


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00 Sit Stretch Be Fit 10:30 Morning Huddle w/Marcia 10:30 Donuts w/Dr. Cassidy PT 11:30 LUNCH 12:15 Movie Monday</p>	<p>2</p> <p>10:00 Sit Stretch Be fit 10:30 Yoga w/Laurie 10:30 Drums Alive 11:30 LUNCH 12:30 Bingo w/*Mercy</p>	<p>3</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrell 10:30 Games/Trivia 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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</p>
<p>8</p> <p>10:00 Sit Stretch Be Fit 10:30 G. Kohut Cathedral Village 10:30 Games/Puzzles 11:30 LUNCH 12:15 Movie Monday</p>	<p>9</p> <p>10:00 Sit Stretch Be fit 10:30 Yoga w/Laurie 10:30 Drums Alive 11:30 LUNCH 12:30 Bingo w/*Bridget</p>	<p>10</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrell 10:30 Premier Barbers 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie</p>	<p>11</p> <p>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 Senator Cappelletti's Rep 11:00-1:00</p>	<p>12</p> <p>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 Garden talk w/Patrick</p>
<p>15</p> <p>10:00 Sit Stretch Be Fit 10:30 Morning Huddle w/Marcia 10:45 Coffee Talk w/Katie 10:30 Games/Puzzles 11:30 LUNCH 12:15 Movie Monday</p>	<p>16</p> <p>10:00 Sit Stretch Be fit 10:30 Yoga w/Laurie 10:30 Drums Alive 11:30 LUNCH 12:15 Bingo w/*Jose *Jose Rojas Aetna Medicare</p>	<p>17</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrell 10:30 Foster Grandparents 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie</p>	<p>18</p> <p>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</p>	<p>19</p> <p>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 12:15 Seniors Financial Scams</p>
<p>22</p> <p>10:00 Sit Stretch Be Fit 10:30 Coffee Talk w/Katie 10:30 Games/Puzzles 11:30 LUNCH 12:15 Movie Monday</p>	<p>23</p> <p>10:00 Sit Stretch Be fit 10:30 Yoga w/Laurie 10:30 Drums Alive 11:30 LUNCH 12:30 Bingo w/*Towne Manor</p>	<p>24</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrell 10:30 Games/Trivia 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie</p>	<p>25</p> <p>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</p>	<p>26</p> <p>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 Garden Hour</p>
<p>29</p> <p>CLOSED memorial  DAY</p>	<p>30</p> <p>10:00 Sit Stretch Be fit 10:30 Yoga w/Laurie 10:30 Drums Alive 11:30 LUNCH 12:30 Bingo w/*Bridget</p>	<p>31</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrell 10:30 Forms of Senior Abuse 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic & *Birth Days Celebration</p>	<p>Norristown Program Schedule</p> <p>May 2023</p> <p>536 George Street Norristown, PA 19401 610-275-1960</p> 	

Questions/Programs suggestions? Email Marcia mbrown@montcosaac.org All programs are subject to change without prior notice