


February 2023 Program Calendar

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 |
|---|--|---|---|--|
| February 2 9am - 2pm  give blood, give life | | 8:00 Creative Coloring 1 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 12:30pm Bingo 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing | 8:00 Creative Coloring 2 8:00 Rummikub, Games and Puzzles 9:00-2:00pm Blood Drive - American Red Cross 9:00 Yoga with Nadine (\$3) 10:00 Meditation with Nadine (\$3) 10:30 Chess Club 11:30-12:30 Lunch 12:30pm White House Presentation 1:30pm Korean Line Dancing 3:30pm ESL for Koreans | 8:00 Creative Coloring 3 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30 Lunch 1:00pm Korean Kalimba 3:00pm Korean Book Club |
| 6 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 10:30 Art Class (\$4) 11:30-12:30 Lunch 2:00pm Korean Bong Sul | 7 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 10:30 Special Bingo with the YMCA Kids 11:30-12:30 Lunch 1:00pm Korean Dance 3:30pm Korean Smart Phone Class | 8 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 12:30pm Bingo 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing | 9 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 12:30pm Black History Month: Meet Joann Robinson 1:30pm Korean Line Dancing 3:30pm ESL for Koreans | 10 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30 Lunch 1:00pm Korean Kalimba 2:30pm Happy Hour 3:00pm Korean Book Club |
| 13 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 10:30 Art Class (\$4) 11:30-12:30 Lunch 2:00pm Korean Bong Sul | 14 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 10:00 Storytime with Josephine 11:30-12:30 Lunch 1:00pm Korean Dance 3:30pm Korean Smart Phone Class | 15 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 11:30-12:30pm Special Lunch (\$8) 12:30pm Bingo 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing | 16 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 11:15 Journey to Healthy Age with Nadine 11:30-12:30 Lunch 1:30pm Korean Line Dancing 3:30pm ESL for Koreans | 17 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30 Lunch 1:00pm Korean Kalimba 3:00pm Korean Book Club |
| 20 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 10:30 Art Class (\$4) 11:30-12:30 Lunch 2:00pm Korean Bong Sul | 21 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 12:30pm Aqua Therapy Seminar 1:00pm Korean Dance 3:30pm Korean Smart Phone Class | 22 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 12:30pm Bingo 12:45pm Pinochle 1:00pm Advisory Council 2:00pm Korean Bong Sul 3:00pm Wedding Dance Exercises with Nadine 3:30pm Korean Drawing | 23 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 | 24 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30 Lunch 1:00pm Korean Kalimba 2:30pm Happy Hour 3:00pm Korean Book Club |
| 27 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 10:30 Art Class (\$4) 11:30-12:30 Lunch 12:00pm Book Club 2:00pm Korean Bong Sul | 28 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 12:00pm Legal Consult. (by appt. only) 1:00pm Korean Dance 3:30pm Korean Smart Phone Class |  | | |