

215-362-7432 www.ghnpss.org

November 2023 Programs

Programs shown were scheduled at the time of printing and subject to change. In-Person classes are noted in black. Hybrid Classes (in-person and virtual) are noted in blue. Virtual Classes are noted in green. Special programs/events are noted in Gold. Korean classes are noted in red. You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

TUESDAY MONDAY WEDNESDAY THURSDAY FRIDAY 8:00 Creative Coloring 8:00 Creative Coloring 3 **Special Lunch** 8:00 Rummikub/Games/ 8:00 Creative Coloring 2 8:00 Rummikub/ Puzzles/Chess 10:00 Stretch & Tone (\$4) Games/Puzzles/Chess 8:00 Rummikuh/ **Thanksgiving Feast** 10:00 Medicare Counseling (by appt.) 10:00 Wii Bowling 9:30 PEAK Pinochle Games/Puzzles/Chess **Peter Wentz Farmstead** 10:30 Peter Wentz 9:00 Yoga (\$4) Opm Shiatsu Appts. History of PA to 1800 Farmstead: History of 11:30-12:30pm Lunch **10:00** Meditation (\$4) 1:00pm What is Medicare's Open Enrollment and Why Should I Care? Pennsylvania to 1800 11:30-12:30pm Lunch 11:30-12:30pm Lunch 2:00pm Line Dancing 12:45pm Pinochle **12:30pm** Bingo 11:30-1:30pm 2:00pm Bong Sul 2:30pm Drawing Class (Beginner) 3:30pm Drawing Class 3:30pm ESL for Koreans 1:30pm Kalimba 4:00pm Taekwondo 2:00pm Bong Sul Learn about the early Korean Entertainment • \$10 :30pm Saxophone Class (Beginner) 3:00pm Korean Book Club history of Pennsylvania 4:30pm Saxophone Class 8:00 Creative Coloring 8:00 Creative Coloring 6 8 8:00 Creative Coloring 10 8:00 Rummikub/Games/ 8:00 Creative Coloring 8:00 Creative Coloring 8:00 Rummikub/ Puzzles/Chess 8:00 Rummikub/ 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Stretch & Tone (\$4) 8:00 Rummikub/ Games/Puzzles/Chess 10:00 Medicare Counseling (by appt.) Games/Puzzles/Chess Games/Puzzles/Chess 10:00 Tai Chi (\$4) 9:30 PEAK Pinochle 10:00 Wii Bowling & Games with **10:00** Stretch & Tone (\$4) 10:00 Crafts with Friends (\$3) 9:00 Yoga (\$4) 11:00 Grief Support 10:00 Whist & Other **10:00** Meditation (\$4) 11:30-12:30pm Lunch 11:30-12:30pm Lunch **11:30-12:30pm** Lunch 12:30pm Chair Exercise Bingo (\$4) Games 11:30-12:30pm Lunch 1:00pm Games **12:30pm** Bingo 12:45pm Pinochle **11:00** Stitch & Chat 1:00pm Computer Class 2:00pm Line Dancing 2:00pm Bong Sul 1:30pm Kalimba 1:00pm Korean Dance & 2:30pm Drawing Class (Beginner) 11:30-12:30pm Lunch 3:30pm ESL for Koreans 2:00pm Bong Sul 3:30pm Drawing Class 2:00pm Bong Sul 4:00pm Taekwondo Drumming 3:00pm Korean Book Club 3:30pm Saxophone Class (Beginner) 3:30pm Smart Phone Class 4:30pm Saxophone Class 8:00 Creative Coloring 8:00 Creative Coloring 17 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess 14 10:00 Tai Chi (\$4) 10:00-12:00pm Medicare Open Enrollment Presentation: Charlies Siniari from UHC 10:00 Storytime with 8:00 Creative Coloring 16 8:00 Creative Coloring **15** 8:00 Rummikub/Games/ 8:00 Rummikub/ 8:00 Rummikub/ Games/Puzzles/Chess Puzzles/Chess Games/Puzzles/Chess Games/Puzzles/Chess 10:00 Fit for Future (\$4) **10:00** Fit for Future (\$4) 9:00 Thank You Veterans! 