

April 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 (\$3) 11:30-12:30 Lunch 2:00pm Korean Bong Sul</p>	<p>4</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 10:30 Road to Happiness: Understanding Depression 11:30-12:30 Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p>	<p>5</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 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 Yoga with Nadine (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 1:30pm Korean Line Dancing 3:30pm ESL for Koreans</p>	<p>7</p> <p>CLOSED Good Friday</p>
<p>10</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 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 8:30am-12:30pm AARP Driver Refresher Course 10:00 Tai Chi (\$3) 10:00 Storytime with Josephine 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 (\$3) 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>13</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 1:30pm 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 9:30 Tai Chi for Arthritis 11:00 Grief Support 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 2:30pm Happy Hour 3:00pm Korean Book Club 4:15pm Encore Explorers: Dinner Outing to Franconia Heritage Restaurant</p>
<p>17</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 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 (\$3) 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 (\$3) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-1:30pm Special Lunch with Neil Farber (\$8) 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 (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 1:30pm 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 9:30-10:30am Tai Chi for Arthritis 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 (\$3) 11:30-12:30 Lunch 12:00pm Book Club 2:00pm Korean Bong Sul</p>	<p>25</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 12:30pm Legal Consultations (by appt. only) 1:00pm Advisory Council 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p>	<p>26</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30 Lunch 12:30-1:30pm Valiant Women in History 12:45pm Pinochle 2:00pm Korean Bong Sul 3:00pm Wedding Dance Exercises with Nadine 3:30pm Korean Drawing</p>	<p>27</p> <p>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 1:00pm Yantze Chinese Lunch Outing 1:30pm 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 9:30-10:30am Tai Chi for Arthritis 11:00 Grief Support 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 2:30pm Happy Hour 3:00pm Korean Book Club</p>

Tai Chi for Arthritis
April 14 - June 2
9:30am to 10:30am

Free 6-Week Evidence-based Course

Saturday, April 29

3:30pm to 6:00pm at Encore

Senior Dinner & Dance

Free Dinner, Dancing & More
RSVP by April 15

Sponsored by Twilight Wish Foundation

