

September 2024



Orange with *
indicates special programming with additional information available on pg. 9-10

• • • •
Blue with **
Indicates Resources & Services with additional info available on pg. 2

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All Korean Programming is taught in Korean

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Detailed descriptions for all of our regular and recurring programming can be found on our website:
www.ghnps.org
or scan below for quick access



Scan me

MON	TUES	WED	THURS	FRI
<p>2</p> <p>Closed for</p> <p>★ LABOR DAY ★</p> <p>☆☆☆</p>	<p>3</p> <p>10:00am Crafts w/ Friends* (\$4)</p> <p>10:00am Tai Chi (\$4)</p> <p>1:00pm Game Club</p> <p>1:00pm Korean Computer Class</p> <p>1:00pm Korean Dance & Drums</p> <p>3:30pm Korean Smart Phone Class</p>	<p>4</p> <p>10:00am-1:00pm Shiatsu Appts*</p> <p>10:00am Fit for the Future (\$4)</p> <p>10:00am Medicare Counseling**</p> <p>10:00am Wii Bowling</p> <p>11:30am-1:30pm Special Lunch & Singalong w/ DJ Smooth Jazz*</p> <p>12:45pm Progressive Pinochle</p> <p>2:00pm Korean Bong Sul</p> <p>2:30pm Korean Drawing Class</p> <p>3:30pm Korean Saxophone</p>	<p>5</p> <p>9:00am Yoga (\$4)</p> <p>10:15am Chair Yoga (\$4)</p> <p>12:30pm Food for Thought*</p> <p>1:00pm Korean Women's Bong Sul</p> <p>2:00pm Korean Line Dancing</p> <p>3:00pm ESL for Koreans</p> <p>4:00pm Korean Creative Music Talk</p>	<p>6</p> <p>9:00am Breakfast Outing @ Peeps Diner*</p> <p>9:30am PEAK Pinochle</p> <p>12:30pm Bingo</p> <p>1:30pm Korean Kalimba</p> <p>2:00pm Korean Bong Sul</p> <p>3:00pm Korean Book Club</p> <p>3:00pm Korean Saxophone</p>
<p>9</p> <p>10:00am Fit for the Future (\$4)</p> <p>10:00am Whist & Other Games</p> <p>11:00am Stitch & Chat</p> <p>11:30am Movie Matinee*</p> <p>2:00pm Korean Bong Sul</p> <p>3:30pm Korean Choir Class</p>	<p>10</p> <p>10:00am Tai Chi (\$4)</p> <p>10:00am Story Time w/ Josephine*</p> <p>10:00am-12:00pm Rep. Malagari Office Hours**</p> <p>1:00pm Game Club</p> <p>1:00pm Korean Computer Class</p> <p>1:00pm Korean Dance/Drums</p> <p>3:30pm Korean Smart Phone Class</p>	<p>11</p> <p>10:00am Fit for the Future (\$4)</p> <p>10:00am Medicare Counseling**</p> <p>10:00am Wii Bowling</p> <p>12:45pm Progressive Pinochle</p> <p>1:00pm Craft-Shell Decorating*</p> <p>2:00pm Korean Bong Sul</p> <p>2:30pm Korean Drawing Class</p> <p>3:30pm Korean Saxophone</p>	<p>12</p> <p>9:00am Yoga (\$4)</p> <p>10:15am Chair Yoga (\$4)</p> <p>12:30pm Art Class (\$4)</p> <p>1:00pm Korean Women's Bong Sul</p> <p>12:45pm Trivia Challenge*</p> <p>2:00pm Korean Line Dancing</p> <p>3:00pm ESL for Koreans</p> <p>4:00pm Korean Creative Music Talk</p>	<p>13</p> <p>9:30am PEAK Pinochle</p> <p>11:00am Grief Support</p> <p>12:30pm Bingo</p> <p>1:30pm Korean Kalimba</p> <p>2:00pm Korean Bong Sul</p> <p>3:00pm Korean Book Club</p> <p>3:00pm Korean Saxophone</p>
