



# February 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
<p>Baked Mac &amp; Cheese, Roasted Peppers, Steamed Green Beans, Milk</p> <p><b>10am</b> Fit for the Future (\$4)  <b>10am</b> Whist/Other Games  <b>10am-2pm</b> GMU SLP Students on Site*  <b>10:30am</b> Mall Walkers*  <b>11am</b> Stitch &amp; Chat  <b>2pm</b> Korean Bong Sul</p> <p style="text-align: right;"><b>3</b></p>	<p>COLD MEAL: Bulgur Salad with Chickpeas, Grilled Chicken Breast, Apricot Halves, Milk</p> <p><b>10am</b> Tai Chi (\$4)  <b>10am</b> Crafts with Friends (\$4)*  <b>11am</b> Meet &amp; Greet w/ Social Services Coordinator Tara*  <b>1pm</b> Game Club  <b>1pm</b> Korean Computer Class  <b>1pm</b> Korean Dance &amp; Drums  <b>3:30pm</b> Korean Smart Phone Class</p> <p style="text-align: right;"><b>4</b></p>	<p>COLD MEAL: BBQ Pulled Pork Wrap, Carolina Slaw, Applesauce, Milk</p> <p><b>10am</b> Wii Bowling  <b>10am</b> Fit for the Future (\$4)  <b>10am</b> Medicare Counseling **  <b>10am-1pm</b> Shiatsu Appts*  <b>12:45pm</b> Progressive Pinochle  <b>2pm</b> Korean Bong Sul  <b>2:30pm</b> Korean Drawing  <b>3:30pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>5</b></p>	<p>Beef Stroganoff w/ Egg Noodles, Mixed Vegetables, Peach Crumble, Milk</p> <p><b>9am</b> Yoga (\$4)  <b>10:15am</b> Chair Yoga (\$4)  <b>1pm</b> Korean Women's Bong Sul  <b>2pm</b> Korean Line Dancing  <b>3pm</b> ESL for Koreans  <b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>6</b></p>	<p>White Chicken Chili, Brown Rice, Roasted Zucchini and Stewed Tomatoes, Milk</p> <p><b>9:30am</b> PEAK Pinochle  <b>10am</b> County Arthritis Foundation Exercise Course*  <b>12:30pm</b> Bingo  <b>1:30pm</b> Korean Kalimba  <b>2pm</b> Korean Bong Sul  <b>3pm</b> Korean Book Club  <b>3pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>7</b></p>
<p>Chicken Burger w/ Roasted Peppers &amp; Provolone, Wild &amp; Brown Rice Pilaf, Steamed Broccoli, Milk</p> <p><b>10am</b> Fit for the Future (\$4)  <b>10am</b> Whist/Other Games  <b>10am-2pm</b> GMU SLP Students on Site*  <b>11am</b> Stitch &amp; Chat  <b>11:30am</b> Movie Matinee &amp; Lunch*  <b>2pm</b> Korean Bong Sul</p> <p style="text-align: right;"><b>10</b></p>	<p>Pasta with Meatballs, Peas, Poached Pear, Milk</p> <p><b>10am</b> Tai Chi (\$4)  <b>10am</b> Story Time w/ Josephine*  <b>10am-12pm</b> State Rep. Malagari Office Hours**  <b>1pm</b> Game Club  <b>1pm</b> Korean Computer Class  <b>1pm</b> Korean Dance &amp; Drums  <b>3:30pm</b> Korean Smart Phone Class</p> <p style="text-align: right;"><b>11</b></p>	<p><b>SPECIAL LUNCH (\$10):</b> Three Cheese Grilled Cheese, Creamy Tomato Bisque, White Chocolate Macadamia Nut Cookie, Milk</p> <p><b>8am-12pm</b> AARP 4-hour Refresher Safe Driver Course*  <b>10am</b> Wii Bowling  <b>10am</b> Fit for the Future (\$4)  <b>10am</b> Medicare Counseling**  <b>11:30am</b> Special Lunch (\$10)*  <b>12:30pm</b> Black History Month Presentation- Diane Nash*  <b>12:45pm</b> Progressive Pinochle  <b>2pm</b> Korean Bong Sul  <b>2:30pm</b> Korean Drawing  <b>3:30pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>12</b></p>	<p><b>Birthdays Celebration:</b> Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk</p> <p><b>9am</b> Yoga (\$4)  <b>10:15am</b> Chair Yoga (\$4)  <b>12pm</b> Birthday Celebration w/ PA Health &amp; Wellness*  <b>1pm</b> Korean Women's Bong Sul  <b>2pm</b> Korean Line Dancing  <b>3pm</b> ESL for Koreans  <b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>13</b></p>	<p>General Tso Chicken, Fried Rice, Broccoli, Milk</p> <p><b>9:30am</b> PEAK Pinochle  <b>10am</b> County Arthritis Foundation Exercise Course*  <b>10am-12pm</b> Tech Appts**  <b>10:30am</b> Grief Support  <b>12:30pm</b> Bingo  <b>1:30pm</b> Korean Kalimba  <b>2pm</b> Korean Bong Sul  <b>3pm</b> Korean Book Club  <b>3pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>14</b></p>
