

## 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

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

**3:30pm** Korean Saxophone Class (3:30 Beginner / 4:30 Experienced)