

MON

TUES

WED

THURS

FRI

October 2024

Lunch is served daily from 11:30am-12:30pm. Advanced Reservations are required. Call 215-362-7432 for all lunch or program reservations and appts.

10:00am Fit for the Future (\$4) **7**
10:00am Whist/Other Games
10:00am-2:00pm GMU Speech Language Pathology Students on Site*
11:00am Stitch & Chat
11:30am Movie Matinee/Lunch*
2:00pm Korean Bong Sul
3:30pm Korean Choir Class

10:00am Fit for the Future (\$4) **14**
10:00am Whist/Other Games
11:00am Stitch & Chat
11:00am Senior LAW Center Presentation*
12:30pm Cornhole & Mini Golf Pool games
2:00pm Korean Bong Sul
3:30pm Korean Choir Class

10:00am Fit for the Future (\$4) **21**
10:00am Whist/Other Games
10:00am-2:00pm GMU SLP Students on Site*
11:00am Stitch & Chat
12:30pm Volleyball
2:00pm Korean Bong Sul
3:30pm Korean Choir Class

10:00am Fit for the Future (\$4) **28**
10:00am Whist/Other Games
10:00am-2:00pm GMU SLP Students on Site*
11:00am Stitch & Chat
12:00pm Book Club*
2:00pm Korean Bong Sul
3:30pm Korean Choir Class

10:00am Crafts w/ Friends* (\$4) **1**
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

10:00am Tai Chi (\$4) **8**
10:00am Story Time w/ Josephine*
10:00am-12:00pm State Rep. Malagari Office Hours**
1:00pm Game Club
1:00pm Korean Computer Class
1:00pm Korean Dance/ Drums
3:30pm Korean Smart Phone Class

9:00am Breakfast Club @ Franconia Heritage* **15**
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

10:00am Tai Chi (\$4) **22**
10:00am-12:00pm UnitedHealthcare Open Enrollment Presentation
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

10:00am Tai Chi (\$4) **29**
1:00pm Game Club
1:00pm Korean Computer Class
1:00pm Korean Dance & Drums
3:30pm Korean Smart Phone Class

10:00am Fit for the Future (\$4) **2**
10:00am Medicare Counseling Appts**
10:00am Wii Bowling
10:00am-1:00pm Shiatsu Appts*
12:45pm Progressive Pinochle
12:45pm Trivia Challenge
2:00pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

8:30am-12:30pm AARP 4hr Refresher Course* **9**
10:00am Fit for the Future (\$4)
10:00am Medicare Counseling Appts**
10:00am Wii Bowling
12:30 pm PA Medi: Open Enrollment Education*
12:45pm Progressive Pinochle
2:00pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

10:00am Fit for the Future (\$4) **16**
10:00am Medicare Counseling Appts**
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

10am Fit for the Future (\$4) **23**
10am Medicare Counseling**
10:00am Wii Bowling
10:00am-12:00pm Sen Collett office hours**
10:30am Nutritional Workshop: Vegetarian Meals*
12:45pm Progressive Pinochle
2:00pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone
5:30 pm Toast & Taste (offsite)

10:00am Fit for the Future (\$4) **30**
10:00am Medicare Counseling Appts**
10:00am Wii Bowling
11:30am-1:30pm Special Lunch & Halloween Party*
12:45pm Progressive Pinochle
2:00pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

9:00am Yoga (\$4) **3**
10:15am 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

9:00am Yoga (\$4) **10**
10:15am Chair Yoga (\$4)
12:30pm Art Class (\$4)
1:00pm Korean Women's Bong Sul
2:00pm Korean Line Dancing
3:00pm ESL for Koreans
4:00pm Korean Creative Music Talk

9:00am Yoga (\$4) **17**
10:00am- 1:00pm Rep Hanbidge Senior Fair*
10:15am 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

9:00am Yoga (\$4) **24**
10:15am Chair Yoga (\$4)
10:33am Prayer Care Group
12:45pm Food for Thought*
1:00pm Korean Women's Bong Sul
2:00pm Korean Line Dancing
3:00pm ESL for Koreans
4:00pm Korean Creative Music Talk

9:00am Yoga (\$4) **31**
10:15am 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

9:30am PEAK Pinochle **4**
10:30am Nutritional Program with Teri Wassel*
12:30pm Bingo
1:30pm Korean Kalimba
2:00pm Korean Bong Sul
3:00pm Korean Book Club
3:00pm Korean Saxophone

9:30am PEAK Pinochle **11**
10:00am-12:00pm Tech Appointments with Les**
11:00am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2:00pm Korean Bong Sul
3:00pm Korean Book Club
3:00pm Korean Saxophone

9:30am PEAK Pinochle **18**
10:00am-12:00pm Tech Appointments with Les**
12:30pm Bingo
1:30pm Korean Kalimba
2:00pm Korean Bong Sul
3:00pm Korean Book Club
3:00pm Korean Saxophone

9:30am PEAK Pinochle **25**
10:00am-12:00pm Tech Appointments with Les**
11:00am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2:00pm Korean Bong Sul
3:00pm Korean Book Club
3:00pm Korean Saxophone

The PEAK CENTER in Lansdale Part of GHNPS

606 E Main St, Ste 1003, Lansdale, PA 19446
 215-362-7432

Access to our facility, with ample space for socializing and self-organized puzzling, creative coloring, Rummikub, Chess, & card games is available 8 am - 4 pm, M-F.

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More information about calendar items designated as ***Special Programming in Orange**, or ****Resources and Services in Blue**, can be obtained at our front desk.

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All Korean Programming is taught in Korean.

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Detailed descriptions for all of our regular and recurring programming can be found on our website: www.ghnps.org or scan below for quick access



Scan me