

Regular ^{Weekly} 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 list for additional programming options which change monthly!

Regular Weekly Programs @ PEAK

LUNCH IS SERVED M-F, FROM 11:30am-12:30pm
\$2 Suggested donation for 60+ | Reservations required

Monday-Friday, 8am-4pm:

Self-organized Rummikub, Puzzles, Card Games, Chess, and Creative Coloring are available. See Sabrina at the desk for questions or to access materials. Programs are free unless otherwise indicated.

Mondays

- 10:00 am • Fit for the Future with Kim Zimmerman (\$4)
- 10:00 am • Whist and Other Card Games
- 11:00 am • Stitch and Chat
- 2:00 pm • Korean Bong Sul
- 3:30 pm • Korean Choir Class

Tuesdays

- 10:00 am • Tai Chi with Darrel Bryant (\$4)
- 1:00 pm • Game Club
- 1:00 pm • Korean Computer Class
- 1:00 pm • Korean Dance and Drumming
- 3:30 pm • Korean Smart Phone Class

Wednesdays

- 10:00 am • Fit for the Future with Kim Zimmerman (\$4)
- 10:00 am • Medicare Counseling by Appt.
- 10:00 am • Wii Bowling
- 12:45 pm • Progressive Pinochle
- 2:00 pm • Korean Bong Sul
- 2:30 & 3:30 pm • Korean Drawing Class (Beginner/Experienced)
- 3:00 & 4:00 pm • Korean Saxophone Class (Beginner/Experienced)

Thursdays

- 9:00 am • Yoga with Nadine Chudoba (\$4)
- 10:15 am • Chair Yoga with Nadine Chudoba (\$4)
- 1:00 pm • Korean Women's Bong Sul
- 2:00 pm • Korean Line Dancing
- 3:00 pm • ESL for Koreans
- 4:00 pm • Korean Creative Music Talk

Fridays

- 9:30 am • PEAK (All-levels) Pinochle
- 11:00 am • Grief Support (2nd of 4th Fridays only)
- 12:30 pm • Bingo (\$1 per card)
- 1:30 pm • Korean Kalimba
- 2:00 pm • Korean Bong Sul
- 3:00 pm • 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

All Korean Classes are taught in Korean. See Grace for more information.

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