

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
	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 10:30 Chess Club 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	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 10:30 Chess Club 11:30-12:30pm Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class	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 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 10:30 Chess Club 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00-12:30pm PA State Rep. Steve Malagari Office 10:00 Storytime with Josephine 10:00 Tai Chi (\$4) 10:30 Chess Club 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00-2:00pm Shiatsu Appointments 10:00 Wii Bowling 10:30 Chess Club 11:30-12:30pm Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Breakfast Club 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess Club 11:30-12:30pm Lunch 2:00pm Korean Sewing Class 3:30pm ESL for Koreans	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 10:30 Chess Club 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Crochet Club 10:30 Chess Club 11:30-12:30pm Lunch 2:00pm Korean Bong Sul	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 10:30 Chess Club 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	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 10:30 Chess Club 11:30-1:30pm Special Lunch with Sally Kauffman: The Joy of Laughter (\$10) 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class	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 11:30-12:30pm Lunch 2:00pm Korean Sewing Class 3:30pm ESL for Koreans
	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 10:30 Chess Club 11:30-12:30pm Lunch 12:00pm Legal Consultations (by appt.) 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	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 10:30 Chess Club 11:30-12:30pm Lunch 12:45pm Pinochle 1:00pm Advisory Council 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 8:30-12:30pm AARP Safe Driver Refresher Course 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess Club 11:30-12:30pm Lunch 2:00pm Korean Sewing Class 3:30pm ESL for Koreans	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 10:30 Chess Club 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:30 Chess Club 11:30-12:30pm Lunch 12:30pm Senior Day Dance with Neil Farber 2:00pm Korean Bong Sul 4:15pm Dinner Outing: P.J. Whelihan's Pub & Restaurant in Hatfield	8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Games with Mater Dei Students 10:00 Tai Chi (\$4) 10:30 Chess Club 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	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 10:30 Chess Club 11:30-12:30pm Lunch 12:45pm Pinochle 1:00pm Advisory Council 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class	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 11:30-12:30pm Lunch 2:00pm Korean Sewing Class 3:30pm ESL for Koreans	