

January 2024 Programs

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
<p>1</p> <p>CLOSED Happy New Year</p> 	<p>2</p> <p>9:00-10:20 Haircuts <i>(by appt.)</i> (\$10) 9:30 Group Trivia 10:00 Stamp Club 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Stretch and Tone (\$4)</p>	<p>3</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed <i>(by appt.)</i> 11:00 Chair Yoga (4\$) 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Medicare Counseling <i>(by appt. only)</i></p>	<p>4</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00-10:45 Free Blood Pressure Screenings 11:00-12:00 Help Yourself to Healthy Living: Slips, Trips and Falls! Don't Do It! 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 2:30pm Prayer Care</p>	<p>5</p> <p>10:00 Wii Sports or Jeopardy 11:00-2:00pm Shiatsu Massage by appointment (\$20) 11:45 Classical Piano Entertainment by Chris Antis 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>8</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>9</p> <p>9:30 Group Trivia 10:00 Storytime with Josephine (Online & at PEAK) 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>10</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30-12:00 pm Cash for Gold 10:30 Tech Tutoring with Ed <i>(by appt.)</i> 12:00-1:00pm Lunch 1:00pm Rummikub</p>	<p>11</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Advisory Council 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>12</p> <p>10:00 Wii Sports or Jeopardy 11:00 PA State Rep. Donna Scheuren Resource Hour 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>15</p> <p>9:15 Tai Chi (\$5) 11:00 MLK Day of Service: Project and Winter Trivia with Corpus Christi School 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks *Members Only - Tax Sign Ups Begin*</p>	<p>16</p> <p>9:00-10:20 Haircuts <i>(by appt.)</i> (\$10) 9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>17</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed <i>(by appt.)</i> 10:30 Retrospective Roundtable: Where did you work? 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Home Health Care Fair</p>	<p>18</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 9:30-10:30 Legal Consultations <i>(by appt.)</i> 12:00-1:00pm Lunch 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 2:30pm Prayer Care</p>	<p>19</p> <p>10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>22</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks *Open Tax Sign Ups Begin*</p>	<p>23</p> <p>9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:30pm Zumba (\$4)</p>	<p>24</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed <i>(by appt.)</i> 12:00-1:00pm Lunch 1:00pm Rummikub</p>	<p>25</p> <p>9:00 Wood Carving 9:30 Stitch & Chat 10:00-2:00pm Social Services with Carol Costlow 12:00-1:30pm Special Lunch: Traditional Turkey Dinner with Celebrations Disc Jockey (\$10) 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p>	<p>26</p> <p>9:30 Veteran's Coffee Catch-up 10:00 Wii Sports or Jeopardy 12:00-1:00pm Lunch 1:00pm The Happy? Ya! Ya! Crew 1:30pm Stretch & Tone (\$4)</p>
<p>29</p> <p>9:15 Tai Chi (\$5) 12:00-1:00pm Lunch 1:30pm Art Class (\$4) 1:45pm Bingo for Bucks</p>	<p>30</p> <p>9:30 Group Trivia 12:00-1:00pm Lunch 12:30pm Pinochle 1:00pm Mahjong 1:00pm Multi-generational Living Talk 1:30pm Zumba (\$4)</p>	<p>31</p> <p>8:00 Chess 9:15 Tai Chi (\$5) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed <i>(by appt.)</i> 12:00-1:00pm Lunch 1:00pm Rummikub 1:00pm Brain Aerobics with Neely (\$4)</p>	 <p>Did you make a New Year's Resolution to stay healthy and strong? Try out one of our fitness classes to jump start your wellness journey!</p>	