:00 AM. Cost is \$28 for a six week session. That's 12 classes at just over \$2 per class! Weight bearing exercise and low-impact strength training - these classes are **open to both men and women**.

YMCA – Older Adults Fitness Training – Mondays, Wednesdays, & Fridays, 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. NOTE: If you are a PEAK Member you may swim at the YMCA for \$5.00 a day

Tap Dancing – Thursdays, 10:30 AM. This class is energetic and fast moving. Join John Long and our PEAK Tappers and you will be surprised to find that you can also click those heels. The cost is \$24.00 for 6 weeks or pay a Drop-in- Fee of \$5.00 per class.

Beginner Line Dancing – Thursdays, 12:30-1:00 PM. Learn the fundamentals of Line Dancing in this class. Participants of regular Line Dancing class may come for this half hour combined with their regular class at no extra charge. Beginner class alone costs \$24.00 for 6 weeks or drop-in Fee of \$5.00 per class.

Line Dancing – Thursdays, 1:00 – 2:00 PM John Long is the teacher for this regular Line Dancing Class. Enjoy 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

Ballroom Dance Class – Thursday Evenings, 5:30 – 6:30 PM. Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz. Don't be a wallflower for those special events. You too can join your family and friends on the dance floor with confidence. Cost: \$24 for 6 weeks. No drop-in fee available at night. Cost: \$24 for 6 weeks. No drop-in fee available.

StrongWoMen Strength Training

New session begins January 9th – Runs through February 13th
COST \$28 for 6 weeks (12 classes)



Register by January 4th

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, energy,

and you will look and feel better!

For Men and Women ages 40 and up!

Call PEAK Welcome Center
@ 215-362-7432 to Register

Program provided by:
Penn State Cooperative Extension

Help Yourself to Health Workshop

"I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. The Help Yourself to Health workshops put me back in charge. Now I can do the things that matter. I've put life back in my life."

The Peak Center

Join Us for this 6 part FEEL GOOD workshop!
Tuesdays, February 7th through March 13th Time: 9:00–11:30AM
Register with Peak Member Services 215-362-7432

Do you have a chronic condition like diabetes, arthritis, asthma, high blood pressure, heart disease, COPD, or anxiety? The *Help Yourself to Health* workshop teaches techniques to better manage symptoms like pain, fatigue, frustration and isolation. Learn to effectively communicate with your health professionals, friends and family; and make informed treatment, diet and exercise decisions. This workshop is FREE—Attendees receive a resource book & relaxation CD



This program is funded by the Administration on Aging and Pennsylvania Department of Aging through the American Recovery and Reinvestment Act. The Chronic Disease Self-Management Program is an evidence-based program developed by Stanford University.

Appalachian Clogging – Monday Evenings, 7:00 – 8:00 PM. Register Now. Starts Jan. 9th. This program is held at Schwenckfeld Terrace. Learn the Basics of Appalachian Clogging: percussive dancing to old time music.

Wii Bowling – Fridays, 1st and 3rd of the month, 10:00 - 11:30 AM. Learn to bowl with the Wii, but without the smelly shoes. Tournaments take place the first and third Fridays of the month. Come out and experience the health and social benefits of this fun program. This could be your game!

Zumba Gold – Mondays, 1:30 to 2:15 PM. Who doesn't love Latin music? Enjoy it with this aerobic exercise class conducted to the sounds of the Caribbean with a bit of the Mediterranean thrown in for good measure. Take it at your own pace. That's what makes this Zumba class special for Seniors who are young at heart! Costs just \$24 for 6 weekly classes. Drop-in fee is \$5.

Zumba Chair – HOT NEW PROGRAM – Wednesdays, 12:45 to 1:30 PM. If you love the Latin and Middle Eastern sounds, but the motion seems too risky...Zumba CHAIR is the exercise class for you. Six week session begins January 11th. Free Demo class by Zumba Gold instructor Andrea Rogers will be provided: Wednesday, January 4th, 12:45 to 1:15 PM. RESERVE YOUR SEAT!

