

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

*This Month We Celebrate:*

Asian Pacific American Heritage Month  
Jewish American Heritage Month  
Older American's Month  
Mental Health Awareness Month

May 11th - Mother's Day  
May 17th - Armed Forces Day  
May 26th - Memorial Day



Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk

French Toast Sticks, Scrambled Eggs with Cheese, Peaches with Granola, Milk

**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

**1**

**9:30am** PEAK Pinochle  
**10am-12pm** Tech Appts\*  
**10:30am** HypnoFit Living Presentation\*  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2pm** Korean Bong Sul  
**3pm** Korean Book Club  
**3pm** Korean Saxophone

**2**

Chicken Burger with Roasted Peppers & Provolone, Wild & Brown Rice Pilaf, Steamed Broccoli, Milk

Pasta with Meatballs, Peas, Poached Pear, Milk

Beef Stew, Roasted Potatoes, Peach Crumble, Milk

Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk

General Tso Chicken, Fried Rice, Broccoli, Milk

**10am** Fit for the Future (\$4)  
**10am** Whist/Other Games  
**2pm** Korean Bong Sul  
**3pm** Korean Table Tennis  
**4pm** Korean Choir Class

**5**

**10am** Tai Chi (\$4)  
**10am** Crafts with Friends\* (\$4)  
**12:30pm** Clear Captions Presentation\*  
**1pm** Game Club  
**1pm** Korean Computer Class  
**1pm** Korean Dance/Drums  
**3:30pm** Korean Smart Phone Class

**6**

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

**7**

**9am** Breakfast Club @ Peeps\*  
**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  
**4pm** Korean Creative Music Talk

**8**

**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

**9**

Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, Milk

COLD MEAL: Roasted Vegetable Grinder, Green Beans w/ Vinaigrette, Mandarin Oranges, Milk

Paprika Chicken, Brown & Wild Rice Pilaf, Poached Pear, Peas & Carrots, Milk

Turkey w/ Gravy, Glazed Sweet Potatoes, Green Beans, Milk

Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk

**10am** Fit for the Future (\$4)  
**10am** Whist/Other Games  
**11:30am** Movie Matinee & Lunch\*  
**2pm** Korean Bong Sul  
**3pm** Korean Table Tennis  
**4pm** Korean Choir Class

**12**

**10am** Tai Chi (\$4)  
**10am** Story Time w/ Josephine\*  
**10am-12pm** State Rep. Malagari Office Hours\*\*  
**10am-2pm** GMU SLP Students\*  
**12pm** PA Health & Wellness Bday Celebration & Program\*  
**1pm** Game Club  
**1pm** Korean Computer Class  
**1pm** Korean Dance/Drums  
**3:30pm** Korean Smart Phone Class

**13**

**9:30-11:30am** Trivia Fun with Beth  
**10am** Wii Bowling  
**10am** Fit for the Future (\$4)  
**10am** Medicare Counseling\*\*  
**12:30pm** Helpful Tips for Selling your Home\*  
**12:45pm** Progressive Pinochle  
**2pm** Korean Bong Sul  
**2:30pm** Korean Drawing  
**3:30pm** Korean Saxophone

**14**

**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

**15**

**9:30am** PEAK Pinochle  
**10am-12pm** Tech Appts\*\*  
**10:30am** Crystal Bowls\*  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2pm** Korean Bong Sul  
**3pm** Korean Book Club  
**3pm** Korean Saxophone

