

on Site*

Lunch*

11:30am Movie Matinee &

3pm Korean Table Tennis

4pm Korean Choir Class

4:30pm Dinner Outing

@ PI Whelihan's*

2pm Korean Bong Sul

April 2025

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

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

10am Medicare Counseling*

12:30pm Advisory Council**

12:45pm Progressive

2pm Korean Bong Sul

3:30pm Korean

Saxophone

2:30pm Korean Drawing

Pinochle

to Healthy Living: What's that

1pm Korean Computer Class

1pm Korean Dance/Drums

3:30pm Korean Smart

Therapy*

Phone Class

1pm Game Club

12:30pm MontCo Assoc for the

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1pm Korean Women's

3pm ESL for Koreans

4pm Korean Creative

2pm Korean Line Dancing

Blind

Bong Sul

Music Talk

Good

Friday



April 2025

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

Monday

Tuesday

Wednesday

Thursday

Friday

Roasted Chicken w/ Sweet Potatoes, Green Beans, Blueberry Buckle, Milk

Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk

Swedish Meatballs, Egg Noodles, Peas, Poached Pear, Milk

COLD MEAL: Ham & Swiss Sandwich, Macaroni Salad, Fruit Salad, Milk

SPECIAL LUNCH \$8: Cheese Pizza, Salad, Chips, Cookie

9:30am PEAK Pinochle

10:30am Grief Support

10am-12pm Tech Appts**

11:30am Special Pizza Lunch

8:30am-12pm Photo Shoot Dav* **10am** Fit for the Future (\$4)

10am Whist/Other Games

12:30pm Cornhole & Mini

Beans, Milk

10am Fit for the Future (\$4)

10am-2pm GMU SLP Students

10am Whist/Other Games

on Site (Last day!)*

12pm Book Club*

10am Tai Chi (\$4) 12pm Legal Consultations** 12:30pm Fire Safety for Seniors* 1pm Game Club

1pm Korean Computer Class

1pm Korean Dance & Drums

10am Wii Bowling **10am** Fit for the Future (\$4) 10am Medicare Counseling ** **10am-12pm** State Sen. Collett Office Hours**

12:45pm Progressive Pinochle

12:30pm Weatherization

Program w/ Mark Finlev*

2:30pm Korean Drawing

2pm Korean Bong Sul

3:30pm Korean Sax

9am Yoga (\$4) **10:15am** Chair Yoga (\$4) 10:33am Prayer Care 12pm PA Health & Wellness Bday Celebration/Program* **12:45pm** Trivia with Nancy **2pm** Korean Line Dancing

1pm Korean Women's Bong Su **3pm** ESL for Koreans 24

4pm Korean Creative Music Talk

12:30pm Bingo 1:30pm Korean Kalimba **2pm** Korean Bong Sul **3pm** Korean Book Club **3pm** Korean Sax

2pm Korean Bong Sul **3pm** Korean Table Tennis **4pm** Korean Choir Class

Golf Pool games

3:30pm Korean Smart Phone Class

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Baked Mac & Cheese, Roasted Sweet Italian Sausage, Roasted Peppers, Steamed Green Peppers, Steamed Peas, Milk

COLD MEAL: BBO Pulled Pork Wrap, Carolina Slaw, Apple Sauce. Milk

10am Tai Chi (\$4)

Alzheimers w/ Jane Čero*

3:30pm Korean Smart

1pm Korean Computer Class

1pm Korean Dance & Drums

1pm Game Club

Phone Class

10am Wii Bowling **10am** Fit for the Future (\$4) 12:30pm 10 Warning Signs of 10am Medicare Counseling**

12:45pm Progressive Pinochle 1pm FREE NPHS Musical

(offsite)* 2pm Korean Bong Sul

2:30pm Korean Drawing

3:30pm Korean Saxophone

This Month We Celebrate:

Wednesday, April 2nd - World Autism Day Sunday, April 13th - Passover (Judaism) Sunday, April 13th - Palm Sunday (Christianity) Friday, April 18th - Good Friday (Christianity) Sunday, April 20th - Easter (Christianity)

Tuesday, April 22nd - Earth Day

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Panhandlers Entertainment* **2pm** Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 28

12:30pm Brittany Pointe

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





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