September MON TUES **WED THURS** FRI 6 10:00am-1:00pm 9:00am Yoga (\$4) 10:00am Crafts w/ Shiatsu Appts* **10:15am** Chair Yoga (\$4) Friends* (\$4) Closed for 9:00am Breakfast Outing @ **10:00am** Fit for the Future (\$4) **10:00am** Tai Chi (\$4) 12:30pm Food for Thought* Peeps Diner* 10:00am Medicare Counseling* 1:00pm Korean Women's 1:00pm Game Club **9:30am** PEAK Pinochle 10:00am Wii Bowling Bong Sul 1:00pm Korean Computer **12:30pm** Bingo 11:30am-1:30pm Special Lunch 2:00pm Korean Line & Singalong w/ DJ Smooth Jazz* 1:30pm Korean Kalimba 1:00pm Korean Dance & Dancing **12:45pm** Progressive Pinochle 2:00pm Korean Bong Sul **3:00pm** ESL for Koreans Drums 2:00pm Korean Bong Sul **3:00pm** Korean Book Club **4:00pm** Korean Creative 3:30pm Korean Smart Phone 2:30pm Korean Drawing Class **3:00pm** Korean Saxophone Orange with * Music Talk Class **3:30pm** Korean Saxophone indicates special **10:00am** Tai Chi (\$4) 10:00am Fit for the programming with 10 9:00am Yoga (\$4) 12 **13** 10:00am Story Time w/ Future (\$4) **10:15am** Chair Yoga (\$4) losephine* additional **10:00am** Fit for the 9:30am PEAK Pinochle 10:00am Medicare **12:30pm** Art Class (\$4) **10:00am-12:00pm** Rep. Future (\$4) information available Counseling** **11:00am** Grief Support 1:00pm Korean Womén's Malagari Office Hours** 10:00am Whist & Other **12:30pm** Bingo 10:00am Wii Bowling on pg. 9-10 Bong Sul 1:00pm Game Club Games **1:30pm** Korean Kalimba **12:45pm** Progressive Pinochle 12:45pm Trivia Challenge* 1:00pm Korean Computer 11:00am Stitch & Chat 1:00pm Craft- Shell 2:00pm Korean Bong Sul 2:00pm Korean Line Class 11:30am Movie Matinee* 3:00pm Korean Book Club Decorating* Dancing 1:00pm Korean Dance/ 2:00pm Korean Bong Sul 2:00pm Korean Bong Sul **3:00pm** ESL for Koreans 3:00pm Korean Saxophone Blue with ** Drums 3:30pm Korean Choir Class 4:00pm Korean Creative 2:30pm Korean Drawing Class 3:30pm Korean Smart Phone **Indicates Resources** Music Talk **3:30pm** Korean Saxophone Class & Services with 16 9:30am PEAK Pinochle 20 10:00am Fit for the additional info 9:00am Yoga (\$4) **10:00-11:45am** Balance & Future (\$4) **10:15am** Chair Yoga (\$4) **10:00am** Fit for the available on pg. 2 10:00am Tai Chi (\$4) **10:00am** Medicare Fall Prevention* **12:30pm** Montco Assoc for Future (\$4) 1:00pm Game Club Counseling** 10:30am-1pm Vaccine the Blind 10:00am Whist & Other 1:00pm Korean Computer Clinic* 10:00am Wii Bowling 1:00pm Korean Women's Games **12:30pm** Bingo 12:30pm Advisory Council* 11:00am Stitch & Chat 1:00pm Korean Dance & Bong Sul All Korean 1:30pm Korean Kalimba **12:45pm** Progressive Pinochle 2:00pm Korean Line Dancing 12:30pm Cornhole games* Drums Programming is 2:00pm Korean Bong Sul 2:00pm Korean Bong Sul 3:30pm Korean Smart Phone 3:00pm ESL for Koreans 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class 3:00pm Korean Book Club taught in Korean Class **4:00pm** Korean Creative **3:30pm** Korean Choir Class 3:00pm Korean Saxophone **3:30pm** Korean Saxophone Music Talk 10:00am Fit for the 26 10:00am Tai Chi (\$4) **Detailed descriptions 10:00am** Fit for the Future (\$4) **9:00am** Yoga (\$4) **12:30pm** UPMC Nutrition Future (\$4) for all of our regular 10:00am Medicare **10:15am** Chair Yoga (\$4) 9:30am PEAK Pinochle Workshop* 10:00am Whist & Other Counseling** **10:33am** Prayer Care Group* 11:00am Grief Support and recurring 1:00pm Game Club Games 10:00am Wii Bowling 1:00 pm Korean Women's **12:30pm** Bingo 1:00pm Korean Computer programming can be 11:00am Stitch & Chat 10:00am-12:00pm Sen Collett Bong Sul 1:30pm Korean Kalimba Class found on our 12:30pm Volleyball* office hours** 2:00pm Korean Line Dancing 2:00pm Korean Bong Sul 1:00pm Korean Dance & 2:00pm Korean Bong Sul **12:45pm** Progressive Pinochle **3:00pm** ESL for Koreans 3:00pm Korean Book Club website: Drums 3:30pm Korean Choir Class 2:00pm Korean Bong Sul 4:00pm Korean Creative **3:00pm** Korean Saxophone 3:30pm Korean Smart www.ghnpss.org 4:30pm Dinner outing @ 2:30pm Korean Drawing Class Music Talk Phone Class or scan below for **Energy Station*** 3:30pm Korean Saxophone quick access Lunch is served daily from 11:30 am - 12:30 pm. 30 **10:00am** Fit for the Advanced Reservations are required. Future (\$4) 10:00am Whist & Other To make a lunch reservation, register for programs, Games make appointments, or obtain more information on 11:00am Stitch & Chat any of the programs or services offered at our centers, **12:00pm** Book Club* in Lansdale Part of GHNPSS please call: 215-362-7432 2:00pm Korean Bong Sul 3:30pm Korean Choir Class Scan me

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