

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>BBQ Pulled Pork Sandwich, Cauliflower, Sweet Potatoes, Milk</p> <p>10am Tai Chi (\$4) 10am Crafts with Friends (\$4)* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class</p> <p style="text-align: right;">1</p>	<p>Carribean Flounder, Dirty Rice, Steamed Carrots, Steamed Broccoli, Milk</p> <p>8am-12pm AARP Safe Driving 4hr refresher course* 10am Wii Bowling 10am World Autism Awareness Day Craft w/ The Variety Club* 10am Stretch & Tone* (\$4) 10am Medicare Counseling ** 10am-1pm Shiatsu Appts* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax</p> <p style="text-align: right;">2</p>	<p>Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p style="text-align: right;">3</p>	<p>French Toast Sticks, Scrambled Eggs with Cheese, Peaches with Granola, Milk</p> <p>9:30am PEAK Pinochle 10am-12pm Tech Appts* 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p style="text-align: right;">4</p>
<p>Chicken Burger with Roasted Peppers & Provolone, Wild & Brown Rice Pilaf, Steamed Broccoli, Milk</p> <p>10am Stretch & Tone* (\$4) 10am Whist/Other Games 10am-2pm GMU SLP Students on Site* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class</p> <p style="text-align: right;">7</p>	<p>Pasta with Meatballs, Peas, Poached Pear, Milk</p> <p>10am Tai Chi (\$4) 10am Story Time w/ Josephine* 10am-12pm State Rep. Malagari Office Hours** 12:30pm Supportive Living 101 w/ Living Branches* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class</p> <p style="text-align: right;">8</p>	<p>Beef Stew, Roasted Potatoes, Peach Crumble, Milk</p> <p>9:30am Trivia Fun with Beth 10am Wii Bowling 10am Stretch & Tone* (\$4) 10am Medicare Counseling** 12:30pm Peter Wentz: The PA German Past* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone</p> <p style="text-align: right;">9</p>	<p>Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm Food for Thought* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 3-6pm Vaccine Clinic w/ ACLAMO/Giant* 4pm Korean Creative Music Talk</p> <p style="text-align: right;">10</p>	<p>General Tso Chicken, Fried Rice, Broccoli, Milk</p> <p>9am Breakfast Club @ 5 Star Diner* 9:30am PEAK Pinochle 10am-12pm Tech Appts** 10:30am Grief Support 12:30pm Bingo 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p style="text-align: right;">11</p>
<p>Meatloaf w/ Gravy, Mashed Potatoes, Mixed Vegetables, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 10am-2pm GMU SLP Students on Site* 11:30am Movie Matinee & Lunch* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 4:30pm Dinner Outing @ PJ Whelihan's*</p> <p style="text-align: right;">14</p>	<p>COLD MEAL: Roasted Vegetable Grinder, Green Beans w/ Vinaigrette, Mandarin Oranges, Milk</p> <p>10am Tai Chi (\$4) 10-10:30am Free BP Checks* 10:30-11:15am Help Yourself to Healthy Living: What's that Therapy* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class</p> <p style="text-align: right;">15</p>	<p>Paprika Chicken, Brown & Wild Rice Pilaf, Poached Pear, Peas & Carrots, Milk</p> <p>10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:30pm Advisory Council** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone</p> <p style="text-align: right;">16</p>	<p>Turkey w/ Gravy, Glazed Sweet Potatoes, Green Beans, Milk</p> <p>9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12:30pm MontCo Assoc for the Blind 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk</p> <p style="text-align: right;">17</p>	<p style="text-align: center;">Closed for Good Friday</p> <p