9:00 Yoga (\$4) 10:00 Medicare Counseling (by appt.) 10:00 Whist & Other Coffee & Danish in the **10:00** Meditation (\$4) 10:00 Wii Bowling Games Josephine (Hybrid) **10:00-12:30pm** PA State Rep. Steve Malagari Office 11:30-12:30pm Lunch 11:30-12:30pm Lunch 9:30 PEAK Pinochle **11:00** Stitch & Chat 12:45pm Pinochle 12:30-2:30pm Montco 11:30-12:30pm Lunch 11:30-12:30pm Lunch Steve Malagari Office 11:30-12:30pm Lunch 1:00pm Games 1:00pm Computer Class 1:00pm Korean Dance & 2:00pm Bong Sul Association for the Blind **12:30pm** Bingo 12:30pm Wedding 2:30pm Drawing Class (Beginner) 2:00pm Line Dancing 1:30pm Kalimba Dance Exercise with 3:30pm Drawing Class 3:30pm ESL for Koreans 2:00pm Bong Sul Nadine (\$4) 3:30pm Saxophone Class (Beginner) Drumming 3:30pm Smart Phone Class 4:00pm Taekwondo 3:00pm Korean Book Club 4:30pm Saxophone Class 2:00pm Bong Sul 8:00 Creative Coloring 8:00 Creative Coloring 8:00 Rummikub/ Games/Puzzles/Chess20 8:00 Creative Coloring 21 8:00 Rummikub/Games/ 23 24 8:00 Rummikub/ Puzzles/Chess **10:00** Fit for Future (\$4) **10:00** Whist & Other Games/Puzzles/Chess 10:00 Fit for Future (\$4) CLOSED 10:00 Tai Chi (\$4) 10:00 Medicare Counseling (by appt.) 10:00-12:00pm Charles Siniari UHC Into Table 11:30-12:30pm SPECIAL 10:00 Wii Bowling 10:00-12:00pm Maria Collett Office Games 11:00 Donuts with a Doctor: Meet Dr. Dressler from Total PT Solutions LUNCH: Thanksgiving Feast with Korean Entertainment 11:30-12:30pm Lunch 11:00 Stitch & Chat 11:30-12:30pm Lunch 12:30pm Book Club 12:30pm SHARE - House-sharing in Montgomery 12:45pm Pinochle 1:00pm Games 1:00pm Advisory Council 1:00pm Computer Class 1:00pm Korean Dance & 2:00pm Bong Sul 2:30pm Drawing Class (Beginner) 3:30pm Drawing Class Drumming 3:30pm Smart Phone Class 3:30pm Saxophone Class (Beginner) 2:00pm Bong Sul 8:00 Creative Coloring 28 8:00 Creative Coloring 27 8:00 Creative Coloring 8:00 Creative Coloring 30 8:00 Rummikub/Games/ Puzzles/Chess Games/Puzzles/Chess Games/Puzzles/Chess 10:00 Fit for Future (\$4) 8:00 Rummikub/ 10:00 Fit for Future (\$4) 10:00 Tai Chi (\$4) 10:00 Medicare Counseling (by appt.) Games/Puzzles/Chess 10:00 Whist & Other 11:30-12:30pm Lunch 10:00 Wii Bowling Wii Bowling & 9:00 Yoga (\$4) Games 11:30-12:30pm Lunch **12:00pm** Legal 11:00 Stitch & Chat 12:30 Jefferson Medicare Open **10:00** Meditation (\$4) Consultations (by appt.) nrollment Presentation **Games with** 11:30-12:30pm Lunch 11:30-12:30pm Lunch 1:00pm Games 12:45pm Pinochle **12:00** Book Club 2:00pm Line Dancing 2:00pm Bong Sul **Mater Dei Students** 12:30pm Wedding 1:00pm Computer Class 2:30pm Drawing Class (Beginner) 3:30pm ESL for Koreans Dance Exercise with 1:00pm Korean Dance & 3:30pm Drawing Class 4:00pm Taekwondo Nadine (\$4) 3:30pm Saxophone Class (Beginner) **Drumming NOV. 8 • 10am** 2:00pm Bong Sul 4:30pm Saxophone Class 3:30pm Smart Phone Class