


September 2023 Programs at PEAK

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. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
|  <p>Shingles, Flu, COVID-19, & Pneumonia Immunization Clinic Thursday, Sept 7 11am-1pm</p> | <p>Friday, Sept. 8 at 4:15pm</p>  <p>Dinner Club: JJ Asian Cuisine</p> | <p>Music Therapy & Refreshments</p>  <p>Wed. Sept. 13 12:30pm</p> |  <p>Breakfast Club: Ralph's Corner Diner Thursday, Sept. 14 at 9am</p> | <p>1</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p> |
| <p>CLOSED Labor Day</p> | <p>8:00 Chess Club 5 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 10:00-12:30pm PA State Rep. Steve Malagari Office 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p> | <p>8:00 Chess Club 6 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00-3:00pm Shiatsu Appointments 10:00 Wii Bowling 11:30-12:30pm Lunch 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class</p> | <p>8:00 Chess Club 7 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess 11:00-1:00pm Shingles, Flu, COVID-19 & Pneumonia Immunization Clinic 11:30-12:30pm Lunch 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p> | <p>8</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club 4:15pm Dinner Club: JJ Asian Cuisine</p> |
| <p>11</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Whist Card Club 11:30-12:30pm Lunch 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Korean Bong Sul</p> | <p>12</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Storytime with Josephine 10:00 Tai Chi (\$4) 10:00-12:00pm United-Healthcare Resource Table 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p> | <p>13</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:30pm Music Therapy & Refreshments 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class</p> | <p>14</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Breakfast Club: Ralph's Corner Diner 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess 11:30-12:30pm Lunch 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p> | <p>15</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p> |
| <p>18</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Whist Card Club 11:30-12:30pm Lunch 2:00pm Korean Bong Sul</p> | <p>19</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p> | <p>20</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00-12:00pm Maria Collette Office Resource Table 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-12:30pm Lunch 12:45pm Pinochle 1:00pm Advisory Council 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class</p> | <p>21</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess 11:30-12:30pm Lunch 12:30-2:30pm Montco Association for the Blind 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p> | <p>22</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:00 Grief Support 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p> |
| <p>25</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Crochet Club 10:00 Fit for the Future (\$4) 10:00 Whist Card Club 11:30-12:30pm Lunch 12:30pm Wedding Dance Exercise with Nadine (\$4) 2:00pm Korean Bong Sul</p> | <p>26</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Tai Chi (\$4) 11:30-12:30pm Lunch 12:00pm Legal Consultations (by appt.) 1:00pm Game Club 1:00pm Korean Dance 3:30pm Korean Smart Phone Class</p> | <p>27</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 10:00 Fit for the Future (\$4) 10:00 Medicare Counseling (by appt. only) 10:00 Wii Bowling 11:30-1:30pm Special Lunch: Oldies but Goodies Sing-along (\$10) 12:45pm Pinochle 2:00pm Korean Bong Sul 3:30pm Korean Drawing 4:30pm Korean Saxophone Class</p> | <p>28</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:00 Yoga with Nadine (\$4) 10:00 Meditation with Nadine (\$4) 10:30 Chess 11:30-12:30pm Lunch 12:30 Norm Danis: Holistic Stress Management 2:00pm Korean Line Dancing 3:30pm ESL for Koreans</p> | <p>29</p> <p>8:00 Chess Club 8:00 Creative Coloring 8:00 Rummikub, Games and Puzzles 9:30 PEAK Pinochle 11:30-12:30pm Lunch 12:30pm Bingo 1:00pm Korean Kalimba 2:00pm Korean Bong Sul 3:00pm Korean Book Club</p> |