

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.

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

9:30am PEAK Pinochle 8
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

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
10am Tai Chi (\$4)
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 a turkey and autumn leaves.

The PEAK CENTER in Lansdale
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
QR code