

May 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
<p>8:00 Creative Coloring 1</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Fit for the Future (\$3)</p> <p>10:00 Learn Crocheting with Elizabeth</p> <p>11:30-12:30 Lunch</p> <p>1:00pm Nutrition Meeting</p> <p>2:00pm Korean Bong Sul</p>	<p>8:00 Creative Coloring 2</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Tai Chi (\$3)</p> <p>11:30-12:30 Lunch</p> <p>1:00pm Games</p> <p>1:00pm Korean Dance</p> <p>3:30pm Korean Smart Phone Class</p>	<p>8:00 Creative Coloring 3</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Fit for the Future (\$3)</p> <p>10:00 Medicare Counseling (by appt. only)</p> <p>10:00 Wii Bowling</p> <p>11:30-12:30 Lunch</p> <p>12:45pm Pinochle</p> <p>2:00pm Korean Bong Sul</p> <p>3:30pm Korean Drawing</p>	<p>8:00 Breakfast Club: Ralph's Corner Diner 4</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>9:00 Yoga with Nadine (\$3)</p> <p>10:00 Meditation with Nadine (\$3)</p> <p>10:30 Chess Club</p> <p>11:30-12:30 Lunch</p> <p>1:30pm Korean Line Dancing</p> <p>3:30pm ESL for Koreans</p>	<p>8:00 Creative Coloring 5</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>9:30 PEAK Pinochle</p> <p>9:30 Tai Chi for Arthritis</p> <p>10:30 Reading to YMCA Kids with Guest Author</p> <p>11:30-12:30 Lunch</p> <p>12:30pm Bingo with PHW</p> <p>1:00pm Korean Kalimba</p> <p>2:00pm Korean Bong Sul</p> <p>3:00pm Korean Book Club</p>
<p>8</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Fit for the Future (\$3)</p> <p>11:30-12:30 Lunch</p> <p>12:30pm Crafts with Lil</p> <p>2:00pm Korean Bong Sul</p>	<p>9</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Tai Chi (\$3)</p> <p>10:00-12:00pm PA State Rep. Steve Malagari Office</p> <p>10:00 Storytime with Josephine</p> <p>11:30-12:30 Lunch</p> <p>12:30pm Healthy & Easy to Make Sweet Treats</p> <p>1:00pm Games</p> <p>1:00pm Korean Dance</p> <p>3:30pm Korean Smart Phone Class</p>	<p>10</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Fit for the Future (\$3)</p> <p>10:00 Medicare Counseling (by appt. only)</p> <p>10:00 Wii Bowling</p> <p>11:30-12:30pm Special Lunch with Fred Hall (\$8)</p> <p>12:45pm Pinochle</p> <p>2:00pm Korean Bong Sul</p> <p>3:30pm Korean Drawing</p>	<p>11</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>9:00 Yoga with Nadine (\$3)</p> <p>10:00 Meditation with Nadine (\$3)</p> <p>10:30 Chess Club</p> <p>11:30-12:30 Lunch</p> <p>12:30-1:30pm Heart Healthy Eating with Gina</p> <p>1:30pm Korean Line Dancing</p> <p>3:30pm ESL for Koreans</p>	<p>12</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>9:30 PEAK Pinochle</p> <p>9:30 Tai Chi for Arthritis</p> <p>11:00 Grief Support</p> <p>11:30-12:30 Lunch</p> <p>12:30pm Bingo</p> <p>1:00pm Korean Kalimba</p> <p>2:00pm Korean Bong Sul</p> <p>2:30pm Happy Hour</p> <p>3:00pm Korean Book Club</p>