<p>16</p> <p>10:00am Fit for the Future (\$4)</p> <p>10:00am Whist & Other Games</p> <p>11:00am Stitch & Chat</p> <p>12:30pm Cornhole games*</p> <p>2:00pm Korean Bong Sul</p> <p>3:30pm Korean Choir Class</p>	<p>17</p> <p>10:00am Tai Chi (\$4)</p> <p>1:00pm Game Club</p> <p>1:00pm Korean Computer Class</p> <p>1:00pm Korean Dance & Drums</p> <p>3:30pm Korean Smart Phone Class</p>	<p>18</p> <p>10:00am Fit for the Future (\$4)</p> <p>10:00am Medicare Counseling**</p> <p>10:00am Wii Bowling</p> <p>12:30pm Advisory Council*</p> <p>12:45pm Progressive Pinochle</p> <p>2:00pm Korean Bong Sul</p> <p>2:30pm Korean Drawing Class</p> <p>3:30pm Korean Saxophone</p>	<p>19</p> <p>9:00am Yoga (\$4)</p> <p>10:15am Chair Yoga (\$4)</p> <p>12:30pm Montco Assoc for the Blind</p> <p>1:00pm Korean Women's Bong Sul</p> <p>2:00pm Korean Line Dancing</p> <p>3:00pm ESL for Koreans</p> <p>4:00pm Korean Creative Music Talk</p>	<p>20</p> <p>9:30am PEAK Pinochle</p> <p>10:00-11:45am Balance & Fall Prevention*</p> <p>10:30am-1pm Vaccine Clinic*</p> <p>12:30pm Bingo</p> <p>1:30pm Korean Kalimba</p> <p>2:00pm Korean Bong Sul</p> <p>3:00pm Korean Book Club</p> <p>3:00pm Korean Saxophone</p>
<p>23</p> <p>10:00am Fit for the Future (\$4)</p> <p>10:00am Whist & Other Games</p> <p>11:00am Stitch & Chat</p> <p>12:30pm Volleyball*</p> <p>2:00pm Korean Bong Sul</p> <p>3:30pm Korean Choir Class</p> <p>4:30pm Dinner outing @ Energy Station*</p>	<p>24</p> <p>10:00am Tai Chi (\$4)</p> <p>12:30pm UPMC Nutrition Workshop*</p> <p>1:00pm Game Club</p> <p>1:00pm Korean Computer Class</p> <p>1:00pm Korean Dance & Drums</p> <p>3:30pm Korean Smart Phone Class</p>	<p>25</p> <p>10:00am Fit for the Future (\$4)</p> <p>10:00am Medicare Counseling**</p> <p>10:00am Wii Bowling</p> <p>10:00am-12:00pm Sen Collett office hours**</p> <p>12:45pm Progressive Pinochle</p> <p>2:00pm Korean Bong Sul</p> <p>2:30pm Korean Drawing Class</p> <p>3:30pm Korean Saxophone</p>	<p>26</p> <p>9:00am Yoga (\$4)</p> <p>10:15am Chair Yoga (\$4)</p> <p>10:33am Prayer Care Group*</p> <p>1:00pm Korean Women's Bong Sul</p> <p>2:00pm Korean Line Dancing</p> <p>3:00pm ESL for Koreans</p> <p>4:00pm Korean Creative Music Talk</p>	<p>27</p> <p>9:30am PEAK Pinochle</p> <p>11:00am Grief Support</p> <p>12:30pm Bingo</p> <p>1:30pm Korean Kalimba</p> <p>2:00pm Korean Bong Sul</p> <p>3:00pm Korean Book Club</p> <p>3:00pm Korean Saxophone</p>
<p>30</p> <p>10:00am Fit for the Future (\$4)</p> <p>10:00am Whist & Other Games</p> <p>11:00am Stitch & Chat</p> <p>12:00pm Book Club*</p> <p>2:00pm Korean Bong Sul</p> <p>3:30pm Korean Choir Class</p>	<p>Lunch is served daily from 11:30 am - 12:30 pm.</p> <p>Advanced Reservations are required.</p> <p>To make a lunch reservation, register for programs, make appointments, or obtain more information on any of the programs or services offered at our centers, please call: 215-362-7432</p>			