

Monday

Tuesday

Wednesday

Thursday

Friday

May 2025

					<p>10:00- Sit & Stretch 1</p> <p>10:30- Zumba w/ Nancy</p> <p>10:30- Art w/ Jenny</p> <p>10:30- Tranquility</p> <p>12:30- Art w/ Jenny</p> <p>12:30- Line Dancing w/ Nancy</p>	<p>2 Afternoon Pet Therapy (U•••U)</p> <p>10:00- Sit & Stretch</p> <p>10:30- Art4Me Viewing</p> <p>10:30- Tai Chi w/ Darrel</p> <p>12:00- Digital Literacy w/ Norristown Municipal Council</p> <p>12:30- Art4Me Making</p> <p>12:30- Gardens and Habitat</p>
<p>Cinco De Mayo! 5</p> <p>10:00- Sit & Stretch</p> <p>10:30- Cinco De Mayo Festivities</p> <p>10:30- Drums Alive!</p> <p>12:00- Movie: Mamma Mia!</p> <p>12:30- Mother's Day Card Writing</p>	<p>6</p> <p>10:00- Sit & Stretch</p> <p>10:30- Health and Wellness w/ Main Line Health</p> <p>10:30- AI Writer's Studio w/ Mark</p> <p>10:30- Yoga w/ Laurie</p> <p>12:15- Bingo w/ OSH</p>	<p>7</p> <p>10:00- Sit & Stretch</p> <p>10:30- Tai Chi w/Darrel</p> <p>10:30- Cooking Demo w/ Jill: Spring Noodle Salad</p> <p>12:00- Music Magic</p> <p>12:15- Bible Study</p>	<p>8</p> <p>10:00- Sit & Stretch</p> <p>10:30- Zumba w/ Nancy</p> <p>10:30- Art w/ Jenny</p> <p>10:30- Tranquility</p> <p>12:30- Art w/ Jenny</p> <p>12:30- Line Dancing w/ Nancy</p>	<p>9 Afternoon Pet Therapy (U•••U)</p> <p>10:00- Sit & Stretch</p> <p>10:30- Art4Me Viewing</p> <p>10:30- Tai Chi w/ Darrel</p> <p>12:00- Disability Advocacy w/ Jim and Jean</p> <p>12:30- Art4Me Making</p> <p>12:30- Gardens and Habitats</p>		
<p>10:00- Sit & Stretch 12</p> <p>10:30- Tai Chi w/ Suhailah White-Anderson</p> <p>10:30- Reusable Bag Decorating*</p> <p>12:00- Movie- The Way</p> <p>12:30- Around the World w/ Jill: Australia</p>	<p>9-2- Rent Rebate Clinic w/ Dept of Revenue* 13</p> <p>10:00- Sit & Stretch</p> <p>10:30- Montgomery County Association of the Blind</p> <p>10:30- Yoga w/ Laurie</p> <p>10:30- Health and Wellness</p> <p>12:15- Bingo! w/ Humana</p>	<p>10:00- Sit & Stretch 14</p> <p>10:30- Foot Care w/ Main Line Health</p> <p>10:30- Tai Chi w/Darrel</p> <p>12:00- Music Magic</p> <p>12:15- Bible Study</p>	<p>10:00: Sit & Stretch 15</p> <p>10:30: Zumba w/ Nancy</p> <p>10:30: Art w/ Jenny</p> <p>10:30: Tranquility</p> <p>12:30: Art w/ Jenny</p> <p>12:30: Line Dancing w/ Nancy</p>	<p>Afternoon Pet Therapy (U•••U) 16</p> <p>10:00- Sit & Stretch</p> <p>10-12- Blood Pressure Screening w/ Main Line Health</p> <p>10:30- Art4Me Viewing</p> <p>10:30- Tai Chi w/ Darrel</p> <p>12:00- Music Enrichment w/ Emeli</p> <p>12:30- Art4Me Making</p> <p>12:30- Gardens and Habitats</p>		
<p>10:00- Sit & Stretch 19</p> <p>10-1- SNAP Info Booth w/ CAMCOD</p> <p>10:30- Drums Alive!</p> <p>10:30- Friendly Feud!</p> <p>12:00- Movie: Stand By Me</p> <p>12:15- Band Rehearsal</p>	<p>10:00- Sit & Stretch 20</p> <p>10:30- Norristown Garden Club</p> <p>10:30- Yoga w/ Laurie</p> <p>10:30- Health and Wellness</p> <p>12:15- Bingo! w/ Oak Street Health</p>	<p>10:00- Sit & Stretch 21</p> <p>10:30- Tai Chi w/ Darrel</p> <p>10:30- 10 Warning Signs of Alzheimer's w/ Alzheimer's Association</p> <p>12:00- Music Magic</p> <p>12:15- Bible Study</p>	<p>10:00- Sit & Stretch 22</p> <p>10:30- Zumba w/ Nancy</p> <p>10:30- Art w/ Jenny</p> <p>10:30- Tranquility</p> <p>12:30- Art w/ Jenny</p> <p>12:30- Line Dancing w/ Nancy</p>	<p>Afternoon Pet Therapy (U•••U) 23</p> <p>10:00- Sit & Stretch</p> <p>10:30- Art4Me Viewing</p> <p>10:30- Tai Chi w/ Darrel</p> <p>12:00- Hearing Exams w/ Sound Investments</p> <p>12:30- Art4Me Making</p> <p>12:30- Gardens and Habitats</p>		
<p>Memorial Day 26</p>  <p>CENTER CLOSED</p>	<p>10:00- Sit & Stretch 27</p> <p>10:30- Free The Mic: Open Jam Collective</p> <p>10:30- Yoga w/ Laurie</p> <p>10:30- Health and Wellness</p> <p>12:15- Bingo!</p>	<p>10:00- Sit & Stretch 28</p> <p>10:30- Trivia Hour w/ Episcopal Academy</p> <p>10:30- Tai Chi w/Darrel</p> <p>12:00- Music Magic</p> <p>12:15- Bible Study</p>	<p>10:00- Sit & Stretch 29</p> <p>10:30- Norristown Garden Club</p> <p>10:30- Zumba w/ Nancy</p> <p>10:30- Art w/ Jenny</p> <p>10:30- Tranquility</p> <p>12:30- Art w/ Jenny</p> <p>12:30- Line Dancing w/ Nancy</p>	<p>Afternoon Pet Therapy (U•••U) 30</p> <p>10:00- Sit & Stretch</p> <p>10:30- Art4Me Viewing</p> <p>10:30- Tai Chi w/ Darrel</p> <p>12:00- Birthday Celebration w/ Jim Moore!</p> <p>12:30- Art4Me Making</p> <p>12:30- Gardens and Habitats</p>		

Programs are subject to change without notice. Questions, concerns and suggestions can be sent to Emeli Sosa at esosa@montcosaac.org. Please note that our certified service animal may arrive at any time during the week. *prior registration is required for events with an asterisk.