<p>15</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Learn Crocheting with Elizabeth</p> <p>11:30-12:30 Lunch</p> <p>2:00pm Korean Bong Sul</p>	<p>16</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Tai Chi (\$3)</p> <p>11:30-12:30 Lunch</p> <p>1:00pm Games</p> <p>1:00pm Korean Dance</p> <p>3:30pm Korean Smart Phone Class</p>	<p>17</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Medicare Counseling (by appt. only)</p> <p>10:00 Wii Bowling</p> <p>11:30-12:30 Lunch</p> <p>12:30-1:30pm Crystal Singing Bowls for Sound Healing</p> <p>12:45pm Pinochle</p> <p>2:00pm Korean Bong Sul</p> <p>3:30pm Korean Drawing</p>	<p>18</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>9:00 Yoga with Nadine (\$3)</p> <p>10:00 Meditation with Nadine (\$3)</p> <p>10:30 Chess Club</p> <p>11:30-12:30 Lunch</p> <p>12:30-1:30pm Abraham Lincoln Visits Philadelphia by Mike Jessberger</p> <p>1:30pm Korean Line Dancing</p> <p>3:30pm ESL for Koreans</p> <p>4:15pm Encore Explorers: Dinner Outing to Bella Fiona Restaurant</p>	<p>19</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>9:30 PEAK Pinochle</p> <p>9:30 Tai Chi for Arthritis</p> <p>11:30-12:30 Lunch</p> <p>12:30pm Bingo</p> <p>1:00pm Korean Kalimba</p> <p>2:00pm Korean Bong Sul</p> <p>3:00pm Korean Book Club</p>
<p>22</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Fit for the Future (\$3)</p> <p>11:30-12:30 Lunch</p> <p>2:00pm Korean Bong Sul</p>	<p>23</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Tai Chi (\$3)</p> <p>11:30-12:30 Lunch</p> <p>12:00pm Legal Consultations (by appt. only)</p> <p>12:30-2:30pm Senior Resource Fair</p> <p>1:00pm Games</p> <p>1:00pm Korean Dance</p> <p>3:30pm Korean Smart Phone Class</p>	<p>24</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Fit for the Future (\$3)</p> <p>10:00 Medicare Counseling (by appt. only)</p> <p>10:00 Wii Bowling</p> <p>11:30-12:30 Lunch</p> <p>12:45pm Pinochle</p> <p>2:00pm Korean Bong Sul</p> <p>3:30pm Korean Drawing</p> <p>4:00-6:00pm Inclusive Open House</p>	<p>25</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>9:00am-2:00pm Blood Drive</p> <p>9:00 Yoga with Nadine (\$3)</p> <p>10:00 Meditation with Nadine (\$3)</p> <p>10:30 Chess Club</p> <p>11:30-12:30 Lunch</p> <p>1:30pm Korean Line Dancing</p> <p>3:30pm ESL for Koreans</p>	<p>26</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>9:30 PEAK Pinochle</p> <p>9:30 Tai Chi for Arthritis</p> <p>11:00 Grief Support</p> <p>11:30-12:30 Lunch</p> <p>12:30pm Bingo</p> <p>1:00pm Korean Kalimba</p> <p>2:00pm Korean Bong Sul</p> <p>2:30pm Happy Hour</p> <p>3:00pm Korean Book Club</p>
<p>CLOSED Memorial Day</p>	<p>30</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Tai Chi (\$3)</p> <p>11:30-12:30 Lunch</p> <p>1:00pm Games</p> <p>1:00pm Korean Dance</p> <p>3:30pm Korean Smart Phone Class</p>	<p>31</p> <p>8:00 Creative Coloring</p> <p>8:00 Rummikub, Games and Puzzles</p> <p>10:00 Fit for the Future (\$3)</p> <p>10:00 Medicare Counseling (by appt. only)</p> <p>10:00 Wii Bowling</p> <p>11:30-12:30 Lunch</p> <p>12:45pm Pinochle</p> <p>1:00pm Advisory Council</p> <p>2:00pm Korean Bong Sul</p> <p>3:00pm Wedding Dance Exercises with Nadine</p> <p>3:30pm Korean Drawing</p>	<p>SPECIAL EVENTS AT THE PEAK CENTER</p> <p>Senior Resource Fair: May 23 at 12:30pm</p> <p>Inclusive Open House: May 24 at 4:00pm</p> <p><i>We hope to see you there!</i></p> 	