

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 12:45 -1:45 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. 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 - 11:30 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. John Long teaches 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.

Senior Health and Fitness Day

Wednesday, May 30th

Health Walk & Healthy Lunch

Franconia Park
644 Allentown Rd., Telford

10:30-11:30 AM walk followed by a sack lunch provided by PEAK (\$6 paid at time of registration)

Register in person at the North Penn YMCA, Indian Valley YMCA, or the LaCrest Health Center

Call 215-368-1601, ext. 201 with any questions for Nancy Gray at the NPYMCA.



Healthy Steps for Older Adults

Fall Prevention Program

Fall injuries – like hip, spine or wrist fractures – can be devastating! Take steps to reduce the risk of falling.

Follow-Up Questionnaires Are Due Thursday, May 3rd

Complete the questionnaire and receive a FREE exercise class coupon.

- Request your questionnaire at the PEAK Welcome Center
- Fill it out & return it completed to the Welcome Center
- Your class coupons will be ready for you by Monday, May 7th
- Register for an exercise class with your coupon!

Healthy Steps for Older Adults is provided FREE to participants by the PEAK Center, with the assistance of the North Penn Visiting Nurse Association, and the PA/Montgomery County Department of Aging and Adult Services.

For more info call PEAK's Health and Wellness Program Coordinator: 215-362-7432

COMPUTER STUDENTS AND TUTORS WANTED

The PEAK Center is again offering FREE computer tutoring for those new to computers. If you are interested in being a student, or a volunteer tutor, please contact the PEAK Welcome Center at 215-362-7432.

Tutoring sessions will be:

- FREE
- One-on-one
- Held about once a week
- Held on a mutually agreed upon schedule

Topics will include:

- How to turn the computer on and off
- How to use the mouse and keyboard
- How to play some computer games for mouse practice
- "Computerese" (the meaning of several computer terms)
- Answers to your questions

Also available is help for specific or one-time needs, such as printing various forms or getting information from a website.

For further computer learning, the PEAK offers several courses in the Computer Learning Center (see pages ?? in this newsletter). These courses are kept as affordable as possible, and a limited number of scholarships are available for limited-income seniors.

Appalachian Clogging – Monday Evenings, 7:00-8:00 PM. This program is held at Schwenckfeld Terrace. Learn the Basics of Appalachian Clogging: percussive dancing to old time music. 6 class session costs \$35.

Wii Bowling – Fridays, 1st and 3rd of the month, 10:00 - 11:30 AM. Learn to bowl with the Wii. 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 - 2:15 PM. Enjoy this aerobic exercise class conducted to the sounds of the Caribbean with a bit of the Mediterranean thrown in. Take it at your own pace. Costs just \$24 for 6 weekly classes. Drop-in fee is \$5. JOIN THE CROWD!

Zumba Chair – Wednesdays, 12:45 - 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. Costs just \$24 for 6 weekly classes. Drop-in fee is \$5. RESERVE YOUR SEAT!

Nutrition

Gourmet Weight Wise – 11 weeks Thursdays, at 9:15 AM. FREE Gourmet Weight Wise classes provide healthy nutrition tips to control weight and improve diet helping with chronic health concerns. April 12th through June 21st - "Mission Possible – Preventing Diabetes through Healthy Eating and Weight Control"

Pro-Health

NPVNA Health Screenings – 2nd Tuesday of each month, 10 to 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 North Penn Visiting Nurse Association.

Glucose Clinic – 4th Tuesday of each month, 9:30 to 10:30 AM. A nurse will be here to test your blood glucose level. 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.

Relaxation

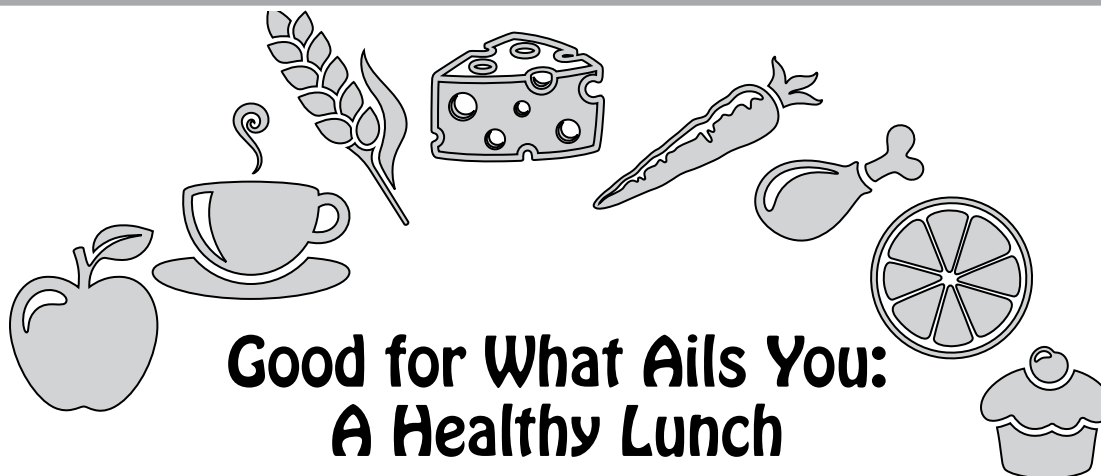
Tai Chi – Mondays 5 to 6:15 PM and Tuesdays 10:15-11 AM. Tai Chi movements reinforce balance, coordination, flexibility, muscle relaxation, body awareness & mental concentration. TUESDAY Sessions: Cost: \$18 for six week session or a drop in fee of \$4 per class. MONDAY Sessions: Cost: \$25 for six week session. NOTE: No drop-in fee for evenings.

Yoga – Thursday morning classes held from 9 to 10 AM. Stretch, Hold, Firm and Relax - Yoga can do it all for you. Cost: \$30 for six week session or \$6 per class. Start anytime during the six week session. Try out our new instructor!

Support

NEW! Chronic Care Management Support Group – 2nd Friday and 4th Thursday of each month, 10:30 to 11:30 AM. The North Penn Visiting Nurse Association conducts these bi-weekly support groups for anyone who deals or cares for someone with a chronic health condition. Come share concerns, hear the experiences of others and expand your knowledge with the group.

**The PEAK Center
will be closed
on May 25
for
spring cleaning.**



Good for What Ails You: A Healthy Lunch

The PEAK Center has had many great cooks over the years and that is the case at this time, as well. Still encouraging social interaction with others, PEAK's cook, Carol French creates beautiful plates of a nutritionally balanced meal of the day.

Lunch is served Monday through Friday in the PEAK Dining Room, served between 11:30 am and 12:15 pm. And one of Carol's most important beliefs is in FRESH FOOD. She wants to feed you as if you were her own family.

The PEAK Dining Room provides lunch for eligible adults, aged 60 and older or disabled, or the spouse of an eligible person, a variety of foods from the basic food groups, leading to an overall healthier diet. Eligible persons are requested to make an anonymous, voluntary contribution of \$2 for the daily lunch. The Dining Room is open to all other community members for \$5 per meal.

Pre-registration required.

An alternative to the daily special is available in nutritious, low salt, low sugar, frozen entrees that will be prepared for you by Carol. These are also available to take home for a quick, convenient dinner for \$3.95. Come and check it all out for yourself!

Call the PEAK Welcome Center for more information: 215-362-7432