



Director's Report

Spring.... It's the time when the earth reawakens and renews.... I can't help but think there is a message in there that we can take to reawaken and renew. Reawaken from the hibernation of winter, come out of our homes, come out of our selves, and begin community life again.

Renew your place in community and renew your membership to The PEAK Center. You will all receive a letter explaining our change to an annual membership year that runs from July 1 – June 30 each year. New members who join(ed) in April, May or June, will have a membership that lasts until June 30, 2013. Other renewal dates throughout the year will be prorated this year to get everyone on the same cycle.

But remember: No one is turned away because of inability to pay. Anyone can participate in our programs or services whether a "member" or not. However, membership does come with privileges. This newsletter, for example, is a member only benefit.

The reason for this change is to make the logistics easier for the office staff. This will

save time and as a bonus this will save money, because we can send out renewals all at once in bulk mail and not each month first class. Please watch for your letter and respond as soon as possible.

Another change you will soon see at The PEAK Center is our emphasis on "swiping in" on the My Senior Center data base. You will no longer be able to sign up for programs on paper pages. Swiping into the system will give us the tools to use to apply for grants and run reports we need to make program decisions. We are going paperless, helping to save the earth, and as an added bonus we will be provided with need information all while saving staff time too. This will allow the office staff to spend more time one on one helping you with whatever you may need throughout the day.

At The PEAK Center life is about movement. It's about friendships. It's about health. It's about getting what we need and it's about helping others. Reawaken. Shake off the winter solstice. Meet with friends for a card game or genealogy club. Join in a fitness class or attend a program with a guest speaker. Come and get farmers' market checks, in June, if you are eligible, or volunteer to help others.

Spring has sprung so come out and join the fun!

I hope to see you soon,
Robin



Save the Date

For the Annual

Wine Tasting &
Silent Auction
Charity Event

7:00 – 10:00 P.M.
Friday, June 22, 2012

Advanced Living
Communities
At Schwenckfeld Manor

1290 Allentown Road
Lansdale, PA

For more information,
contact Becky at
The Peak Center,
215-362-7432 ext. #217

STAFF MEMBERS

Robin Burstein
Interim Director

Sandi Chiriano
Welcome Center Manager

Sara Goldberg
Health & Wellness Coordinator

Jeanie Kim
Enrichment Programs Coordinator

Carol Costlow
Consumer Resources & Education Coordinator

Becky Carver
Administrative Assistant/Bookkeeper

Carol French
Kitchen Manager/Cook

John Zukow
Custodian/Maintenance

Esther Chatterpaul Taylor
Receptionist

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The PEAK Center is an Equal Opportunity Employer and all programs and services provided by the agency are offered without regard to race, political affiliation or personal background.

It is a non-profit organization serving the boroughs of Lansdale, North Wales & Hatfield and the townships of Upper Gwynedd, Montgomery, Towamencin, Hatfield & Worcester.

The PEAK Center is funded, in part, under a contract with Montgomery County Aging & Adult Services. Funding is also provided by North Penn United Way, through fundraising activities, from service clubs, municipalities, foundations & corporations, wills and bequests and in large part by individual and community donors like you.



PLEASE JOIN THE PEAK CENTER FOR

Member Appreciation Luuu Party

Thursday, May 31st
12:00pm – 2:00 pm

CURRENT PEAK CENTER MEMBERS ONLY
(So Hurry! Get/Renew Your Membership TODAY!)

Absolutely FREE!!

Performance by Bill Dooley

Bill Dooley will present a wonderful Hawaiian music program. He will play well known songs such as Lovely Hula Hands, Tiny Bubbles, & Blue Hawaiian Moonlight.

It is free but you need a ticket to attend.
You must sign up through our Welcome Center and get your ticket by no later than May 25th !



Mark your **HEALTH** calendar:

**Monday, June 4th
10:15 to 11:15 AM**

Fox Chase Cancer Center – Breast Health Education Program – expert speaker, referrals and find out how important mammography is for you!

Thursday, June 14th, 10:30 to 11:30 AM

Sleep Like a Baby – Learn ways to better your night's sleep – Guest Speaker: Dr. Tammy Portolese

Monday, June 18th, 10:15 to 11:15 AM

Find out everything you can about SHINGLES and how preventable it is with the Vaccine! Program to provide Shingles Vaccine at PEAK will be discussed!

