

MON

TUES

WED

THURS

FRI

January
2025

606 E Main St, Ste 1003,
Lansdale, PA 19446
215-362-7432

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.

Closed Today
*Happy
New Year*

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

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

10am Fit for the
Future (\$4)
10am Whist/Other Games
11am Stitch & Chat
11:30am Movie Matinee &
Lunch*
2pm Korean Bong Sul

10am Tai Chi Canceled
10am Crafts with Friends*
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance/ Drums
Canceled
3:30pm Korean Smart Phone

10am Fit for the Future
Canceled
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

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

9:30am PEAK Pinochle
10am-12pm Tech
Appointments with Les**
10am County Arthritis
Foundation Exercise Course*
10:30am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class

Sign-ups for Tax Appts
Open for MEMBERS**
10am Fit for the
Future (\$4)
10am Whist/Other Games
10:15am Mall Walkers*
11am Stitch & Chat
12:30pm Cornhole & Mini
Golf Pool games
2pm Korean Bong Sul

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

9am Breakfast Club*
10am Wii Bowling
10am Fit for the Future (\$4)
10am Medicare Counseling**
12:30pm TransNet Advisory
Meeting*
12:45pm Progressive Pinochle
2pm Korean Bong Sul
2:30pm Korean Drawing Class
3:30pm Korean Saxophone

9am Yoga (\$4)
10:15am Chair Yoga (\$4)
12:30pm MontCo Assoc for
the Blind
12:45pm Trivia Challenge
1pm Korean Women's
Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music
Talk

9:30am PEAK Pinochle
10am-12pm Tech
Appointments with Les**
10am County Arthritis
Foundation Exercise Course*
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone
Class

Sign-ups for Tax Appts
Open for All Eligible
Seniors**
10am Fit for the
Future (\$4)
10am Whist/Other Games
11am Stitch & Chat
12:30pm MLK Service Activity
w/ Traditions of Lansdale*
2pm Korean Bong Sul

10am Tai Chi (\$4)
12pm Legal Consultation
appts**
12:30pm Health/Wellness
Education & BP Checks w/
Jefferson Health*
1pm Game Club
1pm Korean Computer Class
1pm Korean Dance & Drums
3:30pm Korean Smart Phone
Class

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

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

9:30am PEAK Pinochle
10am-12pm Tech
Appointments with Les**
10am County Arthritis
Foundation Exercise Course*
10:30am Grief Support
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone Class

10am Fit for the
Future (\$4)
10am Whist/Other Games
10am-2pm GMU Speech
Language Pathology
Students*
11:30am-1:30pm Special
Lunch w/ Mummies
Entertainment (\$)*
11am Stitch & Chat
12pm Book Club
2:00pm Korean Bong Sul

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

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

9am Yoga (\$4)
10:15am Chair Yoga (\$4)
10:30am Teri Wassel
Nutritional Workshop*
1pm Korean Women's
Bong Sul
2pm Korean Line Dancing
3pm ESL for Koreans
4pm Korean Creative Music
Talk

9:30am PEAK Pinochle
10am-12pm Tech
Appointments with Les**
10am County Arthritis
Foundation Exercise Course*
12:30pm Bingo
1:30pm Korean Kalimba
2pm Korean Bong Sul
3pm Korean Book Club
3pm Korean Saxophone
Class

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.

• • • •

More information
about calendar items
designated as
*Special
Programming in
Orange, or
**Resources and
Services in Blue,
can be obtained at our
front desk.

• • • •

All Korean
Programming is
taught in Korean.

• • • •

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