<p>Meatloaf w/ Gravy, Mashed Potatoes, Mixed Vegetables, Milk</p> <p><b>10am</b> Fit for the Future (\$4)  <b>10am</b> Whist/Other Games  <b>10am-2pm</b> GMU SLP Students on Site*  <b>11am</b> Stitch &amp; Chat  <b>12:30pm</b> Cornhole &amp; Mini Golf Pool games  <b>2pm</b> Korean Bong Sul</p> <p style="text-align: right;"><b>17</b></p>	<p>COLD MEAL: Roasted Vegetable Grinder, Green Beans w/ Vinaigrette, Mandarin Oranges, Milk</p> <p><b>10am</b> Tai Chi (\$4)  <b>10:30am</b> The Extraordinary Life of Jimmy Carter*  <b>1pm</b> Game Club  <b>1pm</b> Korean Computer Class  <b>1pm</b> Korean Dance &amp; Drums  <b>3:30pm</b> Korean Smart Phone Class</p> <p style="text-align: right;"><b>18</b></p>	<p>Paprika Chicken, Brown &amp; Wild Rice Pilaf, Poached Pear, Peas &amp; Carrots, Milk</p> <p><b>10am</b> Wii Bowling  <b>10am</b> Fit for the Future (\$4)  <b>10am</b> Medicare Counseling**  <b>12:30pm</b> Advisory Council**  <b>12:45pm</b> Progressive Pinochle  <b>2pm</b> Korean Bong Sul  <b>2:30pm</b> Korean Drawing  <b>3:30pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>19</b></p>	<p>Turkey w/ Gravy, Glazed Sweet Potatoes, Green Beans, Milk</p> <p><b>9am</b> Breakfast Club @ Tigers*  <b>9am</b> Yoga (\$4)  <b>10:15am</b> Chair Yoga (\$4)  <b>12:30pm</b> MontCo Assoc for the Blind  <b>12:45pm</b> Trivia Challenge  <b>1pm</b> Korean Women's Bong Sul  <b>2pm</b> Korean Line Dancing  <b>3pm</b> ESL for Koreans  <b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>20</b></p>	<p>Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk</p> <p><b>9:30am</b> PEAK Pinochle  <b>10am</b> County Arthritis Foundation Exercise Course*  <b>10am-12pm</b> Tech Appts**  <b>12:30pm</b> Bingo  <b>1:30pm</b> Korean Kalimba  <b>2pm</b> Korean Bong Sul  <b>3pm</b> Korean Book Club  <b>3pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>21</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>COLD MEAL: Tuna Salad w/ Lettuce, Grape Tomatoes, Garden Pea Confetti Salad, Cheddar Cheese Cubes, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>10am-2pm</b> GMU SLP <i>Students on Site*</i> <b>11am</b> Stitch &amp; Chat <b>12pm</b> Book Club* <b>12:30pm</b> Food for Thought* <b>2pm</b> Korean Bong Sul</p> <p style="text-align: right;"><b>24</b></p>	<p>Cheese Stuffed Shells w/ Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>12pm</b> Legal Consultations** <b>1pm</b> Game Club <b>1pm</b> Korean Computer Class <b>1pm</b> Korean Dance &amp; Drums <b>3:30pm</b> Korean Smart Phone Class</p> <p style="text-align: right;"><b>25</b></p>	<p>Swedish Meatballs w/ Egg Noodles, Peas, Poached Pear Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am</b> Medicare Counseling** <b>10am-12pm</b> State Sen. Collett Office Hours** <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>26</b></p>	<p>Philly Roast Pork Sandwich, Cauliflower, Peach Crumble, Milk</p> <p><b>9am</b> Yoga (\$4) <b>10:15am</b> Chair Yoga (\$4) <b>10:33am</b> Prayer Care <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>27</b></p>	<p>Roasted Tilapia, Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk</p> <p><b>9:30am</b> PEAK Pinochle <b>10am</b> County Arthritis Foundation Exercise Course* <b>10am-12pm</b> Tech Appts ** <b>10:30am</b> Grief Support <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>3pm</b> Korean Sax</p> <p style="text-align: right;"><b>28</b></p>

All Korean Programming is taught in Korean

**Orange with \*** Indicates special programming with additional information available in our Special Programs Section

**Blue with \*\*** Indicates Resources & Services with additional info available in our Resources and Services Section

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The PEAK CENTER  
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**BLACK HISTORY MONTH**

*This Month We Celebrate:*



Happy Valentine's Day

Feb 17  
HAPPY Presidents DAY