GOURMET WEIGHT WISE

Presents:

Mission Possible: Preventing Diabetes with Diet and Weight Control

The New 11 week session*

Thursdays, 9:15 to 10:15 beginning April 12th through June 21st

** Alice Lodge, MS will be presenting a bonus exercise class in this series.*

Learn about a condition called PRE-Diabetes?

Most people with PRE-Diabetes are also at high risk of developing Heart Disease.

Find out how it's possible to prevent Diabetes, and lower your risk of Heart Disease by attending MISSION POSSIBLE.

Every participant is encouraged to bring a copy of their blood glucose level to the class. A Bayada Nurse provides a FREE Glucose Clinic at PEAK on the 4th Tuesday of each month if you would like to obtain a more recent measurement.

Pre-registration by April 5th is required for this special series provided free to participants by the Montgomery County Office of Aging and Adult Services.

Call the PEAK Welcome Center at 215-362-7432.

**Want to
Reduce Aches & Pains?
Stretch, Tone & Strengthen?**

**The PEAK Center
Offers eclectic Hatha & Ashtanga Yoga
combined with breathing Asanas.**

New Teacher and New Time

Come in and meet Jeffrey Brous

**Thursdays, 9 to 10 AM
\$30 for 6 weeks, or \$6 drop in rate**

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

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.

Wednesdays, 12:45 to 1:30 PM / 6 week sessions for \$24 or \$5 drop-in

**RESERVE YOUR SEAT! RSVP with the Peak Welcome Center
215-362-7432**

Help Yourself! Chronic Care Management Support Group

**Meets on the 2nd Friday and
the 4th Thursday of each month**

May 11th and 24th from 10:30 to 11:30

The North Penn Visiting Nurse Association guides participants to help them better manage their chronic conditions, whatever they may be. The Support Group setting gives participants the chance to share their experiences with one another and work through some of the tough stuff.

*Learn from the leader.
Learn from the group.
Learn to Help Yourself!*

*For more information,
ask PEAK's Health and Wellness Program Coordinator.*



MAH JONGG

The PEAK Center is excited to announce a start of a new game called Mah Jongg. If you are an "experienced or novice" player please join in the fun

Every Thursday in May at 10:30 AM

Please call the Welcome Center
@ 215-362-7432 to sign up.

Connections



New Members Reception

Tuesday, May 22, @ 10:45 AM. Tour the facility and learn about the programs & policies, as well as volunteer opportunities that might be of interest to you here at the center.

Gentlemen's Breakfast

Thursday, May 10. 9:00 AM Breakfast (Cost: \$2.50) 9:30 AM Speaker: Montgomery Township K-9 Police Department

Celebrate Your Birthday at the PEAK center on Tuesday, May 8, @ 12:30 PM our cook will serve cake to everyone who is celebrating his/her birthday in May. Come out and celebrate with other members who share your birthday month. Come early to enjoy a delicious lunch!

Red Hat Society Gathering – Tuesday, May 1 @ 1:00pm-3:00pm 3rd Annual Tea Social at The Peak Center, 315 West Main Street, Lansdale. Menu: Tea Sandwiches, Scones, other sweets and various teas. Cost: \$8.00-Pay in FULL at the Welcome Desk by April 30th. Please feel free to bring your own Tea Cup for this event



Gentleman's Breakfast



K9 Bauer are part of that Police Service that keeps us safe. Please join The Peak Center to hear more about what they do in the K-9 Police Department.

Start off the morning with a wonderful breakfast, good company and a GREAT presentation at the PEAK Center.

Please join the PEAK Center for our monthly Gentleman's Breakfast on
Thursday-May 10, 2012
At 9:00 Breakfast Cost: \$2.50

Presenter: Officer Brian Schreiber & K9 Bauer from the Montgomery Township K-9 Police Department

The Montgomery Township Department of Police Services ensures the safety of all citizens and their property, and provide services to the community through contingent tasks, education, guidance and help for those in need. Officer Schreiber & K9 Bauer are part of that Police Service that keeps us safe. Please join The Peak Center to hear more about what they do in the K-9 Police Department.

The presentation is FREE and begins at 9:30 AM.

Ladies are also invited to attend the program.

