



# March 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
<p>Baked Mac &amp; Cheese, Roasted Peppers, Steamed Green Beans, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>10am-2pm</b> GMU SLP Students on Site* <b>10:30am</b> Mall Walkers* <b>2pm</b> Korean Bong Sul</p> <p style="text-align: right;"><b>3</b></p>	<p>BBQ Pulled Pork Sandwich, Cauliflower, Sweet Potatoes, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>10am</b> Crafts with Friends (\$4)* <b>1pm</b> Game Club <b>1pm</b> Korean Computer Class <b>1pm</b> Korean Dance &amp; Drums <b>3:30pm</b> Korean Smart Phone Class</p> <p style="text-align: right;"><b>4</b></p>	<p><b>SPECIAL LUNCH (\$10):</b> Shrimp Po' Boy, Garden Salad, Potato Chips, Beignet, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am</b> Medicare Counseling** <b>10am-1pm</b> Shiatsu Appts* <b>11:30am-1:30pm</b> Special Lunch (&amp; Music by John Conklin (\$10)) <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>5</b></p>	<p>Beef Stroganoff with Egg Noodles, Mixed Vegetables, Peach Crumble, Milk</p> <p><b>9am</b> Yoga (\$4) <b>10:15am</b> Chair Yoga (\$4) <b>12:30pm</b> UPMC Nutrition Program* <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>6</b></p>	<p>French Toast Sticks, Scrambled Eggs with Cheese, Peaches with Granola, Milk</p> <p><b>9:30am</b> PEAK Pinochle <b>10am</b> County Arthritis Foundation Exercise Course* <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>3pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>7</b></p>
<p>Chicken Burger with Roasted Peppers &amp; Provolone, Wild &amp; Brown Rice Pilaf, Steamed Broccoli, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>11:30am</b> Movie Matinee &amp; Lunch* <b>2pm</b> Korean Bong Sul</p> <p style="text-align: right;"><b>10</b></p>	<p>Pasta with Meatballs, Peas, Poached Pear, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>10am</b> Story Time w/ Josephine* <b>10am-12pm</b> State Rep. Malagari Office Hours** <b>1pm</b> Game Club <b>1pm</b> Korean Computer Class <b>1pm</b> Korean Dance &amp; Drums <b>3:30pm</b> Korean Smart Phone Class</p> <p style="text-align: right;"><b>11</b></p>	<p>Beef Stew, Roasted Potatoes, Peach Crumble, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am</b> Medicare Counseling** <b>12:30pm</b> Women's History Month Trivia Bingo* <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>12</b></p>	<p><b>COLD MEAL:</b> Chicken Caesar Salad Hoagie, California Vinaigrette, Tapioca Pudding, Milk</p> <p><b>9am</b> Yoga (\$4) <b>10am</b> PT Solutions - Knee &amp; Hip Replacement Info* <b>10:15am</b> Chair Yoga (\$4) <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>13</b></p>	<p>Korean Beef Bulgogi, White Rice, Spinach, Mixed Vegetables, Milk</p> <p><b>9:30am</b> PEAK Pinochle <b>10am</b> County Arthritis Foundation Exercise Course* <b>10am-12pm</b> Tech Appts** <b>10:30am</b> Grief Support <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>3pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>14</b></p>
<p>Meatloaf w/ Gravy, Mashed Potatoes, Mixed Vegetables, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>10am-2pm</b> GMU SLP Students on Site* <b>12pm</b> Bday Celebration &amp; Program w/ PA Wellness* <b>12:30pm</b> Cornhole &amp; Mini Golf Pool games <b>2pm</b> Korean Bong Sul</p> <p style="text-align: right;"><b>17</b></p>	<p><b>COLD MEAL:</b> Roasted Vegetable Grinder, Green Beans w/ Vinaigrette, Mandarin Oranges, Milk</p> <p><b>9am</b> Breakfast Club @ Valentino's Bistro* <b>10am</b> Tai Chi (\$4) <b>12-12:45pm</b> Free Blood Pressure Checks* <b>12:45pm</b> Jefferson Health &amp; Wellness Education Program* <b>1pm</b> Game