

MON

TUES

WED

THURS

FRI

November 2024



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

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

9:30am PEAK Pinochle
10am-12pm Tech
Appointments with Les**
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone
Class

1



Access to our facility,
with ample space for
socializing and self-
organized puzzling,
creative coloring,
Rummikub, Chess, &
card games is available
8 am - 4 pm, M-F.



More information
about calendar items
designated as

*Special
Programming in
Orange, or
**Resources and
Services in Blue,

can be obtained at our
front desk.



All Korean
Programming is
taught in Korean.



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

www.ghnps.org
or scan below for
quick access



Scan me

10am Fit for the Future (\$4) 4
10am Whist/Other Games
10am-2pm GMU Speech
Language Pathology
Students on Site*
11am Stitch & Chat
11:30am Movie
Matinee/Lunch*
2pm Korean Bong Sul
3:30pm Korean Choir Class

10am Tai Chi (\$4) 5
10am Crafts w/ Friends* (\$4)
12:30pm Ice Cream Social &
Games w/ GHNPS Staff*
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
**Center Closing at 2pm for
Staff In-Service**
3:30pm Korean Smart Phone
Class Canceled

10am Fit for the Future (\$4) 6
10am Medicare Counseling **
10am Wii Bowling
10am-1pm Shiatsu Appts*
12:45pm Progressive Pinochle
12:45pm Trivia Challenge
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

9am Yoga (\$4) 7
10:15am Chair Yoga (\$4)
12:30pm DelVal Senior
Advisors: Medicare 2025*
1pm Korean Women's Bong
Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music
Talk

9:00am Breakfast Club* 8
9:30am PEAK Pinochle
10am-12pm Tech
Appointments with Les**
11am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone
Class

10am Fit for the Future (\$4) 11
10am Whist/Other Games
10am-2pm GMU Speech
Language Pathology
Students on Site*
11am Stitch & Chat
12:30pm Cornhole & Mini
Golf Pool games
2pm Korean Bong Sul
3:30pm Korean Choir Class

10am Tai Chi (\$4) 12
10am Story Time w/
Josephine*
10am-12pm State Rep.
Malagari Office Hours**
12:30pm Medicare 2025
Changes*
1:00pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
3:30pm Korean Smart Phone

10am Wii Bowling 13
10am Fit for the Future (\$4)
10am Medicare Counseling**
11am Revolutionary Home
Health*
12:30pm Memory Games*
12:45pm Progressive Pinochle
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

9am Yoga (\$4) 14
10:15am Chair Yoga (\$4)
12:30-2pm Art Class (\$4)
12:30-2:00pm Total
Performance PT 1:1 Appts*
1pm Korean Women's
Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music
Talk

9:30am PEAK Pinochle 15
10am-12pm Tech
Appointments with Les**
10am -1pm Friendly Farm
Stand*
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone
Class

10am Fit for the Future (\$4) 18
10am Whist/Other Games
10am-2pm GMU SLP
Students on Site*
11am Stitch & Chat
12:30pm Volleyball
2pm Korean Bong Sul
3:30pm Korean Choir Class

10am Tai Chi (\$4) 19
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance & Drums
3:30pm Korean Smart Phone
Class

10am Wii Bowling 20
10am Fit for the Future (\$4)
10am Medicare Counseling**
10am-12pm Sen Collett office
hours**
12:30pm Advisory Council**
12:45pm Progressive Pinochle
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

9am Yoga (\$4) 21
10:15am Chair Yoga (\$4)
10:33am Prayer Care Group
12:30pm Montco Assoc/ Blind
12:30pm Food for Thought*
1pm Korean Women's
Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music
Talk
4:30pm Dinner Outing*

9:30am PEAK Pinochle 22
10am-12pm Tech
Appointments with Les**
11am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone
Class

10am Fit for the Future (\$4) 25
10am Whist/Other Games
10am-2pm GMU SLP
Students on Site*
11am Stitch & Chat
11:30am Thanksgiving
Special Lunch*
12pm Book Club*
2:00pm Korean Bong Sul
3:30pm Korean Choir Class

10am Tai Chi (\$4) 26
12pm Legal Consultation
appts**
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
3:30pm Korean Smart Phone
Class

10am Wii Bowling 27
10am Fit for the Future (\$4)
10am Medicare Counseling **
12:45pm Progressive Pinochle
2pm Korean Bong Sul
2:30pm Korean Drawing
Class
3:30pm Korean Saxophone

28 29
Closed for Thanksgiving
Image of turkey and autumn leaves