The PEAK Center, 315 W Main St, Lansdale

Please register for the breakfast portion of this event by May 7, 2012 so we have an idea of how much food to prepare by calling the Welcome Center 215-362-7432



RED HAT Peak-A-Boos

The Red Hat Society began as a result of a few women deciding to greet middle age with verve, humor and élan. It was started as a group for women over 50. The society was inspired by a popular poem by Jenny Joseph entitled "Warning", which begins "When I am an old woman I shall wear purple with a red hat...", the Red Hat Society is a women's "disorganization" based on the concept that aging isn't necessarily all bad.

If you like to have fun, grab a red HAT and a purple outfit and come to our get togethers. Our chapter – Red Hat Peak A Boo's needs your input to plan fun activities. New Members welcome. If it is your birthday, wear a purple hat. We will take note of it in our Red Hat way. We welcome your suggestions for outings or hoots so come out and give us your input. Remember girls just want to have fun!

NEXT GATHERINGS

Tuesday, June 5, 2012

Lunch at Bertucci's @ 11:30 AM
860 Bethlehem Pike, North Wales
In front of Montgomery Mall

Deposit: \$5 due at Welcome Desk by May 29th.

No July & August Gathering – Enjoy the Summer!

NEW MEMBERS WELCOME!

\$5.00 to Be Paid In Advance at Members Services Office

Special Mother's Day Lunch

Thursday, May 10, 2012
At 11:30am

Please join The Peak Center for a special lunch in honoring our **WONDERFUL Mothers.**

Enrichment

Enrichment

STUDIO ART CLASS - PAINTING

Tuesdays at 9:30 AM-With instructor, Louisa Wismer Cost: 6weeks - \$24.00, Drop-in \$5.00 per class.

WOODCARVING

Mondays 9:00 AM to 11:30 AM

Peer led - All are welcome to come & work on their projects. If interested, you can purchase tools and someone will help you get started.

COMPUTER CLUB

Computer Club meets the last Wednesday of every month at 2:00 PM. This is a club and not a class. All experienced computer users are welcome.

RECREATIONAL GAMES

Games such as Bingo, Pinochle, Mexican Dominos, & Rummikub, take place each week at the center. New people are always welcome. Check calendar for days and times.

YARN, CROCHET

Tuesday at 9:30 AM-If you like to or would like to learn to knit or crochet, this is the group for you. Though there is not an instructor, this friendly group always welcomes new members and is willing to help.

MOVIES MOVIES MOVIES

2012 Oscar nominated Movies

War Horse (PG-13)

When World War I breaks out, young Albert Narracott's beloved horse Joey is sold to the cavalry and shipped to France. Joey serves in both the British and German armies before he winds up alone in the dangerous area between the two sides-"No Man's Land." Albert is too young to enlist, but goes to France to save Joey.

Friday: May 11, 2012

Showtimes: 10:00 AM & 12:30 PM

Genre: Drama and Adventure

Starring: Jeremy Irvine, Peter Mullan,
Emily Watson, & David Thewlis

Please Note: Films will be shown each week according to availability. You may call the Welcome Center for more information. 215-362-7432. Movies are FREE! - Pre-sign if interested. Popcorn and drinks available for a 25 cent donation. You are welcome to bring your own camp chair or use one the PEAK chairs.

PEAK Performance Presents:

Friday, May 18, 2012 @1:00 PM

Montco Senior Concert Choir



The Montco Senior Concert Choir was organized in the latter part of 1972, making it one of the first of its kind to be formed, and the longest established group of its kind in the area.

The members, all over the age of 55, are from Eastern Pennsylvania. They have performed for a wide variety of audiences, including weddings, churches, senior center, adult community centers, assisted living facilities, building dedications and have performed the National Anthem at a Phillies baseball game.

The choir sings a wide variety of musical selections that range from old time favorites of Gershwin, Porter, Rodgers and Hammerstein to Broadway show medleys such as Phantom of the Opera, Les Miserables, Showboat, My Fair Lady and many more.

Cost is \$7.00 if purchased in advance by May 14th.
\$10.00 at the day of the performance.

For tickets please call Welcome Center at 215-362-7432

Please join The Peak Center for a delicious Lunch before the concert. Lunch is available for eligible adults, aged 60 and older or disabled, or the spouse of an eligible persons. Eligible person is suggested to make an anonymous donation for any amount.

SAVE THE DATE FOR UPCOMING PEAK PERFORMANCES

June 22nd @ 1:30pm

Karl Middleman -Commonwealth Speaker Presenter
" Leonard Berstein: American Idol, American Idealist."