

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Norristown Program Schedule March 2023 536 George St Norristown, PA 19401 610-275-1960</p>				
		1	2	3
		10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Games/Trivia 11:30 LUNCH 12:30 Music Magic w/Katie	10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jenny 11:30 LUNCH 12:15 Art w/Jenny 12:30 Line Dancing	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Art Viewing w/Jenny 11:30 LUNCH 12:15 Art Making w/Jenny 12:30 Cooking Demo w/Kisha
6	7	8	9	10
10:00 Sit Stretch Be Fit 10:30 Medicare w/Bob 10:30 Games /Puzzles 11:30 LUNCH 12:15 Movie Monday	10:00 My Life My Health 10:30 Yoga w/Laurie 12:00 LUNCH 12:45 Bingo Start of Evidence Based Prog	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Premier Barbers 11:30 LUNCH 12:30 Music Magic w/Katie	10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jenny 11:30 LUNCH 12:15 Art w/Jenny 12:30 Line Dancing	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Art Viewing w/Jenny 11:30 LUNCH 12:15 Art Making w/Jenny 12:30 Program w/Tina
13	14	15	16	17
10:00 Sit Stretch Be Fit 10:30 Coffee Talk w/Katie 10:30 Games /Puzzles 11:30 LUNCH 12:15 Movie Monday	10:00 My Life My Health 10:30 Yoga w/Laurie 12:00 LUNCH 12:45 Bingo	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Cooking Demo w/Terri 11:30 LUNCH 12:30 Music Magic w/Katie	10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jenny 11:30 LUNCH 12:15 Art w/Jenny 12:30 Line Dancing	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Art Viewing w/Jenny 11:30 LUNCH 12:15 Art Making w/Jenny 12:30 Dental Program
20	21	22	23	24
10:00 Sit Stretch Be Fit 10:30 Coffee Talk w/Katie 10:30 Games /Puzzles 11:30 LUNCH 12:15 Movie Monday Spring Begins	10:00 My Life My Health 10:30 Yoga w/Laurie 12:00 LUNCH 12:45 Comedy & Juggling w/Al	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Games/Trivia 11:30 LUNCH 12:30 Music Magic w/Katie Ramadan Begins	10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jenny 11:30 LUNCH 12:15 Art w/Jenny 12:30 Line Dancing	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Art Viewing w/Jenny 11:30 LUNCH 12:15 Art Making w/Jenny 12:30 Game Time
27	28	29	30	31
10:00 Sit Stretch Be Fit 10:30 Coffee Talk w/Katie 10:30 Games /Puzzles 11:30 LUNCH 12:15 Movie Monday	10:00 My Life My Health 10:30 Yoga w/Laurie 12:00 LUNCH 12:45 Bingo	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Games/Trivia 11:30 LUNCH 12:30 Music Magic w/Katie	10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jenny 11:30 LUNCH 12:15 Art w/Jenny 12:30 Line Dancing	10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Art Viewing w/Jenny 11:30 LUNCH 12:15 Art Making w/Jenny 12:30 Game Time

Questions, Programs Suggestions, email Marcia mbrown@montcosaac.org All Programs are subject to change **without prior notice**