

July 2023 Programs at PEAK

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Virtual Classes are noted in green. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 11:30-12:30 Lunch 2:00pm Korean Bong Sul</p>	<p>CLOSED Independence Day</p>	<p>5</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30 Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing</p>	<p>6</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00-2:00pm ACLAMO Pharmacy Clinic 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess Club 11:30-12:30 Lunch 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p>	<p>7</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>10</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 11:30-12:30 Lunch 2:00pm Korean Bong Sul</p>	<p>11</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00-12:00pm PA State Rep. Steve Malagari Office 10:00-1:00pm Ask the Pharmacist with Hatfield Pharmacy 10:00 Storytime with Josephine 10:00 Tai Chi (\$4) 11:30-12:30 Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p>	<p>12</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:00-12:00pm Pelvic Floor Presentation with Total Performance 11:30-12:30 Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing</p>	<p>13</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Breakfast Club: Tiger's Family Restaurant 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess Club 11:30-12:30 Lunch 12:30-1:30pm Line Dancing with Aetna 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p>	<p>14</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>17</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Giving Tree Craft Project 10:00 Fit for the Future (\$4) 11:30-12:30 Lunch 2:00pm Korean Bong Sul</p>	<p>18</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 10:00-12:00pm Charles Siniari of UnitedHealthcare 11:30-12:30 Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p>	<p>19</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30pm Special Lunch with Caribbean Dancers (\$10) 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing</p>	<p>20</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess Club 11:30-12:30 Lunch 12:30-1:30pm Holistic Health/Managing Stress 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p>	<p>21</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>24</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 11:30-12:30 Lunch 2:00pm Korean Bong Sul</p>	<p>25</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 11:30-12:30 Lunch 12:00pm Legal Consultations (by appointment) 1:00pm Games 1:00pm Korean Dance 3:00pm Wedding Dance Exercises with Nadine (\$4) 3:30pm Korean Smart Phone Class 4:15pm Dinner Outing: Franconia Heritage Family Restaurant</p>	<p>26</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30 Lunch 12:45pm Pinochle 1:00pm Advisory Council 2:00pm Korean Bong Sul 3:30pm Korean Drawing</p>	<p>27</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess Club 11:30-12:30 Lunch 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p>	<p>28</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>31</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00-2:00pm Blood Drive 10:00 Fit for the Future (\$4) 11:30-12:30 Lunch 12:00pm Book Club 2:00pm Korean Bong Sul</p>	<p>Blood Drive at PEAK</p> <p>Give Blood  Share Life</p> <p>July 31 • 9am - 2pm</p>		<p>"Caribbean" Special Lunch Wednesday, July 19 11:30am to 12:30pm</p> <p>Enjoy a delicious lunch and entertainment by Caribbean Dancers</p> 	