

# August 2023 Programs at PEAK

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Hybrid Classes (in-person and virtual) are noted in blue. 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
	<b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Tai Chi (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Dance <b>3:30pm</b> Korean Smart Phone Class	<b>1</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Tai Chi (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Dance <b>3:30pm</b> Korean Smart Phone Class	<b>2</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Medicare Counseling (by appt. only) <b>10:00</b> Wii Bowling <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:45pm</b> Pinochle <b>2:00pm</b> Korean Bong Sul <b>3:30pm</b> Korean Drawing <b>4:30pm</b> Korean Saxophone Class	<b>3</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>9:00</b> Yoga with Nadine (\$4) <b>10:00</b> Meditation with Nadine (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Shiatsu Lecture <b>2:00pm</b> Korean Sewing Class <b>3:30pm</b> ESL for Koreans
<b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>2:00pm</b> Korean Bong Sul	<b>7</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00-12:30pm</b> PA State Rep. Steve Malagari Office <b>10:00 Storytime with Josephine</b> <b>10:00</b> Tai Chi (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Dance <b>3:30pm</b> Korean Smart Phone Class	<b>8</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Medicare Counseling (by appt. only) <b>10:00-2:00pm</b> Shiatsu Appointments <b>10:00</b> Wii Bowling <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:45pm</b> Pinochle <b>2:00pm</b> Korean Bong Sul <b>3:30pm</b> Korean Drawing <b>4:30pm</b> Korean Saxophone Class	<b>9</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>9:00</b> Breakfast Club <b>9:00</b> Yoga with Nadine (\$4) <b>10:00</b> Meditation with Nadine (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>2:00pm</b> Korean Sewing Class <b>3:30pm</b> ESL for Koreans	<b>10</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>9:00</b> Breakfast Club <b>9:00</b> Yoga with Nadine (\$4) <b>10:00</b> Meditation with Nadine (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Bingo <b>1:00pm</b> Korean Kalimba <b>2:00pm</b> Korean Bong Sul <b>3:00pm</b> Korean Book Club
<b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Crochet Club <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>2:00pm</b> Korean Bong Sul	<b>14</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Tai Chi (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Dance <b>3:30pm</b> Korean Smart Phone Class	<b>15</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Medicare Counseling (by appt. only) <b>10:00</b> Wii Bowling <b>10:30</b> Chess Club <b>11:30-1:30pm</b> Special Lunch with Sally Kauffman: The Joy of Laughter (\$10) <b>12:45pm</b> Pinochle <b>2:00pm</b> Korean Bong Sul <b>3:30pm</b> Korean Drawing <b>4:30pm</b> Korean Saxophone Class	<b>16</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Medicare Counseling (by appt. only) <b>10:00</b> Wii Bowling <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:45pm</b> Pinochle <b>2:00pm</b> Korean Bong Sul <b>3:30pm</b> Korean Drawing <b>4:30pm</b> Korean Saxophone Class	<b>17</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>9:00</b> Yoga with Nadine (\$4) <b>10:00</b> Meditation with Nadine (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>2:00pm</b> Korean Sewing Class <b>3:30pm</b> ESL for Koreans
<b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Senior Day Dance with Neil Farber <b>2:00pm</b> Korean Bong Sul <b>4:15pm</b> Dinner Outing: P.J. Whelihan's Pub & Restaurant in Hatfield	<b>21</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Tai Chi (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:00pm</b> Legal Consultations (by appt.) <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Dance <b>3:30pm</b> Korean Smart Phone Class	<b>22</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Tai Chi (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:00pm</b> Legal Consultations (by appt.) <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Dance <b>3:30pm</b> Korean Smart Phone Class	<b>23</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:00-12:00pm</b> Maria Collette Office Resource Table <b>10:00</b> Medicare Counseling (by appt. only) <b>10:00</b> Wii Bowling <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:45pm</b> Pinochle <b>1:00pm</b> Advisory Council <b>2:00pm</b> Korean Bong Sul <b>3:30pm</b> Korean Drawing <b>4:30pm</b> Korean Saxophone Class	<b>24</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>8:30-12:30pm</b> AARP Safe Driver Refresher Course <b>9:00</b> Yoga with Nadine (\$4) <b>10:00</b> Meditation with Nadine (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>2:00pm</b> Korean Sewing Class <b>3:30pm</b> ESL for Koreans
<b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Crochet Club <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:00pm</b> Book Club <b>12:30pm</b> Chair Exercise Bingo with Neely Steich <b>2:00pm</b> Korean Bong Sul	<b>28</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00 Games with Mater Dei Students</b> <b>10:00</b> Tai Chi (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Dance <b>3:30pm</b> Korean Smart Phone Class	<b>29</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Medicare Counseling (by appt. only) <b>10:00</b> Wii Bowling <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Dance <b>3:30pm</b> Korean Smart Phone Class	<b>30</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Medicare Counseling (by appt. only) <b>10:00</b> Wii Bowling <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>12:45pm</b> Pinochle <b>1:00pm</b> Advisory Council <b>2:00pm</b> Korean Bong Sul <b>3:30pm</b> Korean Drawing <b>4:30pm</b> Korean Saxophone Class	<b>31</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub, Games and Puzzles <b>9:00</b> Yoga with Nadine (\$4) <b>10:00</b> Meditation with Nadine (\$4) <b>10:30</b> Chess Club <b>11:30-12:30pm</b> Lunch <b>2:00pm</b> Korean Sewing Class <b>3:30pm</b> ESL for Koreans

