

January 2024 Programs

Programs shown were scheduled at the time of printing and are subject to change. **In-person classes are noted in black.** **Hybrid classes (in-person and virtual) are noted in blue.** **Special programs are noted in gold.** You must make an appointment where indicated on the calendar and register for lunches as well as hybrid classes and special programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p> <p>CLOSED</p>	<p>2</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Crafts with Friends (\$3) 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Games 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class</p>	<p>3</p> <p>8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 10am-3pm Shiatsu Appointments (\$20) 11:30-12:30pm Lunch 12:45pm Pinochle 12:45pm Music & Art Therapy Presentation 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)</p>	<p>4</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 11:30-12:30pm Lunch - Celebrating January Birthdays! 12:30pm Dance Fit (\$4) 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Taekwondo</p>	<p>5</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 11:30-12:30pm Lunch 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>8</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 2:00pm Korean Bong Sul</p>	<p>9</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 10:00 Storytime with Josephine (Online & at PEAK) 10:00-12:30pm PA State Rep. Steve Malagari Resource Table 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class</p>	<p>10</p> <p>8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 11:30-12:30pm Lunch with special volunteers from Mater Dei 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)</p>	<p>11</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 11:30-12:30pm Lunch 1:00pm Volunteer Meeting 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Taekwondo</p>	<p>12</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>15</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 2:00pm Korean Bong Sul *Members Only - Tax Sign Ups Begin*</p>	<p>16</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class</p>	<p>17</p> <p>8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:30pm Advisory Council 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)</p>	<p>18</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 11:30-12:30pm Lunch 12:30-2:30pm Montco Association for the Blind 12:30pm Zumba (\$4) 2:00pm Korean Line Dancing</p>	<p>19</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 10:00 Peter Wentz Farmstead: Life in 18th Century Pennsylvania 11:30-12:30pm Lunch 12:30pm Bingo 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>22</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 12:45 pm Medicare Advantage Plans with DelVal Senior Advisors 2:00pm Korean Bong Sul *Open Tax Sign Ups Begin*</p>	<p>23</p> <p>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 Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class</p>	<p>24</p> <p>8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 10:00-12:30pm PA State Senator Maria Collette Resource Table 10:30-12:30pm Special Brunch at Elm Terrace 11:30-12:30 Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)</p>	<p>25</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:00 Yoga (\$4) 10:00 Chair Yoga (\$4) 10:30 Italian Wedding Soup Cooking Class with Terri Wassel 11:30-12:30pm Lunch 2:00pm Korean Line Dancing 3:00pm ESL for Koreans 4:00pm Korean Taekwondo</p>	<p>26</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:30pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p>
<p>29</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Whist & Other Games 11:00 Stitch & Chat 11:30-12:30pm Lunch 12:00pm Book Club 2:00pm Korean Bong Sul</p>	<p>30</p> <p>8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Computer Class 1:00pm Korean Dance & Drumming 3:30pm Korean Smart Phone Class</p>	<p>31</p> <p>8:00 Creative Coloring 8:00 Rummikub/Games/ Puzzles/Chess 10:00 Fit for Future (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:45pm Pinochle 2:30pm Korean Drawing Class (2:30 Beginner / 3:30 Experienced) 3:30pm Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)</p>		<p>Join the GHNPS community as we honor the legacy of Martin Luther King Jr. by collecting donations of non-perishable food items for Manna on Main Street. Bring any donations to PEAK through January 15th.</p>