



June 2025

Lunch is served daily from 11:30 am - 12:30 pm.
Advanced Reservations are required.
Call 215-362-7432 for all lunch or program
reservations and appts.

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Mac & Cheese, Roasted Peppers, Steamed Green Beans, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Food for Thought-Father's Day Thoughts* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class 2	BBQ Pulled Pork Sandwich, Cauliflower, Sweet Potatoes, Milk 10am Tai Chi (\$4) 10am Crafts with Friends (\$4)* 10am-2pm Hearing Screenings with GMU SLP* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phone Class 3	Carribean Flounder, Dirty Rice, Steamed Carrots, Steamed Broccoli, Milk 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling ** 12:30pm Understanding Skin Cancer* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 4	Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk 9am Yoga (\$4) 10am-1pm Shiatsu Appts* 10:15am Chair Yoga (\$4) 12:30pm Babe Ruth- "I'll knock a homer for you," presentation* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 5	French Toast Sticks, Scrambled Eggs with Cheese, Peaches with Granola, Milk 9:30am PEAK Pinochle 10am-12pm Tech Appts* 10:30am Pet Rescue Meet & Greet* 12:30pm Bingo 12:30pm Korean Drumming (Beginner) 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone 6
COLD MEAL: Cobb Salad, Crackers, Mandarin Oranges, Milk 10am Fit for the Future (\$4) 10am Whist/Other Games 11:30am Movie Matinee & Lunch* 12:30pm Prayer Care* 2pm Korean Bong Sul 3pm Korean Table Tennis 4pm Korean Choir Class (Last class until Sept)* 9	Pasta with Meatballs, Peas, Poached Pear, Milk 10am Tai Chi (\$4) 10am-2pm GMU SLP Students* 10am Story Time w/ Josephine* 10am-12pm State Rep. Malagari Office Hours** 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class 10	Beef Stew, Roasted Potatoes, Peach Crumble, Milk 8am-12pm AARP 8hr course* 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling** 12:30pm Brain Boosters w/ Dresher Estates* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax 11	Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk 8am-12pm AARP 8hr course* 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 11:30am-1:30pm Fischer's Park Picnic w/ Entertainment (\$10)* 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 12	General Tso Chicken, Fried Rice, Broccoli, Milk Brand Unveiling at Centers 9:30am PEAK Pinochle 10am-12pm Tech Appts** 10:30am Grief Support 12:30pm Bingo 12:30pm Korean Drumming (Beginner) 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone 13
Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, Milk 10am Stretch & Tone w/ Jane (\$4)* 10am Whist/Other Games 12:30pm Veteran's Resource Group* 2pm Korean Bong Sul 3pm Korean Table Tennis 16	Three Bean Chili, Bulgur Wheat Confetti & Pea Vegetables, Apple Crumble, Milk 10am Tai Chi (\$4) 10am-2pm GMU SLP Students* 10-10:30am Free BP Checks* 10:30-11:15am Help Yourself to Healthy Living Presentation* 12pm PA Health & Wellness Bday Celebration & Program* 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance/Drums 3:30pm Korean Smart Phone Class 17	Paprika Chicken, Brown & Wild Rice Pilaf, Poached Pear, Peas & Carrots, Milk 10am Wii Bowling 10am Stretch & Tone w/ Jane (\$4)* 10am Medicare Counseling** 12:30pm Talent Show* 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Saxophone 18	COLD MEAL: Roast Beef Sandwich, Carolina Coleslaw, Fruit Salad, Milk 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 12pm Lunchtime Juneteenth Trivia* 12:30pm MontCo Assoc / Blind 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 19	Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk 9:30am PEAK Pinochle 10am-12pm Tech Appts** 12:30pm Bingo 12:30pm Korean Drumming (Beginner) 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone 20



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<p>COLD MEAL: Tuna Salad with Lettuce & Grape Tomatoes, Garden Pea Confetti Salad, Cheddar Cheese Cubes, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 12:30pm Healthy Living for the Brain & Body* 2pm Korean Bong Sul 3pm Korean Table Tennis</p> <p>23</p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p>10am Tai Chi (\$4) 10am-2pm GMU SLP Students* 10:30am Wii Jeo-PARTY* 12pm Legal Consultations** 1pm Game Club 1pm Korean Computer Class 1pm Korean Dance & Drums 3:30pm Korean Smart Phones</p> <p>24</p>	<p>Swedish Meatballs, Egg Noodles, Peas, Poached Pear, Milk</p> <p>9:30am All About Crystals* 10am Wii Bowling 10am Fit for the Future (\$4) 10am Medicare Counseling ** 10am-12pm State Sen. Collett Office Hours** 12:45pm Advisory Council** 12:45pm Progressive Pinochle 2pm Korean Bong Sul 2:30pm Korean Drawing 3:30pm Korean Sax</p> <p>25</p>	<p>Philly Roast Pork Sandwich, Cauliflower, Peach Crumble, Milk</p> <p>Theme Thursday-Garden Party* 9am Yoga (\$4) 10:15am Chair Yoga (\$4) 10am Garden Craft* 12:45pm Trivia with Nancy 1pm Korean Women's Bong Sul 2pm Korean Line Dancing 3pm ESL for Koreans 4pm Korean Creative Music Talk 4:30pm Dinner Outing @ Franconia Heritage*</p> <p>26</p>	<p>Roasted Tilapia, Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk</p> <p>9:30am PEAK Pinochle 10am-12pm Tech Appts** 10:30am Grief Support 12:30pm Bingo 12:30pm Korean Drumming (Beginner) 1:30pm Korean Kalimba 2pm Korean Bong Sul 3pm Korean Book Club 3pm Korean Saxophone</p> <p>27</p>

<p>COLD MEAL: Garden Salad, Boiled Egg, Cottage Cheese, Macaroni Salad, Milk</p> <p>10am Fit for the Future (\$4) 10am Whist/Other Games 12pm Book Club* 2pm Korean Bong Sul 3pm Korean Table Tennis</p> <p>30</p>

In June We Celebrate



Pride Month

Alzheimer's and Brain Awareness Month

June 14th - Flag Day
June 15th - Father's Day
June 19th - Juneteenth



HAPPY FATHER'S DAY

JUNETEENTH

All Korean Programming is taught in Korean

Orange with * Indicates special programming with additional information available at our front desk or online

Blue with ** Indicates Resources & Services with additional info available at our front desk or online

Detailed descriptions for all of our regular and recurring programming can be found on our website:

www.ghnpss.org
or scan the QR code for quick access



Scan me



606 E Main St, Ste 1003,
Lansdale, PA 19446
215-362-7432

Our center is open **8am - 4pm, Mon-Fri**, with access to self-organized Rummikub, Puzzles, Cards, Games, Chess, and Creative Coloring. Visit the front desk for questions or to access materials. Programs are free unless otherwise indicated.