

May 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 programs/events are noted in Gold.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future (\$3) 12:30pm Mindful Meditation 2:00pm Korean Bong Sul	3 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Tai Chi (\$3) 11:00 Yoga (\$3) 1:00pm Integrated Exercise for Seniors 1:00pm Korean Dance	4 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 2:00pm Grief Support 2:00pm Korean Bong Sul	5 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Chess Club 10:30 Integrated Exercise for Seniors 1:00pm Help Yourself to Healthy Living: 911 Stroke! 2:00pm Korean Computer Lab	6 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 9:30 Tech Support with Susie 12:30 Bingo 2:00pm Korean Bong Sul 6:00pm Trivia with Colleen
9 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future (\$3) 11:30 Lunch 12:30pm Mindful Meditation 2:00pm Korean Bong Sul	10 8:00 Rummikub, Games and Puzzles 8:00 AARP Driver Refresher Course 8:00 Computer Lab 10:00 Tai Chi (\$3) 10:30 Storytime with Josephine 11:00 Yoga (\$3) 11:30 Lunch 1:00pm Integrated Exercise for Seniors 1:00pm Korean Dance	11 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 11:30 Lunch 12:45pm Pinochle 2:00pm Grief Support 2:00pm Korean Bong Sul	12 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Chess Club 10:30 Integrated Exercise for Seniors 11:30 Lunch 11:30 Evergreen Land Farm Outing & Lunch 12:30 Resolving Conflicts Peacefully Seminar 2:00pm Korean Computer Lab	13 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 9:30 Tech Support with Susie 11:30 Lunch 12:30 Bingo 2:00pm Korean Bong Sul 2:30pm Happy Hour
16 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future (\$3) 11:30 Lunch 12:30pm Mindful Meditation 2:00pm Korean Bong Sul	17 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Tai Chi (\$3) 10:30 The Gathering 11:00 Yoga (\$3) 11:30 Lunch 1:00pm Integrated Exercise for Seniors 1:00pm Korean Dance	18 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 11:30 Lunch 12:45pm Pinochle 2:00pm Grief Support 2:00pm Korean Bong Sul	19 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Chess Club 10:30 Integrated Exercise for Seniors 11:30 Lunch 2:00pm Korean Computer Lab	20 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 9:30 Tech Support with Susie 11:30 Lunch 12:30 Bingo 1:00pm Cooking Class with Chef Cindie: National Egg Month 2:00pm Korean Bong Sul
23 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Fit for the Future (\$3) 11:30 Lunch 12:30pm Mindful Meditation 2:00pm Korean Bong Sul	24 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Tai Chi (\$3) 10:30 The Gathering 11:00 Yoga (\$3) 11:30 Lunch 12:00 Legal Consultations (by appt. only) 1:00pm Integrated Exercise for Seniors 1:00pm Korean Dance	25 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 11:30 Lunch 12:45pm Pinochle 2:00pm Grief Support 2:00pm Korean Bong Sul	26 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:30 Chess Club 10:30 Integrated Exercise for Seniors 11:30 Lunch 1:00pm Freddy Hill Farms Miniature Golf & Ice Cream Outing 2:00pm Korean Computer Lab	27 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 9:30 Tech Support with Susie 12:30 Bingo 11:30 Lunch 2:00pm Korean Bong Sul 2:30pm Happy Hour
30 CLOSED Memorial Day	31 8:00 Rummikub, Games and Puzzles 8:00 Computer Lab 10:00 Tai Chi (\$3) 10:30 The Gathering 11:00 Yoga (\$3) 11:30 Lunch 12:00 Book Club 1:00pm Integrated Exercise for Seniors 1:00pm Korean Dance			

Lunch is back at The PEAK Center!

**Monday - Friday
11:30am to 12:30pm**

Call 215-362-7432 to RSVP or pick up a form at the Greeter's Desk.