Club <b>1pm</b> Korean Computer Class <b>1pm</b> Korean Dance/Drums <b>3:30pm</b> Korean Smart Phone Class</p> <p style="text-align: right;"><b>18</b></p>	<p>Paprika Chicken, Brown &amp; Wild Rice Pilaf, Poached Pear, Peas &amp; Carrots, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am</b> Medicare Counseling** <b>12:30pm</b> Advisory Council** <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>19</b></p>	<p>Turkey w/ Gravy, Glazed Sweet Potatoes, Green Beans, Milk</p> <p><b>9am</b> Yoga (\$4) <b>10:15am</b> Chair Yoga (\$4) <b>12:30pm</b> MontCo Assoc for the Blind <b>12:45pm</b> Trivia Challenge <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>20</b></p>	<p>Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk</p> <p><b>9am-3pm</b> Property Tax &amp; Rent Rebate Appts* <b>9:30am</b> PEAK Pinochle <b>10am</b> County Arthritis Foundation Exercise Course* <b>10am-12pm</b> Tech Appts** <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>3pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>21</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Roasted Chicken w/ Sweet Potatoes, Green Beans, Blueberry Buckle, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>10am-2pm</b> GMU SLP Students on Site* <b>12:30pm</b> Food for Thought* <b>2pm</b> Korean Bong Sul</p> <p style="text-align: right;"><b>24</b></p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Steamed Carrots, Mixed Vegetables, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>12pm</b> Legal Consultations** <b>1pm</b> Game Club <b>1pm</b> Korean Computer Class <b>1pm</b> Korean Dance &amp; Drums <b>3:30pm</b> Korean Smart Phone Class</p> <p style="text-align: right;"><b>25</b></p>	<p>Swedish Meatballs, Egg Noodles, Peas, Poached Pear, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am</b> Medicare Counseling ** <b>10am-12pm</b> State Sen. Collett Office Hours** <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Saxophone <b>4pm</b> Dinner Outing @ Franconia Heritage*</p> <p style="text-align: right;"><b>26</b></p>	<p>COLD MEAL: Ham &amp; Swiss Sandwich, Macaroni Salad, Fruit Salad, Milk</p> <p><b>9am</b> Yoga (\$4) <b>10:15am</b> Chair Yoga (\$4) <b>10:33am</b> Prayer Care <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>4pm</b> Korean Creative Music Talk</p> <p style="text-align: right;"><b>27</b></p>	<p>Roasted Tilapia, Lemon Rice, Capri Vegetables, Stewed Tomatoes, Milk</p> <p><b>9:30am</b> PEAK Pinochle <b>10am</b> County Arthritis Foundation Exercise Course* <b>10am-12pm</b> Tech Appts** <b>10:30am</b> Grief Support <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>3pm</b> Korean Saxophone</p> <p style="text-align: right;"><b>28</b></p>

<p>Baked Mac &amp; Cheese, Roasted Peppers, Steamed Green Beans, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>10am-2pm</b> GMU SLP Students on Site* <b>12pm</b> Book Club* <b>2pm</b> Korean Bong Sul</p> <p style="text-align: right;"><b>31</b></p>
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*This Month We Celebrate:*

*Mardi Gras*

Women's History Month  
Tuesday, March 4: Mardi Gras  
Wednesday, March 5: Ash Wednesday (Christianity)  
Thursday, March 13 - Friday, March 14: Holi (Hinduism)  
Thursday, March 13 - Friday, March 14: Purim (Judaism)  
Monday, March 17: St. Patrick's Day  
Thursday, March 20: Spring Equinox  
Saturday, March 29 - Sunday, March 30: Eid al-Fitr (Islam)

*Happy Purim*

**SPRING**

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](http://www.ghnpss.org) or scan the QR code for quick access

*Scan me*

**The PEAK CENTER**  
606 E Main St, Ste 1003,  
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