The PEAK CENTER in Lansdale *Part of GHNPSS*

215-362-7432
www.ghnpss.org

January 2022 Program Calendar

Programs shown were scheduled at the time of printing. **In-Person classes are noted in black.**
Virtual Classes are noted in green. Special events are noted in Gold.

MCKSA stands for the Montgomery County Korean Senior Association

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future ($3) 12:30pm Mindful Meditation 2:00pm MCKSA Bong Sul 3:00pm MCKSA ESL	**4** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Tai Chi ($3) 10:30 "The Book of Me" with Anne Kelly, MA, NCC 11:00 Yoga ($3) 1:00pm YoHa 1:00pm MCKSA Dance 2:00pm MCKSA Computer Lab	**5** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future ($3) 10:00 Medicare Counseling (by appt. only) 11:00 Wii Bowling 12:45pm Pinochle 1:00pm MCKSA Smart IT Living 1:00-2:00pm Medication Take Back from MCOSS 2:00pm Grief Support 2:00pm MCKSA Bong Sul 3:00pm MCKSA ESL	**6** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Chess Club 10:30 YoHa 12:30 Help Yourself to Healthy Living: Medication Safety 2:00pm MCKSA Computer Lab	**7** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Tech Assistance with Dave (by appt. only) 11:00 Bingo 12:30pm MCKSA ESL 2:00pm MCKSA Bong Sul
10 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future ($3) 12:30pm Mindful Meditation 1:00pm MCKSA Smart IT Living 2:00pm MCKSA Bong Sul 2:00pm ShotRite Presents: Nutrition for a Healthy Immune System 3:00pm MCKSA ESL	**11** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Tai Chi ($3) 10:30 Storytime with Josephine 11:00 Yoga ($3) 1:00pm YoHa 1:00pm MCKSA Dance 2:00pm MCKSA Computer Lab	**12** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future ($3) 10:00 Medicare Counseling (by appt. only) 11:00 Wii Bowling 12:45pm Pinochle 1:00pm MCKSA Smart IT Living 2:00pm Grief Support 2:00pm MCKSA Bong Sul 3:00pm MCKSA ESL	**13** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Chess Club 10:30 YoHa 2:00pm MCKSA Computer Lab	**14** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Tech Assistance with Dave (by appt. only) 11:00 Bingo 12:30pm MCKSA ESL 1:00pm Cooking Class with Chef Cindie: Sunshine on Your Plate 2:00pm MCKSA Bong Sul 2:30pm Happy Hour
17 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future ($3) 12:30pm Mindful Meditation 1:00pm MCKSA Smart IT Living 2:00pm MCKSA Bong Sul 3:00pm MCKSA ESL	**18** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Tai Chi ($3) 10:30 "The Book of Me" with Anne Kelly, MA, NCC 11:00 Yoga ($3) 1:00pm YoHa 1:00pm MCKSA Dance 2:00pm MCKSA Computer Lab	**19** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future ($3) 10:00 Medicare Counseling (by appt. only) 11:00 Wii Bowling 12:45pm Pinochle 1:00pm MCKSA Smart IT Living 2:00pm Grief Support 2:00pm MCKSA Bong Sul 3:00pm MCKSA ESL	**20** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Chess Club 10:30 YoHa 2:00pm MCKSA Computer Lab	**21** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Tech Assistance with Dave (by appt. only) 11:00 Bingo 12:30pm MCKSA ESL 12:30pm New Year Party: Lunch & Interactive DJ 2:00pm MCKSA Bong Sul
24 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future ($3) 12:30pm Mindful Meditation 1:00pm MCKSA Smart IT Living 2:00pm MCKSA Bong Sul 3:00pm MCKSA ESL	**25** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Tai Chi ($3) 10:30 "The Book of Me" with Anne Kelly, MA, NCC 11:00 Yoga ($3) 12:00 Legal Consultations 1:00pm YoHa 1:00pm MCKSA Dance 2:00pm MCKSA Computer Lab	**26** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future ($3) 10:00 Medicare Counseling (by appt. only) 11:00 Wii Bowling 12:45pm Pinochle 1:00pm MCKSA Smart IT Living 2:00pm Grief Support 2:00pm MCKSA Bong Sul 3:00pm MCKSA ESL	**27** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Chess Club 10:30 YoHa 2:00pm MCKSA Computer Lab	**28** 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Tech Assistance with Dave (by appt. only) 11:00 Bingo 12:30pm MCKSA ESL 2:00pm MCKSA Bong Sul 2:30pm Happy Hour
31 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future ($3) 12:00pm Book Club 12:30pm Mindful Meditation 1:00pm MCKSA Smart IT Living 2:00pm MCKSA Bong Sul 3:00pm MCKSA ESL	**"The Book of Me"** Revisit different time periods of your life and create your story. **Jan. 4, 18 & 25** 11:30am on Zoom	**Fit for the Future** Mondays and Wednesdays at 10:00am ($3)	**New Year Party at PEAK** Lunch & Interactive DJ **Jan. 21 @ 12:30pm**	**Mindful Meditation** (Virtual Class) **Mondays at 12:30pm**

Greater Harleysville & North Penn Senior Services