

MAY Regular Programs

LUNCH IS SERVED DAILY FROM 11:30am-12:30pm
\$2 Suggested donation, Reservations required

Mondays

- 8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
- 10:00am • Fit for the Future (\$4)
- 10:00 am • Whist and Other Games
- 11:00am • Stitch and Chat
- 2:00pm • Korean Bong Sul

Tuesdays

- 8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
- 10:00am • Tai Chi (\$4)
- 1:00pm • Game Club
- 1:00pm • Korean Computer Class
- 1:00pm • Korean Dance and Drumming
- 3:30pm • Korean Smart Phone Class

Wednesdays

- 8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
- 10:00am • Fit for the Future (\$4)
- 10:00 am • Medicare Counseling by Appt.
- 10:00am • Wii Bowling
- 12:45pm • Pinochle
- 2:00pm • Korean Bong Sul
- 2:30 & 3:30pm • Korean Drawing Class (Beginner/Experienced)
- 3:30 & 4:30pm • Korean Saxophone Class (Beginner/Experienced)

Thursdays

- 8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
- 9:00am • Yoga (\$4)
- 10:15am • Chair Yoga (\$4)
- 1:00pm • Korean Women's Bong Sul
- 2:00pm • Korean Line Dancing
- 3:00pm • ESL for Koreans
- 4:00pm Korean Creative Music Talk (NEW)**

Fridays

- 8:00am • Creative Coloring/Rummikub/Games/Puzzles/Chess
- 9:30am • PEAK Pinochle
- 12:30pm • Bingo
- 1:30pm • Korean Kalimba
- 2:00pm • Korean Bong Sul
- 3:00pm • Korean Book Club

For more information on these activities
or to make a lunch reservation

CALL 215-362-7432

606 E. Main St. Lansdale, PA

Weekly MAY Regular Activities

Join us Monday through Friday for fun and exciting programming.
 Activities on this list occur every week at the same time & same place.
 See our special events calendar for additional programming options which
 change monthly!

The PEAK Center is open from 8am to 4pm daily.
 Transportation can be arranged through
 TransNet if you need a ride.