Nutrition

Gourmet Weight Wise – 10 weeks – Thursdays, begins January 26th and runs to March 30th, at 9:15 AM. FREE Gourmet Weight Wise classes provide healthy nutrition tips to control weight and improve diet to help with other chronic health concerns. The winter 2012 topic is "Reducing Risk for Osteoporosis through Healthy Eating." Be sure to stop in and see what's cooking. Sign up for the new session by January 13th, 2012.

Pro-Health

NPVNA Health Screenings – the 2nd Tuesday of each month – Next Session: Tuesday, January 10th, 10:00- 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.

Glucose Clinic – Held the 4th Tuesday of each month, 9:30 to 10:30 AM– Next Clinic: Tuesday, January 24th. This is a FREE service offered by Bayada Nurses who administer the glucose test. Fasting is not required, but

if you have breakfast, it is best to limit your sugar intake.

Relaxation

Enhancing Lives – Lincoln Center- FREE program on Thursdays, January 5th & 12th, 10:30 - 11:30 AM. January Topics: Goals for the New Year, Feelings and Family History. Counselors are available to meet for private counseling at the Center or in your home. Contact Sara Goldberg, Health and Wellness Program Coordinator to make arrangements.

Tai Chi – Tuesdays 10:15-11 AM and Mondays 5:00 – 6:15 PM. Tai Chi is an ancient form of Chinese exercise. The Tai Chi movements reinforcing balance, coordination, flexibility, muscle relaxation, body awareness & mental concentration. TUESDAY Sessions: Cost: \$18 for six week session or a drop in fee of \$4/class. MONDAY Sessions: Cost: \$25 for six week session. NOTE: No drop-in fee for evenings.

Yoga- Yoga instructor, Sharon White Fawn offers eclectic/Hatha & Ashtanga Yoga combined with breathing Asanas. ***New evening

class Wednesdays, 6:00 to 7:00 PM, beginning January 18th.*** Thursday morning classes held from 8:45 to 10:15 AM. Cost: \$30 for six week session or \$6/class. Start anytime during the six week session. . New people welcomed – come out & try something different. Evening class – Must pay for full 6 session only.

Support

Arthritis Support Group – January 10th, 10:30 - 11:30 AM. Meetings are usually held on the 2nd Friday of the month. 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. Provided by NPVNA.

Diabetes Support Group – January 24th, 10:30 - 11:30 AM. Meetings are usually scheduled for the 4th Friday of the month.) Provided by North Penn Visiting Nurses Association, all Diabetics, Pre-Diabetics and Caregivers. Come share concerns, hear the experiences of others and expand your knowledge with the group.

Zumba CHAIR

If you love the Latin and Middle Eastern sounds, but the motion seems too risky...Zumba Chair is the exercise class for you.

- Improve your range of motion while seated
- Enjoy the rhythm
- Strive to improve your balance, strength, flexibility
- Do it for your HEART

Don't be surprised if you soon feel like standing.

Free Demo class by our Zumba Gold instructor Andrea Rogers will be provided: Wednesday, January 4th, 12:45 to 1:15 PM

6 week session begins Wednesday, January 11th, 12:45 to 1:30 PM

RESERVE YOUR SEAT! Call Peak Welcome Center 215-362-7432 by Monday, January 2nd, 2012

Feel fabulous with this dance fitness program set to Latin & Middle Eastern music!



Zumba Gold

Lower intensity - for Seniors at all fitness levels.

Mondays, 1:30 to 2:15 PM

New session starts January 9th

6 classes for \$24 – Drop-in rate \$5 per class

Register with the Peak Welcome Center Call 215-362-7432

The Zumba® Gold Fitness program is second to none. It is an innovative, fun and exciting program. It was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. The same great Latin and Middle Eastern styles of music and dance are used.

Benefits of Zumba Gold include improving the quality of life; maintaining functional skills such as ADLs or activities of daily living; classes are appropriate for participants and the routine is easy to learn and follow so success can be achieved and is FUN.

The Zumba® Gold program strives to improve our balance, strength, flexibility and most importantly, the heart. INSTRUCTOR: Andrea Rogers has been a music and movement teacher for over 10 years and a professional vocalist for most of her adult life. She is an AFAA certified group exercise instructor, and is very excited about being a member of the Zumba family.

