

	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>LOCATIONS</b> Cafeteria (C) Community Room (CR) Music Room (MR) Art Room (AR) Gym (G) Game Room (GR) Library (L)	<b>April Fool's Day</b> 1 10:00 Motown Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 History's Biggest Pranks (C) 10:30 Drama Club (GR) 10:45 Drums Alive (CR) 11:15 Guided Meditation (CR) 12:00 Nutrition Presentation (L) 12:15 Movie: JUST MARRIED (CR) 12:30 Crochet/Knit Club (GR) 12:30 April IQ QUIZ (C)	<b>Autism Awareness Day</b> 2 10:00 Gospel Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Yoga w/Laurie (G) 10:30 Amerihealth Presentation (CR) 10:30 Meet Triston:Autism Video (C) 12:15 BINGO 12:30 Billiard's w/ Friends (AR)	<b>National Ice Cream Sundae Day</b> 3 10:00 80's Hits Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Craft time w/Aetna (C) 10:30 Tai Chi w/Darrel (CR) 12:00 Music Magic (C) 12:15 Bible Study (MR) 12:30 Ice Cream Sundaes	<b>Maya Angelou Birthday</b> 4 10:00 Bruno Mars Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art with Jennifer (AR) 10:30 Zumba w/Nancy (C) 10:30 Tranquility Forum (L) 12:15 Art with Jennifer (AR) 12:15 Mastering Your Mind (L) 12:30 Line Dancing w/Nancy (C) 12:45 Independent JAM Session (MR)	5 10:00 MJ Inspired Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art w/Jen (AR) 10:30 Tai Chi w/Darrell (CR) 10:45 Tea & Trivia w/Friends (C) 12:15 Art w/Jennifer (AR) 12:15 Gardens and Habitats (C) 12:30 SAAC Choir Rehearsal (MR)		
<b>OPEN GYM M-F (ALL DAY)</b> <b>OPEN GAME ROOM M-F (ALL DAY)</b>	7 10:00 Motown Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Drama Club (GR) 10:30 Chicken Soup 4/ Soul (C) 10:45 Drums Alive (CR) 11:15 Guided Meditation (CR) 12:15 Movie: John Q (CR) 12:15 In Your Best Interest (L) 12:30 Crochet/Knit Club (GR) 12:30 Cranium Crunches (C)	<b>Kite Month</b> 9 10:00 Gospel Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Yoga w/Laurie (G) 10:30 Health and Wellness (L) 11:00 Kite Flying Demo (outside) 12:15 BINGO (C) 12:30 Billiard's w/ Friends (AR)	<b>Community Spirit Day</b> 10 10:00 80's Hits Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Premier Barbers (C) 10:30 Tai Chi w/Darrel (CR) 10:30 Humor Hour 12:00 Music Magic (C) 12:15 Bible Study (MR) 12:45 Gym Time (G) <b>1:15 GROUP PICTURE</b> <b>*Wear ORANGE AND BLUE*</b>	11 10:00 Bruno Mars Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art with Jennifer (AR) 10:30 Zumba w/Nancy (C) 10:30 Tranquility Forum (L) 12:15 Art with Jennifer (AR) 12:15 Mastering Your Mind (L) 12:30 Line Dancing w/Nancy (C) 12:45 Independent JAM Session (MR)	12 10:00 MJ Inspired Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art w/Jen (AR) 10:30 Tai Chi w/Darrell (CR) 10:45 Tea & Trivia w/Friends (C) 12:15 Art w/Jennifer (AR) 12:15 Gardens and Habitats (C) 12:30 SAAC Choir Rehearsal (MR) 12:30	13 <b>Sign up for the "Talent Show" See Shanna!</b> <b>Talent Show FRIDAY, MAY 3, 2024</b>	
