

Monday

Tuesday



Wednesday

Thursday

Friday



Norristown Programs
September 2023
 536 George Street.
 Norristown, PA 19401
 610-275-1960

<p style="text-align: center;">4</p> <p style="text-align: center;">Closed</p> 	<p style="text-align: center;">5</p> <p>10:00 Sit Stretch Be Fit 10:30 Science for Seniors 10:30 Yoga w/Laurie 11:30 LUNCH 12:15 Garden clean up. 12:30 Bingo 12:30 Ted Talks</p>	<p style="text-align: center;">6</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Dr. Zhang * Pain? 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie 1:30 Who What When</p>	<p style="text-align: center;">7</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:45 Trivia</p>	<p style="text-align: center;">8</p> <p>10:00 Sit Stretch be Fit. 10:30 Tai Chi w/Darrel 10:30 Art Viewing 11:30 LUNCH 12:15 Art Making 12:30 Tina's Program in a box 1:30 Walking Club</p>
<p style="text-align: center;">11</p> <p>10:00 Sit Stretch Be Fit 10:30 Trip & Tour of Trinity Mercy Facilities 12:30 Movie Monday 12:30 Gardening 12:30 Billiards/UNO/Rummikub</p>	<p style="text-align: center;">12</p> <p>10:00 Sit Stretch Be Fit 10:30 Drums Alive 10:30 Yoga w/Laurie 11:30 LUNCH 12:15 Garden clean up. 12:30 Bingo 12:30 Ted Talks</p>	<p style="text-align: center;">13</p> <p>Celiac Disease Day</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Premier Barbers 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie 1:30 Who What When</p>	<p style="text-align: center;">14</p> <p>Senator cappelletti's Rep</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:45 Trivia</p>	<p style="text-align: center;">15</p> <p>Hispanic Heritage month</p> <p>10:00 Sit Stretch be Fit. 10:30 Tai Chi w/Darrel 10:30 Art Viewing 11:30 LUNCH 12:15 Art Making 12:30 Garden & Habitats 1:30 Walking Club</p>
<p style="text-align: center;">18</p>  <p style="text-align: center;">Picnic</p>	<p style="text-align: center;">19</p> <p>* Vaccine Clinic</p> <p>10:00 Sit Stretch Be Fit 10:30 Fall Salads w/Teri 10:30 Yoga w/Laurie 11:30 LUNCH 12:15 Garden clean up. 12:30 Bingo w/Aetna 12:30 Ted Talks</p>	<p style="text-align: center;">20</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 Pepperoni Pizza making. 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie 1:30 Who What When</p>	<p style="text-align: center;">21</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:45 Trivia</p>	<p style="text-align: center;">22</p> <p>10:00 Sit Stretch be Fit. 10:30 Tai Chi w/Darrel 10:30 Art Viewing 11:30 LUNCH 12:15 Art Making 12:30 Native American Day 1:30 Walking Club</p>
<p style="text-align: center;">25</p> <p>10:00 Sit Stretch Be Fit 10:30 Morning Huddle w/Marcia 10:45 Coffee Talk w/Katie 11:30 LUNCH 12:00 Open Mic 12:15 Movie Monday 12:30 Billiards/UNO/Rummikub</p>	<p style="text-align: center;">26</p> <p>10:00 Sit Stretch Be Fit 10:30 Drums Alive 10:30 Yoga w/Laurie 11:30 LUNCH 12:00 Brandywine Living 12:30 Bingo 12:30 Ted Talks</p>	<p style="text-align: center;">27</p> <p>10:00 Sit Stretch Be Fit 10:30 Tai Chi w/Darrel 10:30 DR. Berg knee/Back Pain 11:30 LUNCH 12:15 Bible Study 12:30 Music Magic w/Katie 1:30 Who What When</p>	<p style="text-align: center;">28</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:45 Trivia</p>	<p style="text-align: center;">29</p> <p>10:00 Sit Stretch be Fit. 10:30 Tai Chi w/Darrel 10:30 Art Viewing 11:30 LUNCH 12:15 Art Making 12:30 Birthday Celebration 1:30 Karaoke</p>

Questions, Program suggestions? Email Marcia mbrown@montcosaac.org All programs are subject to change without notice.

September 2023

goodbye, august
hello, september



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Breast Parmesan Tortellini w/Red Sauce Italian Vegetables
4 We are closed! LABOR DAY Have a safe and fun holiday!	5 Chicken Madres w/Orzo & Peas Zucchini w/Tomatoes Yellow Squash	6 Open-Faced Turkey Burger w/Roasted Corn & Mango Salsa Wild & Brown Rice Pilaf Broccoli	7 Waffles w/Chicken Sausage Pears Collard Greens Syrup	8 Chinese Roast Pork Fried Rice Capri Vegetables
11 Roasted Herb Chicken w/Beans & Sun-Dried Tomatoes Broccoli w/Cheese Sauce Mixed Vegetables	12 Meatloaf w/Gravy Mashed Potatoes California Vegetables	13 Sweet Italian Sausage Rosemary Roasted Potatoes Steamed Peas	14 Eggplant Parmesan Steamed Green Beans & Carrots Cinnamon Peaches	15 Italian Meatball & Chicken Platter Pesto Cauliflower Penne w/Olive Oil
18 Chickpea Curry Stew w/Brown Rice Peas & Confetti Vegetables Apple Cobbler	19 Herbed Chicken w/Tomato Coulis over Polenta Broccoli Poached Pear	20 Cheese Stuffed Shells w/Tomato Basil Sauce Steamed Carrots Steamed Green Beans	21 Swedish Meatballs served over Noodles Peas Applesauce	22 Braised Paprika Chicken over Rice Pilaf Peas & Carrots Poached Pears
25 Roasted Tilapia w/Lemon over Rice Capri Vegetables Apple Cobbler	26 Baked Macaroni & Cheese Stewed Tomatoes Green Beans	27 Gingered Mustard Pork w/Sweet Potatoes Brussel Sprouts Carrots	28 General Tso Chicken w/Fried Rice Broccoli Confetti Vegetables w/Dumpling	29 Beef Stroganoff w/Egg Noodles Mixed Vegetables Applesauce