


October 2023 Programs at PEAK

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Hybrid Classes (in-person and virtual) are noted in blue. 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
2 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 2:00pm Korean Bong Sul	3 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Crafts with Suzanne 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	4 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (Beginner) 3:30pm Korean Drawing Class (Beginner) 3:30pm Korean Saxophone Class (Beginner) 4:30pm Korean Saxophone Class	5 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 12:30 Patina Health and Tri-State Senior Consultants: The Future of Medicare Primary Care 2:00pm Korean Line Dancing 3:00pm Taekwondo 3:30pm ESL for Koreans	6 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm My Life, My Health: A Chronic Pain Self-Management Program 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
9 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Korean Bong Sul	10 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00-12:00pm Charles Siniari Open Enrollment Presentation UHC 10:00-12:30pm PA State Rep. Steve Malagari Office Hours 10:00 Storytime with Josephine 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	11 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00-3:00pm Shiatsu Appts. 10:00 Wii Bowling 11:30-12:30pm Lunch 12:30pm Chair Exercise Bingo (\$4) 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (Beginner) 3:30pm Korean Drawing Class (Beginner) 3:30pm Korean Saxophone Class (Beginner) 4:30pm Korean Saxophone Class	12 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:00-12:00pm Hispanic Cooking Demonstration with Liz Vasquez 11:30-1:30pm Special Lunch: Celebrating Hispanic Heritage Month with Food and Cultural Presentations 2:00pm Korean Line Dancing 3:00pm Taekwondo 3:30pm ESL for Koreans	13 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm My Life, My Health: A Chronic Pain Self-Management Program 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
16 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 2:00pm Korean Bong Sul	17 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	18 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:30pm Lost Ark of the Covenant 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (Beginner) 3:30pm Korean Drawing Class (Beginner) 3:30pm Korean Saxophone Class (Beginner) 4:30pm Korean Saxophone Class	19 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 8:30-12:30pm AARP Driver Refresher Course 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 12:30-2:30pm Montco Association for the Blind 2:00pm Korean Line Dancing 3:00pm Taekwondo 3:30pm ESL for Koreans 5:00pm Dinner Club: Pizza Time Saloon	20 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:00-12:00pm Senior Expo and Vaccination Clinic 10:00-12:00pm My Life, My Health: A Chronic Pain Self-Management Program 9:30 PEAK Pinochle 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
23 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Korean Bong Sul	24 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 12:00pm Legal Consultations (by appt.) 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class	25 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00-12:00pm Maria Collett Office Resource Table 10:00 Medicare Counseling (by appt. only) 10:00 Stretch & Tone (\$4) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:45pm Pinochle 12:30pm Halloween Party with DJ Milton 2:30pm Korean Drawing Class (Beginner) 3:30pm Korean Drawing Class (Beginner) 3:30pm Korean Saxophone Class (Beginner) 4:30pm Korean Saxophone Class	26 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Meditation (\$4) 11:30-12:30pm Lunch 2:00pm Korean Line Dancing 3:00pm Taekwondo 3:30pm ESL for Koreans	27 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00-12:00pm My Life, My Health: A Chronic Pain Self-Management Program 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club
30 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Stretch & Tone (\$4) 10:00 Whist and Other Games 11:00 Stitch and Chat 11:30-12:30pm Lunch 12:00pm Book Club 2:00pm Korean Bong Sul	31 8:00 Creative Coloring 8:00 Rummikub/Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:30-11:30am Autumn Salad cooking class with Teri Wassel 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Dance 3:30pm Korean Smart Phone Class			
				Fridays 10:00am to 12:00pm My Life, My Health: A Chronic Pain Self-Management 6-Week Program <i>Presented by the Montgomery County Health Dept.</i>