

# DECEMBER 2022

# NORRISTOWN

Mon	Tue	Wed	Thu	Fri
<p><b>NORRISTOWN</b>  <i>Program Schedule</i>                      536 George Street                      Norristown, PA 19401                      610-275-1960</p>	<p>Week of 12/5 – 12/9                      wear red or green                      Check your fliers for events                      on the week of                      12/19 – 12/16</p>		<p><b>1</b>                      10:00 Sit Stretch Be Fit                      10:30 Zumba w/Nancy                      10:30 &amp; 12:15 Art w/Jenny                      11:30 LUNCH                      12:30 Line Dancing</p>	<p><b>2</b>                      10:00 Sit Stretch Be Fit                      10:30 Art4Me w/Jenny                      10:30 Coffee Talk w/Katie                      11:30 LUNCH                      12:30 Tree lighting Ceremony</p>
<p><b>5</b>                      10:00 Sit Stretch Be Fit                      10:30 1 hr. w/Tin-Humana                      11:30 LUNCH                      12:15 Movie Monday                      "Nothing Like the Holidays"</p>	<p><b>6</b>                      10:00 Meditation &amp; Tea                      10:30 Yoga w/Laurie                      10:30 Healthy Steps                      11:30 LUNCH                      12:15 Bingo</p>	<p><b>7</b>                      10:00 Sit Stretch Be Fit                      10:30 Trivia w/Marcia                      10:30 Music Magic w/Katie                      11:30 LUNCH                      12:15 Bible Study</p>	<p><b>8</b>                      10:00 Sit Stretch Be Fit                      10:30 Zumba w/Nancy                      10:30 &amp; 12: 15 Art w/Jenny                      11:30 LUNCH                      12:30 Line Dancing</p>	<p><b>9</b>                      10:00 Sit Stretch Be Fit                      10:30 Art4Me w/Jenny                      11:30 LUNCH                      12:00 Holiday celebration                      w/Neil Disc Jockey</p>
<p><b>12</b>                      10:00 Sit Stretch Be Fit                      10:30 Coffee Talk w/Katie                      11:30 LUNCH                      12:15 Movie Monday                      "Alone For Christmas"</p>	<p><b>13</b>                      10:00 Meditation &amp; Tea                      10:30 Yoga w/Laurie                      10:30 Healthy Steps                      11:30 LUNCH                      12:15 Bingo w/Bridget</p>	<p><b>14</b>                      10:00 Sit Stretch Be Fit                      10:30 Premier Barbers                      10:30 Music Magic w/Katie                      11:30 LUNCH                      12:15 Bible Study</p>	<p><b>15</b>                      10:00 Sit Stretch Be Fit                      10:30 Zumba w/Nancy                      10:30 &amp; 12:15 Art w/Jenny                      11:30 LUNCH                      12:30 Line Dancing</p>	<p>BP w/Main line Nurse <b>16</b>                      10:00 Sit Stretch Be Fit                      10:30 Art4Me w/Jenny                      10:30 Coffee Talk w/Katie                      11:30 LUNCH                      12:30 Christmas Carols</p>
<p><b>19</b>                      10:00 Sit Stretch Be Fit                      10:30 Coffee Talk w/Katie                      11:30 LUNCH                      12:15 Movie Monday                      "Xmas w/the KRANKS"</p>	<p><b>20</b>                      10:00 Sit Stretch Be Fit                      10:30 Yoga w/Laurie                      10:30 Fun Retirement w/Jerry                      11:30 LUNCH                      12:15 Bingo w/Bridget</p>	<p>Winter Solstice <b>21</b>                      10:00 Sit Stretch Be Fit                      10:30 Trivia w/Marcia                      10:30 Music Magic w/Katie                      11:30 LUNCH                      12:15 Bible Study</p>	<p><b>22</b>                      10:00 Sit Stretch Be Fit                      10:30 Zumba w/Nancy                      10:30 &amp; 12:15 Art w/Jenny                      11:30 LUNCH                      12:30 Line Dancing</p>	<p><b>23</b>                      CENTER CLOSED</p>
<p><b>26</b>                      CENTER CLOSED</p>	<p><b>27</b>                      10:00 Sit Stretch Be Fit                      10:30 Yoga w/Laurie                      10:30 Drums Alive is back!!!                      11:30 LUNCH                      12:15 Bingo</p>	<p><b>28</b>                      10:00 Sit Stretch Be Fit                      10:30 Trivia w/Marcia                      10:30 Music Magic w/Katie                      11:30 LUNCH                      12:15 Bible Study</p>	<p><b>29</b>                      10:00 Sit Stretch Be Fit                      10:30 Zumba w/Nancy                      10:30 &amp; 12:15 Art w/Jenny                      11:30 LUNCH                      12:15 Line Dancing</p>	<p><b>30</b>                      10:00 Sit Stretch Be Fit                      10:30 Art4Me w/Jenny                      11:30 LUNCH                      12:30 New Year Resolutions</p>