

## MON

**10am** Fit for the Future (\$4) **2**  
**10am** Whist/Other Games  
**10am-2pm** GMU Speech Language Pathology Students on Site\*  
**11am** Stitch & Chat  
**11:30am** Movie Matinee/Lunch\*  
**2pm** Korean Bong Sul  
**3:30pm** Korean Choir Class

**9**  
**10am** Fit for the Future (\$4)  
**10am** Whist/Other Games  
**11am** Stitch & Chat  
**12:30pm** Cornhole & Mini Golf Pool games  
**2pm** Korean Bong Sul  
**3:30pm** Korean Choir Class

**16**  
**10am** Fit for the Future (\$4)  
**10am** Whist/Other Games  
**11am** Stitch & Chat  
**12:30pm** Volleyball  
**2pm** Korean Bong Sul  
**3:30pm** Korean Choir Class

**23**  
**10am** Fit for the Future (\$4)  
**10am** Whist/Other Games  
**11am** Stitch & Chat  
**12:00pm** Classical Holiday Music on the Viola\*  
**2pm** Korean Bong Sul  
**3:30pm** Korean Choir Class

**30**  
**10am** Fit for the Future (\$4)  
**10am** Whist/Other Games  
**11am** Stitch & Chat  
**2:00pm** Korean Bong Sul  
**3:30pm** Korean Choir Class

## TUES

**3**  
**10am** Tai Chi (\$4)  
**10am** Crafts w/ Friends\* (\$4)  
**1pm** Game Club  
**1pm** Korean Computer Class  
**1pm** Korean Dance/ Drums  
**3:30pm** Korean Smart Phone Class

**10**  
**10am** Tai Chi (\$4)  
**10am** Story Time w/ Josephine\*  
**10am-12pm** State Rep. Malagari Office Hours\*\*  
**1:00pm** Game Club  
**1pm** Korean Computer Class  
**1pm** Korean Dance/ Drums  
**3:30pm** Korean Smart Phone

**17**  
**10am** Tai Chi (\$4)  
**11:30am-1:30pm** Special Lunch (\$8) & Gift Exchange\*  
**12pm** Legal Consultation appts\*\*  
**1pm** Game Club  
**1pm** Korean Computer Class  
**1pm** Korean Dance & Drums  
**3:30pm** Korean Smart Phone Class

**24**  
**10am** Tai Chi (\$4)  
**1pm** Game Club  
**1pm** Korean Computer Class  
**1pm** Korean Dance & Drums  
**3:30pm** Korean Smart Phone Class

**31**  
**10am** Tai Chi (\$4)  
**1pm** Game Club  
**1pm** Korean Computer Class  
**1pm** Korean Dance/ Drums  
**3:30pm** Korean Smart Phone Class

## WED

**4**  
**10am** Fit for the Future (\$4)  
**10am** Medicare Counseling \*\*  
**10am** Wii Bowling  
**10am-1pm** Shiatsu Appts\*  
**12:45pm** Progressive Pinochle  
**2pm** Korean Bong Sul  
**2:30pm** Korean Drawing Class  
**3:30pm** Korean Saxophone

**11**  
**8:30am-12:30pm** AARP Safe Driving Refresher Course  
**10am** Fit for the Future (\$4)  
**10am** Medicare Counseling \*\*  
**10am** Wii Bowling  
**12:30-2pm** People of the NE Woodlands\*  
**12:45pm** Progressive Pinochle  
**12:45pm** Trivia Challenge  
**2pm** Korean Bong Sul  
**2:30pm** Korean Drawing Class  
**3:30pm** Korean Saxophone

**18**  
**10am** Wii Bowling  
**10am** Fit for the Future (\$4)  
**10am** Medicare Counseling\*\*  
**12:30pm** Advisory Council\*\*  
**12:45pm** Progressive Pinochle  
**2pm** Korean Bong Sul  
**2:30pm** Korean Drawing Class  
**3:30pm** Korean Saxophone



The **PEAK CENTER**  
 in Lansdale Part of GHNPPS  
 606 E Main St, Ste 1003,  
 Lansdale, PA 19446  
 215-362-7432

## THURS

**5**  
**9am** Yoga (\$4)  
**10:15am** Chair Yoga (\$4)  
**12:30pm** Norm Danis: Tips for a Stress-free Holiday\*  
**1pm** Korean Women's Bong Sul  
**2pm** Korean Line Dancing  
**3pm** ESL for Koreans  
**4pm** Korean Creative Music Talk

**12**  
**9am** Breakfast Club\*  
**9am** Yoga (\$4)  
**10:15am** Chair Yoga (\$4)  
**12:30pm** Food for Thought\*  
**12:30-2pm** Art Class (\$4)  
**1pm** Korean Women's Bong Sul  
**2pm** Korean Line Dancing  
**3pm** ESL for Koreans  
**4pm** Korean Creative Music Talk

**19**  
**9am** Yoga (\$4)  
**10:15am** Chair Yoga (\$4)  
**12:45pm** Trivia Challenge  
**1pm** Korean Women's Bong Sul  
**2pm** Korean Line Dancing  
**3pm** ESL for Koreans  
**4pm** Korean Creative Music Talk

**26**  
**9am** Yoga (\$4)  
**10:15am** Chair Yoga (\$4)  
**10:33am** Prayer Care Group  
**1pm** Korean Women's Bong Sul  
**2pm** Korean Line Dancing  
**3pm** ESL for Koreans  
**4pm** Korean Creative Music Talk

## FRI

**6**  
**9:30am** PEAK Pinochle  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2pm** Korean Bong Sul  
**3pm** Korean Book Club  
**3pm** Korean Saxophone Class

**13**  
**9:30am** PEAK Pinochle  
**10am-12pm** Tech Appointments with Les\*\*  
**10:30am** Trivia w/ Clear Captions\*  
**10:30am** Grief Support  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2pm** Korean Bong Sul  
**3pm** Korean Book Club  
**3pm** Korean Saxophone Class

**20**  
**9:30am** PEAK Pinochle  
**10am-12pm** Tech Appointments with Les\*\*  
**10am -12pm** Scam Jam\*  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2pm** Korean Bong Sul  
**3pm** Korean Book Club  
**3pm** Korean Saxophone Class

**27**  
**8am - 1pm** Blood Drive\*  
**9:30am** PEAK Pinochle  
**10am-12pm** Tech Appointments with Les\*\*  
**10:30am** Grief Support  
**12:30pm** Bingo  
**1:30pm** Korean Kalimba  
**2pm** Korean Bong Sul  
**3pm** Korean Book Club  
**3pm** Korean Saxophone Class

December  
2024



Access to our facility, with ample space for socializing and self-organized puzzling, creative coloring, Rummikub, Chess, & card games is available 8 am - 4 pm, M-F.

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More information about calendar items designated as

**\*Special Programming in Orange,** or

**\*\*Resources and Services in Blue,**

can be obtained at our front desk.

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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.ghnpps.org**  
 or scan below for quick access



Scan me

Lunch is served daily from 11:30am-12:30pm.  
 Advanced Reservations are required.  
 Call 215-362-7432 for all lunch or program reservations and appts.