style="text-align: right;">18</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Roasted Chicken w/ Sweet Potatoes, Green Beans, Blueberry Buckle, Milk</p> <p>8:30am-12pm Photo Shoot Day*</p> <p>10am Fit for the Future (\$4)</p> <p>10am Whist/Other Games</p> <p>12:30pm Cornhole & Mini Golf Pool games</p> <p>2pm Korean Bong Sul</p> <p>3pm Korean Table Tennis</p> <p>4pm Korean Choir Class 21</p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p>10am Tai Chi (\$4)</p> <p>12pm Legal Consultations**</p> <p>12:30pm Fire Safety for Seniors*</p> <p>1pm Game Club</p> <p>1pm Korean Computer Class</p> <p>1pm Korean Dance & Drums</p> <p>3:30pm Korean Smart Phone Class 22</p>	<p>Swedish Meatballs, Egg Noodles, Peas, Poached Pear, Milk</p> <p>10am Wii Bowling</p> <p>10am Fit for the Future (\$4)</p> <p>10am Medicare Counseling**</p> <p>10am-12pm State Sen. Collett Office Hours**</p> <p>12:30pm Weatherization Program w/ Mark Finley*</p> <p>12:45pm Progressive Pinochle</p> <p>2pm Korean Bong Sul</p> <p>2:30pm Korean Drawing 23</p> <p>3:30pm Korean Sax</p>	<p>COLD MEAL: Ham & Swiss Sandwich, Macaroni Salad, Fruit Salad, Milk</p> <p>9am Yoga (\$4)</p> <p>10:15am Chair Yoga (\$4)</p> <p>10:33am Prayer Care</p> <p>12pm PA Health & Wellness Bday Celebration/Program*</p> <p>12:45pm Trivia with Nancy</p> <p>1pm Korean Women's Bong Sul</p> <p>2pm Korean Line Dancing</p> <p>3pm ESL for Koreans</p> <p>4pm Korean Creative Music Talk 24</p>	<p>SPECIAL LUNCH \$8: Cheese Pizza, Salad, Chips, Cookie</p> <p>9:30am PEAK Pinochle</p> <p>10am-12pm Tech Appts**</p> <p>10:30am Grief Support</p> <p>11:30am Special Pizza Lunch (\$8)</p> <p>12:30pm Bingo</p> <p>1:30pm Korean Kalimba</p> <p>2pm Korean Bong Sul</p> <p>3pm Korean Book Club</p> <p>3pm Korean Sax 25</p>
<p>Baked Mac & Cheese, Roasted Peppers, Steamed Green Beans, Milk</p> <p>10am Fit for the Future (\$4)</p> <p>10am Whist/Other Games</p> <p>10am-2pm GMU SLP Students on Site (Last day!)*</p> <p>12pm Book Club*</p> <p>12:30pm Brittany Pointe Panhandlers Entertainment*</p> <p>2pm Korean Bong Sul</p> <p>3pm Korean Table Tennis</p> <p>4pm Korean Choir Class 28</p>	<p>Sweet Italian Sausage, Roasted Peppers, Steamed Peas, Milk</p> <p>10am Tai Chi (\$4)</p> <p>12:30pm 10 Warning Signs of Alzheimers w/ Jane Cero*</p> <p>1pm Game Club</p> <p>1pm Korean Computer Class</p> <p>1pm Korean Dance & Drums</p> <p>3:30pm Korean Smart Phone Class 29</p>	<p>COLD MEAL: BBQ Pulled Pork Wrap, Carolina Slaw, Apple Sauce, Milk</p> <p>10am Wii Bowling</p> <p>10am Fit for the Future (\$4)</p> <p>10am Medicare Counseling**</p> <p>12:45pm Progressive Pinochle</p> <p>1pm FREE NPHS Musical (offsite)*</p> <p>2pm Korean Bong Sul</p> <p>2:30pm Korean Drawing</p> <p>3:30pm Korean Saxophone 30</p>	<p><i>This Month We Celebrate:</i></p> <p>Wednesday, April 2nd - World Autism Day</p> <p>Sunday, April 13th - Passover (Judaism)</p> <p>Sunday, April 13th - Palm Sunday (Christianity)</p> <p>Friday, April 18th - Good Friday (Christianity)</p> <p>Sunday, April 20th - Easter (Christianity)</p> <p>Tuesday, April 22nd - Earth Day</p>	

All Korean Programming is taught in Korean

Orange with * Indicates special programming with additional information available at our front desk or online

Blue with ** Indicates Resources & Services with additional info available at our front desk or online

Detailed descriptions for all of our regular and recurring programming can be found on our website: www.ghnpss.org or scan the QR code for quick access



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