**There's Tylenol PM, Excedrin PM...
now at the PEAK Center :**

YOGA PM

Take with plenty of water!

Instructor, Sharon White Fawn offers eclectic/Hatha & Ashtanga Yoga combined with breathing Asanas beginning January 18th.

**Wednesdays, 6:00 to 7:00 PM
\$30 for 6 weeks, no drop in rate**

Register with the Peak Welcome Center 215-362-7432

We want a date with you!

**Save Tuesday, February 14th,
that's Valentine's Day
for the PEAK Center.**

Bring us your heart...and the rest of you will follow. Join us for free health assessments in partnership with the North Penn VNA and our own PEAK Volunteer Corps as you find out how you are doing and what you could be doing at PEAK.

Stop In Between 10:00 AM – 2:00 PM

Register with the PEAK Welcome Center: 215-362-7432

BALLROOM DANCING

Ballroom Dance Class
5:30-6:30 PM Thursdays

Fox Trot, Cha Cha, Jitterbug, Waltz

**The next new session begins
February 9th**

Cost: \$24.00 for 6 weeks

Drop in Fee not available evenings
Instructor: John Long
John is experienced in many dance forms

(Tap & Line here at the Center) & has been teaching for over 20 years
Call The PEAK Welcome Center
215-362-7432

APPALACHIAN CLOGGING

**Beginner and Intermediate Level
Aerobic Activity**

The PEAK Center sponsors this class off site at Schwenckfeld Terrace
1292 Allentown Rd, Lansdale
Mondays 7:00 – 8:00 PM
New Session runs
January 9th to February 13th, 2012
Cost: \$35.00



Suitable for teens & adults at all experience levels

This unique American art form is a meld of Celtic, African and Cherokee dance culture.

Three great reasons to Clog:

- Become the rhythm section on the dance floor;
- Its great exercise;
- You can't help but smile while dancing!

Hard soled shoes that slide or low-heeled tap shoes are recommended.

INSTRUCTOR Peggy Leiby is a founding member and director of FiddleKicks, a dance troupe that performs Appalachian clogging and other styles of percussive dance. View <http://www.fiddlekicks.com/> for more information.

Call the PEAK Welcome Center @ 215-362-7432 to register and for directions.

Healthy Steps in Motion PM - New Schedule!

**Tuesdays and Fridays, 12:30 to 1:30 p.m.
FREE Peer-led exercise class. Improve your balance and strength. Lower your risk for falls.**

**Alice Lodge, M.S.
(Exercise Physiologist, Certified Wellness Coach)
developed the program and trained the facilitators.**

Spend a day at PEAK and feel the HEALTH!

- **9:00 – 10:00 am * Healthy Steps in Motion morning (FREE, peer led)
- 10:15 – 11:00 am * Tai Chi with Darrel Bryant (\$4 drop-in fee)
- 11:30 – 12:15 pm * Lunch at PEAK (\$2 donation for age 60 and above; others \$5)
- 12:30 – 2:30 pm * Healthy Steps in Motion PM (FREE-Peer led)
- **Attend either Healthy Steps in Motion AM or PM

Register for any and all with the PEAK Welcome Center by calling 215-362-7432.

WII BOWLING



If he was on the PEAK Wii Bowling Team, this wouldn't be a problem.

Wii Bowling Benefits - American Academy of Exercise reports that playing Wii:

- Uses much more energy than normal video games
- Burns 77 calories in 15 minutes of Bowling; 125 calories in 15 minutes of Boxing; and 92 calories in 15 minutes of Tennis
- Increases balance, eye-hand coordination, response time, and stretching
- Maintains active and social lifestyle
- Attracts grandchildren in new ways.

Come up to Room 5, 10-11:30 A.M. on the 1st and 3rd Fridays of the month. That's January 6th and 20th for some competitive fun and ABSOLUTELY NO SMELLY BOWLING SHOES! Our Wonderful Wizards of Wii: Shirley and Susie will be here to walk everyone through this fun game – you'll be playing in less than 10 minutes, regardless of your fitness level. This is truly a sport for everyone.

The PEAK Center 315 W. Main Street Lansdale, Pa 215-362-7432