

June 2023 Programs at PEAK

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	
	<div>Montgomery County Immunization Coalition (MCIC) Educational Programs</div> <div>Adult Vaccines, Expanded Access with Medicare Part D & Tips for Healthy Eating: June 7 at 12:30pm</div> <div>Shingles Vaccine & COVID Booster: June 12 from 10:00-12:00pm</div>		<div>1</div> <div>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</div>	<div>2</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 9:30 Tai Chi for Arthritis 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</div>	
	<div>5</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$3) 11:30-12:30 Lunch 2:00pm Korean Bong Sul</div>	<div>6</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</div>	<div>7</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30 Lunch 12:30-1:30pm Education Program: Adult Vaccines, Expanded Access with Medicare Part D & Tips for Healthy Eating 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing</div>	<div>8</div> <div>8:00 Breakfast Club: Valentino's Bistro 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</div>	<div>9</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 2:30pm Happy Hour 3:00pm Korean Book Club 3:00pm PASSI Informational Session on Accessing Govt. Benefits in Korean</div>
	<div>12</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Shingles Vaccine & COVID Booster provided by MCIC. 11:30-12:30 Lunch 12:30pm Crafts with Lil 2:00pm Korean Bong Sul</div>	<div>13</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 8:30-12:30pm AARP Driving Class - Day 1 (fee) 10:00 Tai Chi (\$3) 10:00-12:00pm PA State Rep. Steve Malagari Office 10:00 Storytime with Josephine 11:30-12:30 Lunch 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</div>	<div>14</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 8:30-12:30pm AARP Driving Class - Day 2 (fee) 10:00 Fit for the Future (\$3) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30pm Special Picnic Lunch: Name that Tune with Aetna 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing</div>	<div>15</div> <div>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 12:30-1:30pm A Fun Day Touring Philly Presentation 1:30pm Korean Line Dancing 3:30pm ESL for Koreans</div>	<div>16</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</div>
	<div>19</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Crochet with Elizabeth 10:00 Fit for the Future (\$3) 11:30-12:30 Lunch 12:30-1:30pm Juneteenth Program with Teri Lyons 2:00pm Korean Bong Sul</div>	<div>20</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</div>	<div>21</div> <div>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 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing</div>	<div>22</div> <div>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 12:00pm Picnic at Fischer's Park (\$10) 1:30pm Korean Line Dancing 3:30pm ESL for Koreans</div>	<div>23</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 2:30pm Happy Hour 3:00pm Korean Book Club</div>
<div>26</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Crochet with Elizabeth 10:00 Fit for the Future (\$3) 11:30-12:30 Lunch 12:00pm Book Club 2:00pm Korean Bong Sul</div>	<div>27</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$3) 11:30-12:30 Lunch 12:00pm Legal Consultations (by appt. only) 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</div>	<div>28</div> <div>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 12:45pm Pinochle 1:00pm Advisory Council 2:00pm Korean Bong Sul 3:00pm Wedding Dance Exercises with Nadine 3:30pm Korean Drawing</div>	<div>29</div> <div>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 4:15pm Encore Explorers: Dinner Outing to The Energy Station</div>	<div>30</div> <div>8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30 Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</div>	