

# March 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
				<b>1</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>9:30</b> PEAK Pinochle <b>10:00-12:00pm</b> Tech Appointments with Les <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2:00pm</b> Korean Bong Sul <b>3:00pm</b> Korean Book Club
<b>4</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>9:00</b> Breakfast Outing: Ralph's Corner Diner <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Whist & Other Games <b>11:00</b> Stitch & Chat <b>11:30-12:30pm</b> Lunch <b>12:30 pm</b> Lunch & Learn: Hearing Health <b>2:00pm</b> Korean Bong Sul	<b>5</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>10:00</b> Crafts with Friends (\$3) <b>10:00</b> Tai Chi (\$4) <b>11:30-12:30pm</b> Lunch <b>1:00pm</b> Games <b>1:00pm</b> Korean Computer Class <b>1:00pm</b> Korean Dance & Drumming <b>3:30pm</b> Korean Smart Phone Class	<b>6</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/Games/ Puzzles/Chess <b>10am-3pm</b> Shiatsu Appointments (\$20) <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Medicare Counseling (by appt.) <b>10:00</b> Wii Bowling <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> PEAK Tappers & Brittany Pointe Steel Pan Drums Show <b>12:45pm</b> Pinochle <b>2:00pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing Class (2:30 Beginner / 3:30 Experienced) <b>3:30pm</b> Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)	<b>7</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>9:00</b> Yoga (\$4) <b>10:00</b> Chair Yoga (\$4) <b>11:30-12:30pm</b> Lunch - Celebrating March Birthdays! <b>12:30pm</b> Dance Fit (\$4) <b>2:00pm</b> Korean Line Dancing <b>3:00pm</b> ESL for Koreans <b>4:00pm</b> Korean Taekwondo <b>5:30pm</b> Panel Discussion: Resources for Aging Parents and Loved Ones	<b>8</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>9:30</b> PEAK Pinochle <b>11:00</b> Grief Support <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2:00pm</b> Korean Bong Sul <b>3:00pm</b> Korean Book Club
<b>11</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>10:00</b> Fit for Future (\$4) <b>10:00</b> Whist & Other Games <b>11:00</b> Stitch & Chat <b>11:30-12:30pm</b> Lunch <b>12:00pm</b> Movie Matinee <b>2:00pm</b> Korean Bong Sul	<b>12</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>10:00</b> Tai Chi (\$4) <b>10:00</b> Storytime with Josephine (Online & at PEAK) <b>10:00-12:30pm</b> PA State Rep. Steve Malagari Resource Table <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Senior Living Options Presentation <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Computer Class <b>1:00pm</b> Korean Dance & Drumming <b>3:30pm</b> Korean Smart Phone Class	<b>13</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/Games/ Puzzles/Chess <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Medicare Counseling (by appt.) <b>10:00</b> Wii Bowling <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Chair Exercise Bingo (\$4) <b>12:45pm</b> Pinochle <b>2:00pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing Class (2:30 Beginner / 3:30 Experienced) <b>3:30pm</b> Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)	<b>14</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>9:00</b> Yoga (\$4) <b>10:00</b> Chair Yoga (\$4) <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Zumba (\$4) <b>2:00pm</b> Korean Line Dancing <b>3:00pm</b> ESL for Koreans <b>4:00pm</b> Korean Taekwondo	<b>15</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>9:30</b> PEAK Pinochle <b>10:00-12:00pm</b> Tech appointments with Les <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2:00pm</b> Korean Bong Sul <b>3:00pm</b> Korean Book Club
<b>18</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>10:00</b> Fit for Future (\$4) <b>10:00</b> Whist & Other Games <b>11:00</b> Stitch & Chat <b>11:30-12:30pm</b> Lunch <b>12:30 pm</b> UPMC: Dental Health Presentation <b>2:00pm</b> Korean Bong Sul	<b>19</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>10:00</b> Tai Chi (\$4) <b>10:30</b> Total Performance PT: Back Pain Presentation <b>11:30-12:30pm</b> Lunch <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Computer Class <b>1:00pm</b> Korean Dance & Drumming <b>3:30pm</b> Korean Smart Phone Class	<b>20</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/Games/ Puzzles/Chess <b>10:00</b> Fit for the Future (\$4) <b>10:00</b> Medicare Counseling (by appt.) <b>10:00</b> Wii Bowling <b>11:30-12:30</b> Lunch <b>12:30pm</b> Advisory Council w/ Chef Dan from Manna <b>12:45pm</b> Pinochle <b>2:00pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing Class (2:30 Beginner / 3:30 Experienced) <b>3:30pm</b> Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)	<b>21</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>9:00</b> Yoga (\$4) <b>10:00</b> Chair Yoga (\$4) <b>11:30-1:30pm</b> Vaccine Clinic <b>11:30-12:30pm</b> Lunch <b>12:30-2:30pm</b> Montco Association for the Blind <b>2:00pm</b> Korean Line Dancing <b>3:00pm</b> ESL for Koreans <b>4:00pm</b> Korean Taekwondo	<b>22</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>9:30</b> PEAK Pinochle <b>11:00</b> Grief Support <b>11:30-12:30pm</b> Lunch <b>12:30pm</b> Bingo <b>1:30pm</b> Korean Kalimba <b>2:00pm</b> Korean Bong Sul <b>3:00pm</b> Korean Book Club
<b>25</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>10:00</b> Fit for Future (\$4) <b>10:00</b> Whist & Other Games <b>11:00</b> Stitch & Chat <b>11:30-12:30pm</b> Lunch <b>12:30</b> Women's History Month Special Program <b>12:00pm</b> Book Club <b>2:00pm</b> Korean Bong Sul	<b>26</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>10:00</b> Tai Chi (\$4) <b>10:30</b> Ted Talk & Roundtable Discussion: New Cultures <b>11:30-12:30pm</b> Lunch <b>12:00pm</b> Legal Consultations (by appt.) <b>1:00pm</b> Game Club <b>1:00pm</b> Korean Computer Class <b>1:00pm</b> Korean Dance & Drumming <b>3:30pm</b> Korean Smart Phone Class	<b>27</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/Games/ Puzzles/Chess <b>10:00</b> Fit for Future (\$4) <b>10:00</b> Medicare Counseling (by appt.) <b>10:00</b> Wii Bowling <b>10:00-12:00pm</b> PA Senator Maria Collett Resource Table <b>11:30-12:30pm</b> Special Lunch (\$10) & Performance by Pride of Erin School of Irish Dance <b>12:45pm</b> Pinochle <b>2:00pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing Class (2:30 Beginner / 3:30 Experienced) <b>3:30pm</b> Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)	<b>28</b> <b>8:00</b> Creative Coloring <b>8:00</b> Rummikub/ Games/Puzzles/Chess <b>9:00</b> Yoga (\$4) <b>10:00</b> Chair Yoga (\$4) <b>11:30-12:30pm</b> Lunch <b>2:00pm</b> Korean Line Dancing <b>3:00pm</b> ESL for Koreans <b>4:00pm</b> Korean Taekwondo	<b>29</b> <b>CLOSED</b> 