<b>BILLIARDS M-W (ALL DAY)</b> <b>LUNCH 11:30 AM</b>	14 10:00 Jazz Concert with Episcopal Academy (C) 10:30 UPMC Presentation (L) 10:45 Drums Alive (CR) 11:15 Guided Meditation (CR) 12:15 Movie: Miracle (CR) 12:15 In Your Best Interest (L) 12:30 Crochet/Knit Club (GR) 12:30 Cranium Crunches (C)	15 10:00 Gospel Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Yoga w/Laurie (G) 10:30 Health and Wellness (L) 11:00 Kite Flying Demo (outside) 12:30 BINGO with AETNA (C) 12:30 Billiard's w/ Friends (AR)	16 10:00 80's Hits Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Tai Chi w/Darrel (CR) 10:30 Know Your Neighbor (C) 12:00 Music Magic (C) 12:15 Bible Study (MR) 12:45 Gym Time (CR)	17 10:00 Bruno Mars Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art with Jennifer (AR) 10:30 Zumba w/Nancy (C) 10:30 Tranquility Forum (L) 12:15 Art with Jennifer (AR) 12:15 Mastering Your Mind (L) 12:30 Line Dancing w/Nancy (C) 12:45 Independent JAM Session (MR)	18 10:00 MJ Inspired Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art w/Jen (AR) 10:30 Tai Chi w/Darrell (CR) 10:45 Tea & Trivia w/Friends (C) 12:15 Art w/Jennifer (AR) 12:15 Gardens and Habitats (C) 12:30 SAAC Choir Rehearsal (MR)	19 10:00 MJ Inspired Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art w/Jen (AR) 10:30 Tai Chi w/Darrell (CR) 10:45 Tea & Trivia w/Friends (C) 12:15 Art w/Jennifer (AR) 12:15 Gardens and Habitats (C) 12:30 SAAC Choir Rehearsal (MR)	20
	21 10:00 Motown Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Drama Club (C) 10:30 Chicken Soup 4/ Soul (CR) 10:45 Drums Alive (CR) 11:15 Guided Meditation (CR) 12:15 Movie: Invention of Lying (CR) 12:15 In Your Best Interest (L) 12:30 Crochet/Knit Club (GR) 12:30 Cranium Crunches (C)	22 <b>SPANISH LANGUAGE DAY</b> 10:00 Gospel Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Yoga w/Laurie (G) 10:30 Health and Wellness (L) 10:30 Learn Spanish Phrases (C) 12:15 BINGO (C) 12:30 Billiard's w/ Friends (AR)	23 10:00 80's Hits Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Tai Chi w/Darrel (CR) 10:30 TV Trivia (C) 12:00 Music Magic (C) 12:15 Bible Study (MR) 12:45 Gym Time (G)	24 10:00 Bruno Mars Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art with Jennifer (AR) 10:30 Zumba w/Nancy (C) 10:30 Craft w/ Episcopal Academy (CR) 12:15 Art with Jennifer (AR) 12:15 Mastering Your Mind (L) 12:30 Line Dancing w/Nancy (C) 12:45 Independent JAM Session (MR)	25 10:00 MJ Inspired Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art w/Jen (AR) 10:30 Tai Chi w/Darrell (CR) 10:45 Tea & Trivia w/Friends (C) 12:15 Art w/Jennifer (AR) 12:15 Gardens and Habitats (C) 12:30 SAAC Choir Rehearsal (MR)	26 10:00 MJ Inspired Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Art w/Jen (AR) 10:30 Tai Chi w/Darrell (CR) 10:45 Tea & Trivia w/Friends (C) 12:15 Art w/Jennifer (AR) 12:15 Gardens and Habitats (C) 12:30 SAAC Choir Rehearsal (MR)	27
	28 10:00 Motown Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Drama Club (C) 10:30 Chicken Soup 4/ Soul (CR) 10:45 Drums Alive (CR) 11:15 Guided Meditation (CR) 12:15 Movie: Sister Act 2 (CR) 12:15 In Your Best Interest (L) 12:30 Crochet/Knit Club (GR) 12:30 Cranium Crunches (C)	29 <b>International Jazz Day</b> 10:00 Gospel Workout (CR) 10:00 Coffee and Chronicles (C) 10:30 Yoga w/Laurie (G) 10:30 Health and Wellness (L) 10:30 Jazzercise (CR) 12:15 BINGO (C) 12:30 Billiard's w/ Friends (AR)	30	<b>April 2024</b> <b>Montco SAAC-NORRISTOWN</b> <b>536 George Street</b>			

Programs are subject to change without notice. Questions or Concerns email [ShannaH@montcosaac.org](mailto:ShannaH@montcosaac.org)