**16**



# May 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>COLD MEAL: Tuna Salad with Lettuce &amp; Grape Tomatoes, Garden Pea Confetti Salad, Cheddar Cheese Cubes, Milk</p> <p><b>10am</b> Stretch &amp; Tone* (\$4)</p> <p><b>10am</b> Whist/Other Games</p> <p><b>12:30pm</b> Cornhole &amp; Mini Golf Pool games</p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>3pm</b> Korean Table Tennis</p> <p><b>4pm</b> Korean Choir Class</p> <p style="text-align: right;"><b>19</b></p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p><b>10am</b> Tai Chi (\$4)</p> <p><b>10am-2pm</b> GMU SLP Students*</p> <p><b>10-10:30am</b> Free BP Checks*</p> <p><b>10:30-11:15am</b> Help Yourself to Healthy Living: Prevent a Stroke*</p> <p><b>12:30pm</b> Summertime Safety*</p> <p><b>1pm</b> Game Club</p> <p><b>1pm</b> Korean Computer Class</p> <p><b>1pm</b> Korean Dance &amp; Drums</p> <p><b>3:30pm</b> Korean Smart Phon</p> <p><b>4:30pm</b> Dinner Outing @ 1750 Grille, Holiday Inn*</p> <p style="text-align: right;"><b>20</b></p>	<p>Swedish Meatballs, Egg Noodles, Peas, Poached Pear, Milk</p> <p><b>8am-4pm</b> Train Show @ Encore*</p> <p><b>10am</b> Wii Bowling</p> <p><b>10am</b> Stretch &amp; Tone* (\$4)</p> <p><b>10am</b> Medicare Counseling **</p> <p><b>10-11:30am</b> Covenant Insurance Info Table*</p> <p><b>12:30pm</b> Advisory Council**</p> <p><b>12:45pm</b> Progressive Pinochle</p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>2:30pm</b> Korean Drawing</p> <p><b>3:30pm</b> Korean Sax</p> <p style="text-align: right;"><b>21</b></p>	<p>Philly Roast Pork Sandwich, Cauliflower, Peach Crumble, Milk</p> <p><b>8am-4pm</b> Train Show @ Encore*</p> <p><b>9am</b> Yoga (\$4)</p> <p><b>10:15am</b> Chair Yoga (\$4)</p> <p><b>10:33am</b> Prayer Care</p> <p><b>12:45pm</b> Trivia with Nancy</p> <p><b>1pm</b> Korean Women's Bong Sul</p> <p><b>2pm</b> Korean Line Dancing</p> <p><b>3pm</b> ESL for Koreans</p> <p><b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>22</b></p>	<p>Roasted Tilapia, Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk</p> <p><b>9:30am</b> PEAK Pinochle</p> <p><b>10am-12pm</b> Tech Appts**</p> <p><b>10:30am</b> Grief Support</p> <p><b>12:30pm</b> Bingo</p> <p><b>1:30pm</b> Korean Kalimba</p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>3pm</b> Korean Book Club</p> <p><b>3pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>23</b></p>
<p style="text-align: center;">Closed for</p> <p style="text-align: center;"><b>MEMORIAL DAY</b></p>	<p>BBQ Pulled Pork Sandwich, Cauliflower, Sweet Potatoes, Milk</p> <p><b>10am</b> Tai Chi (\$4)</p> <p><b>10am-2pm</b> GMU SLP Students*</p> <p><b>12pm</b> Legal Consultations**</p> <p><b>12pm</b> Book Club*</p> <p><b>1pm</b> Game Club</p> <p><b>1pm</b> Korean Computer Class</p> <p><b>1pm</b> Korean Dance &amp; Drums</p> <p><b>3:30pm</b> Korean Smart Phone Class</p> <p style="text-align: right;"><b>27</b></p>	<p>SPECIAL LUNCH (\$10): Creamy Chicken Tarragon, Roasted Potatoes, Asparagus Salad, Strawberry Rhubarb Crisp</p> <p><b>10am</b> Wii Bowling</p> <p><b>10am</b> Stretch &amp; Tone* (\$4)</p> <p><b>10am</b> Medicare Counseling**</p> <p><b>10am-12pm</b> State Sen. Collett Office Hours**</p> <p><b>11:30am-1:30pm</b> Special Lunch: Springtime in Paris*</p> <p><b>12:45pm</b> Progressive Pinochle</p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>2:30pm</b> Korean Drawing</p> <p><b>3:30pm</b> Korean Sax</p> <p style="text-align: right;"><b>28</b></p>	<p>COLD MEAL: Fusilli Salad w/ White Beans, Grilled Chicken Breast, Canned Pears, Milk</p> <p><b>9am</b> Yoga (\$4)</p> <p><b>10:15am</b> Chair Yoga (\$4)</p> <p><b>1pm</b> Korean Women's Bong Sul</p> <p><b>2pm</b> Korean Line Dancing</p> <p><b>3pm</b> ESL for Koreans</p> <p><b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>29</b></p>	<p>White Chicken Chili, Brown Rice, Roasted Zucchini, Stewed Tomatoes, Milk</p> <p><b>9:30am</b> PEAK Pinochle</p> <p><b>12:30pm</b> Bingo</p> <p><b>1:30pm</b> Korean Kalimba</p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>3pm</b> Korean Book Club</p> <p><b>3pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>30</b></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



Scan me

Detailed descriptions for all of our regular and recurring programming can be found on our website:

[www.ghnpss.org](http://www.ghnpss.org)

or scan the QR code for quick access



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

Our center is open **8am - 4pm, Mon-Fri**, with access to self-organized Rummikub, Puzzles, Cards, Games, Chess, and Creative Coloring. Visit the front desk for questions or to access materials. Programs are free unless otherwise indicated.