

## SPECIAL PROGRAMS

For more information on the below listed programs, see *Ongoing Programs and Good Health Sense*.

- **Walking Club**- Mondays, November 3, 10, 17, and 24 @ 8:40 AM.
- **Weigh to Go**- continues on Mondays, Wednesday and Thursdays, @ 9 AM
- **Gourmet Weight Wise** – Thursdays, November 6, 13, and 20 @ 9 AM
- **Lincoln Center-Discussion Group**- Thursdays, November 6 and 13 @ 10:30 AM.
- **Nutrition**- Friday, November 7- Special presentation from a Sodexo Health Care Services.
- **Visiting Nurse**- Tuesday, November 11 and Monday, November 17 @ 10:30 AM- 12 noon
- **Health Fair**- Wednesday, November 12, 10 AM- 1 PM at Neshaminy Falls- see the ad on p.15
- **Head, Neck, Shoulder Massage or Accupressure**- Friday, November 14, 10 AM- 1 PM, by appointment. Cost \$15 for 15 minutes; \$25 for 30 minutes; register at Member Services
- **Arthritis Support Group**- Friday, November 21 @ 10:30 AM

**NOTE: PARTICIPANTS SHOULD SPEAK WITH THEIR PERSONAL PHYSICIAN BEFORE STARTING ANY PHYSICAL ACTIVITY PROGRAM SPONSORED BY THE PEAK CENTER.**

**MOVIES MOVIES MOVIES!**

Comedy Movie Time at PEAK  
November 7th  
*Little Miss Sunshine*  
November 14th  
*The Devil Wears Prada*  
**Free Movie**

**STAFF FROM SENATOR WONDERLING'S OFFICE**

The representative will not be at The PEAK Center this month, but she is available at the office at 421 W. Main Street, Lansdale, PA, 215-368-1500.

**CHRISTMAS EMBROIDERY WORKSHOP**

Thursdays, Nov. 13th thru Dec. 2nd  
9:30 -11:00 AM  
Cost: for Materials only \$5.00  
Details p.

**FRENCH COURSE**

Bonjour 101  
Tuesdays, November 11th thru  
December 16th  
3:30 – 5:00 PM  
Valerie Sinacore, Instructor  
Cost: \$48.00  
Details p.

**BELLY DANCING**

Tuesdays, November 11th thru  
December 2nd  
6:30 – 7:30 PM  
Cynthia Baumann, instructor  
Details p.

**VETERANS BENEFITS**

Thursday, November 13  
@ 9:30, following the  
Gentlemen's Breakfast  
Lynn Marie Anderson, MSW &  
Richard Constantini See the ad  
on p. 17

**WEATHERIZATION- LIHEAP CADCOM**

Monday, November 17  
10:30 AM  
CADCOM offers free help to  
weatherize homes to help cut  
down on heating cost. This service  
is offered to both home owners  
and people who rent.  
Representatives from CADCOM  
will also discuss the LIHEAP,  
heating assistance program.  
Although both programs are

based on income eligibility,  
exclusions are available. Come  
learn if you qualify.

**PEAK PERFORMANCE**

**Friday, November 21st @7:00 PM**  
Scottish Dancing, featuring Amy  
Cummins-Leight & Ned Leight  
Discount tickets are \$5.00 purchase  
by November 17th  
Tickets are \$8.00 after that date  
& at the door.  
Details on pg.8

**Coming in  
December....**

**Christmas Luncheon  
Friday, December 19**



## ONGOING PROGRAMS

**EXERCISE CLASSES**

**NOTE: PARTICIPANTS SHOULD SPEAK WITH THEIR PERSONAL PHYSICIAN BEFORE STARTING ANY PHYSICAL ACTIVITY PROGRAM SPONSORED BY THE PEAK CENTER.**

**HEALTHY STEPS IN MOTION, A Peer Led Exercise Class – Tues. & Friday. – 9 AM and Tues. and Thurs. at 2:15 PM**

The routines are somewhat different but also include stretching, walking, flexibility & strength exercises. Exercise with a friendly group; the routines are fun & easy to learn.

**YMCA - SENIOR WATER SHAPE UP  
Fridays Only 10:30-11:15 AM.**

Each session consists of gentle but stimulating exercise in the water! Great for arthritis. New set of classes to begin in November  
**COST:** check with YMCA for details. This is

for people 55 & older. To register or for more info, contact the YMCA & mention that you are a PEAK member. Note: 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.**

**YMCA - OLDER ADULT FITNESS TRAINING  
M W F- 2 Sessions 9:00 - 10:00  
or 10:00- 11:00am**

Check with the YMCA for more Information & Cost. This is a great way to slow down the progress of Osteoporosis.

**TOTAL BODY TONING  
Wednesdays @ 10:15 AM**

This is a slower paced exercise program, 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.

**DANCE CLASSES****BEGINNER TAP DANCING  
TH. 10:00 AM**

Have you ever thought that you would like to try Tap dancing but were intimidated by those skilled ladies in our regular Tap class? Folks, this class is for you. Our instructor will take you thru the beginner steps to get you started. Join for fun & exercise. **COST: \$12.00 for 6 weeks or drop in Fee \$3.00 per class**

**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**

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

**RELAXATION**

**TAI CHI – MON. 5 PM and Tuesday, 10:15 AM**  
Tai Chi is an ancient form of Chinese exercise. The movement of Tai Chi derives from the martial arts, reinforcing balance, coordina-