

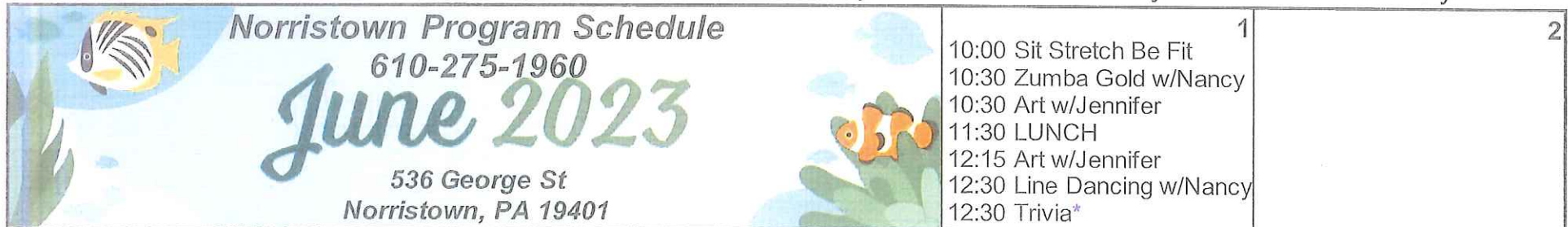
Monday

Tuesday

Wednesday

Thursday

Friday



Norristown Program Schedule

610-275-1960

June 2023

536 George St
Norristown, PA 19401

5		6	7	8	9
10:00 Sit Stretch Be Fruit 10:30 Morning Huddle w/Marcia 10:45 Coffee Talk w/Katie 11:00 Chrome Book Basics 11:30 LUNCH 12:15 Movie Monday 12:30 Puzzles & games		10:00 Sit Stretch Be Fit 10:30 Yoga w/Laurie 10:30 Lowering Rx Cost SSNA 11:30 LUNCH 12:15 Gardening 12:30 Bingo 12:30 Ted Talks*	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 1 st Drama club meeting* 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie 1:30 Who What When	10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:30 Trivia	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Art viewing 11:30 LUNCH 12:15 Art making 12:30 Drums Alive 1:00 Creative thinking*
12		13	14	15	16
10:00 Sit Stretch Be Fruit 10:30 Open Mic express yourself* 10:45 Coffee Talk w/Katie 11:30 LUNCH 12:15 Movie Monday 12:30 Gardening* 12:30 Puzzles & games		10:00 Sit Stretch Be Fit 10:30 yoga w/Laurie 10:30 Senior Scams SSNA 11:30 LUNCH 12:15 Gardening 12:30 Bingo 12:30 Ted Talks	Flag Day 10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Premier Barbers 11:30 LUNCH 12:15 Bible Study 12:30 Music magic w/Katie 1:15 Flag Day celebration	Senator Cappelletti's Rep 10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:30 Trivia	Main Line RN – Blood Pressure 10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Art viewing 11:30 LUNCH 12:15 Art making 12:15 Healthy Relationships 1:15 Sophisticated walkers
19		20	21	22	23
		10:00 Sit Stretch Be Fit 10:30 yoga w/Laurie 10:30 Drums Alive 11:30 LUNCH 12:15 Gardening 12:30 Bingo 12:30 Ted Talks	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Drama club meeting 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie 1:30 Who What When	10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:30 Trivia	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Art viewing 11:30 LUNCH 12:15 Art making 12:30 Gardening 1:00 Sophisticated walkers
26		27	28	29	30
10:00 Sit Stretch Be Fruit 10:30 Morning Huddle w/Marcia 10:45 Coffee Talk w/Katie 11:30 LUNCH 12:15 Movie Monday 12:30 Gardening 12:30 Puzzles & games		10:00 Sit Stretch Be Fit 10:30 yoga w/Laurie 10:30 What about Posture? 11:30 LUNCH 12:15 Gardening 12:30 Bingo 12:30 Ted Talks	Stonewall Riots 10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Documentary Hour 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie 1:15 Tina - Humana	10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:30 Trivia	Birthday Celebrations 10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Art viewing 11:30 LUNCH 12:15 Art making 12:30 Gardening 1:00 Sophisticated walkers

Questions, Program Suggestions? Email Marcia mbrown@montcosaac.org Programs are subject to change without notice. *NEW

June 2023

**HAPPY
FATHER'S
DAY**




Monday	Tuesday	Wednesday	Thursday	Friday
			1 Veal Parmesan w/Tomato Sauce and Parmesan Cheese Tortellini w/ Olive Oil and Parsley Italian Green Beans	2 Baked Macaroni & Cheese Green Beans Stewed Tomatoes
5 Chicken Madres w/Apples & Raisins Orzo w/Peas Roasted Summer Squash	6 Turkey Thyme Risotto Steamed Carrots Brussel Sprouts	7 Swedish Meatballs over Egg Noodles Applesauce Peas	8 Chicken Alfredo Carrots Pears	9 Sweet Italian Sausage w/Onions, Peppers & Marinara Sauce Green Peas Rosemary Potatoes
12 General Tso Chicken w/Fried Rice Broccoli Confetti Veggies w/Dumpling Sweet & Sour Sauce	13 Meatloaf w/Gravy Mashed Potatoes Green Beans	14 Salmon Patty Parsley Potatoes Vegetable Blend Tartar Sauce	15 Vegetable Lasagna Italian Blend Vegetables Roasted Potatoes	16 Thai Beef w/Rice Pacific Blend Veggies Dumpling w/Confetti Veggies
19 	20 Bagel, Egg & Cheese/Turkey Sausage & Cheese Sandwich Roasted Potatoes Apple Wedges	21 Chicken Marsala Wild & Brown Rice Broccoli	22 Salisbury Steak w/Gravy Mashed Potatoes Green Peas	23 Nacho Beef Supreme over Rice Roasted Veggie Topper Refried Beans Sour Cream, Salsa & Chips
26 Manicotti w/Crushed Tomatoes & Basil Steamed Carrots Broccoli	27 Beef Stroganoff w/ Egg Noodles Peas & Carrots Applesauce	28 Chicken Cutlet w/Lemon Butter Sauce Orzo w/Peas Summer Squash	29 Crab Pasta Primavera Steamed Carrots Apple Crumb	30 Vegetable Cheese Omelet Turkey Sausage Roasted Potatoes Bagel