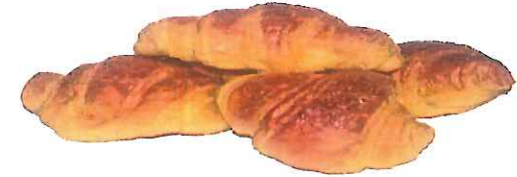
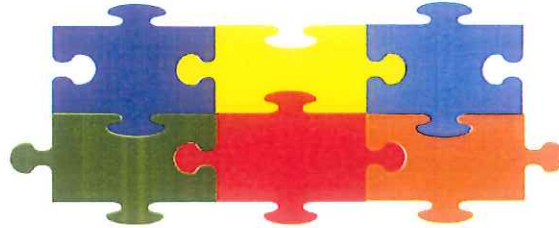


# January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>Crabby Patty Old Bay Potatoes Oregon Veggies Tartar Sauce</p>	<p>4</p> <p>Chicken Parmesan Penna Pasta w/Oil &amp; Parsley Green Beans Dinner Roll</p>	<p>5</p> <p>All Beef Chili Cheese Dog Ranch Potatoes Sauerkraut</p>	<p>6</p> <p>Tex Mex Chicken Fiesta Rice Capri Vegetables</p>
<p>9</p> <p>Egg Plant Parmesan Green Beans Cannoli Beans w/Pesto</p>	<p>10</p> <p>Turkey Thyme Risotto Carrots Brussel Sprouts</p>	<p>11</p> <p>Beef Stroganoff w/ Egg Noodles Applesauce Mixed Veggies</p>	<p>12</p> <p>Chicken Alfredo Carrots Pears</p>	<p>13</p> <p>Chicken Pan Pie Green Beans Applesauce</p>
<p>16</p> <p>General Tso Chicken w/Fried Rice Broccoli Egg Roll Sweet &amp; Sour Sauce</p>	<p>17</p> <p>Baked Mac &amp; Cheese Stewed Tomatoes Green Beans</p>	<p>18</p> <p>Salmon Patty Parsley Potatoes Vegetable Blend Tartar Sauce</p>	<p>19</p> <p>Vegetable Lasagna Roasted Potatoes Italian Blend Vegetables</p>	<p>20</p> <p>Thai Beef w/Rice Pacific Blend Veggies Dumpling w/Confetti Vegetables</p>
<p>23</p> <p>Roast Pork w/Sauerkraut &amp; Apples Sweet Potatoes Mixed Veggies</p>	<p>24</p> <p>Nacho Beef Supreme Refried Beans Roasted Veggie Topping</p>	<p>25</p> <p>Chicken Tenders Baked Beans Green Beans Baby Carrots w/Ranch</p>	<p>26</p> <p>Salisbury Steak Mashed Potatoes Green Peas</p>	<p>27</p> <p>Greek Styled Turkey Burger w/Mango &amp; Roasted Corn Salsa Wild &amp; Brown Rice Broccoli</p>
<p>30</p> <p>Sweet &amp; Sour Meatballs w/Rice Veggie Medley Broccoli Rice Pilaf</p>	<p>31</p> <p>Chicken Fried Steak w/Gravy Mashed Potatoes Mixed Veggies</p>			



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Sit Stretch Be Fit 10:30 <b>Coffee Talk w/Katie</b> 10:30 Games/Puzzles 11:30 LUNCH 12:15 Movie Monday</p>	<p>3</p> <p>10:00 Sit Stretch Be Fit 10:30 Yoga w/Laurie 10:30 <b>Fraud Bingo</b> 11:30 LUNCH 12:15 Bingo</p>	<p>4</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 <b>Music Magic w/Katie</b> 11:30 LUNCH 12:15 Bible Study 12:30 <b>National Trivia Day</b></p>	<p>5</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba w/Nancy 10:30 Art4Me w/Jenny 11:30 LUNCH 12:15 Art4Me w/Jenny 12:30 Line Dancing w/Nancy</p>	<p>6</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 <b>Remembering Elvis</b></p>
<p>9</p> <p>10:00 Sit Stretch Be Fit 10:30 <b>Coffee Talk w/Katie</b> 10:30 Games/Puzzles 11:30 LUNCH 12:15 Movie Monday</p>	<p>10</p> <p>10:00 Sit Stretch Be Fit 10:30 Yoga w/Laurie 10:30 <b>Saving on Rx Cost</b> 11:30 LUNCH 12:15 Bingo</p>	<p>11</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 <b>Premier Barbers</b> 11:30 LUNCH 12:15 Bible Study 12:30 <b>Music Magic w/Katie</b></p>	<p>12</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba w/Nancy 10:30 Art4Me w/Jenny 11:30 LUNCH 12:15 Art4Me w/Jenny 12:30 Line Dancing w/Nancy <b>Senator Cappelletti's Rep.</b></p>	<p>13</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 <b>Program in a Box w Tina from Humana</b></p>
<p>16</p> <p>10:00 Sit Stretch Be Fit 10:30 <b>Coffee Talk w/Katie</b> 10:30 Games/Puzzles 11:30 LUNCH 12:15 <b>Celebrating MLK "I Have A Dream"</b></p>	<p>17</p> <p>10:00 Sit Stretch Be Fit 10:30 Yoga w/Laurie 10:30 Drums Alive 11:30 LUNCH 12:15 Bingo</p>	<p>18</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 <b>Music Magic w/ Katie</b> 11:30 LUNCH 12:15 Bible Study 12:30 <b>Tea &amp; Biscuit</b></p>	<p>19</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba w/Nancy 10:30 Art4Me w/Jenny 11:30 LUNCH 12:15 Art4Me w/Jenny 12:30 Line Dancing w/Nancy</p>	<p>20</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 <b>Chinese NY Celebration</b> <b>BP Check-Main Line Nurse</b></p>
<p>23</p> <p>10:00 Sit Stretch Be Fit 10:30 <b>Coffee Talk w/Katie</b> 10:30 Games/Puzzles 11:30 LUNCH 12:15 Movie Monday</p>	<p>24</p> <p>10:00 Sit Stretch Be Fit 10:30 Yoga w/Laurie 10:30 Drums Alive 11:30 LUNCH 12:15 Bingo</p>	<p>25</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 <b>Music Magic w/ Katie</b> 11:30 LUNCH 12:15 Bible Study 12:30 <b>Games/Trivia</b></p>	<p>26</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba w/Nancy 10:30 Art4Me w/Jenny 11:30 LUNCH 12:15 Art4Me w/Jenny 12:30 Line Dancing w/Nancy</p>	<p>27</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 <b>Karaoke w/Friends</b></p>
<p>30</p> <p>10:00 Sit Stretch Be Fit 10:30 <b>Coffee Talk w/Katie</b> 10:30 Games/Puzzles 11:30 LUNCH 12:00 <b>Murder Mystery</b></p>	<p>31</p> <p>10:00 Sit Stretch Be Fit 10:30 Yoga w/Laurie 10:30 Drums Alive 11:30 LUNCH 12:15 Bingo</p>	 <p style="text-align: center;"><b>NORRISTOWN Program Schedule</b> <i>January 2023</i> 536 George Street Norristown, PA 19401 610-275-1960</p>		

Questions or Programs Suggestions, email Marcia [mbrown@montcosaac.org](mailto:mbrown@montcosaac.org) Programs are subject to change without prior notice