

MON

TUES

WED

THURS

FRI

AUGUST
2024



Lunch is served daily from 11:30 am - 12:30 pm.

Advanced Reservations are required

More information about calendar items designated as

*Special Programming in Orange, or

**Resources and Services,

can be obtained at our front desk.

The PEAK Center • 606 E Main St, Suite 1003, Lansdale, PA 19446 • 215-362-7432

<p>5</p> <p>10:00am Fit for the Future (\$4) 10:00am Whist & Other Games 11:00am Stitch & Chat 12:00pm Movie Matinee 2:00pm Korean Bong Sul 3:30pm Korean Choir Class</p>	<p>6</p> <p>10:00am Crafts w/ Friends* (\$3) 10:00am Tai Chi (\$4) 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p>	<p>7</p> <p>8:30am-12:30pm AARP Refresher* 10:00am-1:00pm Shiatsu Appts* 10:00am Fit for the Future (\$4) 10:00am Medicare Counseling** 10:00am Wii Bowling 12:30pm Food for Thought* 12:45pm Progressive Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class 3:30pm Korean Saxophone Class</p>	<p>8</p> <p>9:00am Yoga (\$4) 10:00am Chair Yoga (\$4) 11:00am Healthy Blood Pressure Presentation & Screening* 12:30pm Art Class* (\$4) 1:00pm Korean Women's Bong Sul 1:30pm Trivia Challenge* 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Creative Music Talk</p>	<p>9</p> <p>9:30am PEAK Pinochle 11:00am Grief Support* 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>12</p> <p>9:00am Breakfast outing at Michael's Restaurant 10:00am Fit for the Future (\$4) 10:00am Whist & Other Games 11:00am Stitch & Chat 12:30pm Cornhole games* 2:00pm Korean Bong Sul 3:30pm Korean Choir Class</p>	<p>13</p> <p>10:00am Tai Chi (\$4) 10:00am Story Time w/ Josephine* 10:00am-12:00 pm Rep. Malagari Office Hours** 11:30am Bday Lunch w/ Viola* 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p>	<p>14</p> <p>9:30 am Sports Chat: Olympics* 10:00am Fit for the Future (\$4) 10:00am Medicare Counseling** 10:00am Wii Bowling 12:30pm Advisory Council** 12:45pm Progressive Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class 3:30pm Korean Saxophone Class</p>	<p>15</p> <p>9:00 am Yoga (\$4) 10:00 am Chair Yoga (\$4) 12:30pm Montco Assoc for the Blind* 1:00pm Korean Women's Bong Sul 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Creative Music Talk</p>	<p>16</p> <p>9:30am PEAK Pinochle 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>19</p> <p>10:00am Fit for the Future (\$4) 10:00am Whist & Other Games 11:00am Stitch & Chat 2:00pm Korean Bong Sul 3:30pm Korean Choir Class</p>	<p>20</p> <p>10:00am Tai Chi (\$4) 12:30pm Elder Abuse/Domestic Violence Presentation* 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p>	<p>21</p> <p>10:00am Fit for the Future (\$4) 10:00am Medicare Counseling** 10:00am Wii Bowling 11:30am Special Sports Fan Lunch w/ Entertainment* 12:45pm Progressive Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class 3:30pm Korean Saxophone Class</p>	<p>22</p> <p>9:00am Yoga (\$4) 10:00am Chair Yoga (\$4) 1:00 pm Korean Women's Bong Sul 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Creative Music Talk</p>	<p>23</p> <p>9:30am PEAK Pinochle 11:00am Grief Support* 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>26</p> <p>10:00am Fit for the Future (\$4) 10:00am Whist & Other Games 11:00am Stitch & Chat 12:00pm Book Club* 12:30pm Oh the Places You'll Go: Guatemala w/ Liz Beil* 2:00pm Korean Bong Sul 3:30pm Korean Choir Class</p>	<p>27</p> <p>10:00am Tai Chi (\$4) 10:00am Summertime Bingo* 12:00pm Legal Consultation appts** 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 4:30pm Dinner Outing at Pizza Time Saloon</p>	<p>28</p> <p>10:00am Fit for the Future (\$4) 10:00am Medicare Counseling** 10:00am Wii Bowling 10am-12pm Sen. Collett Office Hrs.** 12:30pm Benefits of PT for Arthritis* 12:45pm Progressive Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class 3:30pm Korean Saxophone Class</p>	<p>29</p> <p>9:00am Yoga (\$4) 10:00am Chair Yoga (\$4) 1:00pm Korean Women's Bong Sul 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Creative Music Talk</p>	<p>30</p> <p>9:00am-2:00 pm Blood Drive* 9:30am PEAK Pinochle 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>

Access to our facility, with ample space for socializing and self-organized puzzling, creative coloring, Rummikub, Chess, and card games is available

8 am-4 pm, M-F.



Call 215-362-7432, or stop at the front desk to sign up for lunch, programs, and schedule appts.



All Korean classes are taught in Korean.



Detailed descriptions for our programming can be found on our website:

www.ghnpss.org



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