

Monday	Tuesday	Wednesday	Thursday	Friday
10:00- Sit & Stretch 3 10:30- Drums Alive! 10:30- <b>Pedestrian Safety w/ Montgomery County</b> 12:00- Movie: RBG Documentary 12:30- Trivia Hour	10:00- Sit & Stretch 4 10:30- Yoga w/ Laurie 10:30- Pancake Cooking Demo w/ Jill 10:30- Health and Wellness 12:15- Bingo!	10:00- Sit & Stretch 5 10:30- <b>Scam Prevention</b> 10:30- <b>Making The Connection</b> 12:00- Music Magic! 12:15- Bible Study	10:00- Sit & Stretch 6 10:30- Zumba w/ Nancy 10:30- Art w/Jenny 10:30- Tranquility 12:30- Art w/Jenny 12:30- Line Dancing w/ Nancy	10:00- Sit & Stretch 7 10:30- Art4Me Viewing 10:30- <b>Tai Chi w/ Suhailah White-Anderson</b> 12:00- Women's History Presentation w/ Emeli 12:30- Art4Me Making 12:30- Gardens & Habitats w/Jill
10:00- Sit & Stretch 10 10:30- Drums Alive! 10:30- <b>Falls Prevention w/ Mobility Plus</b> 12:00- Movie : Surviving Paradise 12:30- Postcard Writing	10:00- Sit & Stretch 11 10:30- Yoga w/ Laurie 10:30- <b>Revolutionary Home Health Presentation</b> 10:30- Health and Wellness 12:15- <b>Bingo! w/ Sanatoga Court</b>	10:00- Sit & Stretch 12 10:30- Tai Chi w/ Darrel 10:30- <b>Making The Connection</b> 12:00- Music Magic! 12:15- Bible Study	10:00- Sit & Stretch 13 10:30- Zumba w/ Nancy 10:30- Art w/Jenny 10:30- Music Enrichment w/Emeli 12:30- Art w/Jenny 12:30- Line Dancing w/ Nancy	10:00- Sit & Stretch 14 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:00- <b>MCCC Dental Program</b> 12:30- Art4Me Making <b>12:30- Gardens &amp; Habitats w/ Cynthia</b>
<b>St. Patrick's Day!</b> 17 10:00- Sit & Stretch 10:30- Drums Alive! 10:30- St. Patrick's Day Celebration 12:00- Movie Monday: Thank God It's Friday 12:30- DIY Bird Feeder	10:00- Sit & Stretch 18 10:30- Yoga w/ Laurie 10:30- Social Services Celebration w/ Katie 10:30- Positive News Hour w/ Emeli 12:15- <b>Bingo! w/ Oak Street Health</b>	10:00- Sit & Stretch 19 10:30- Tai Chi w/ Darrel 10:30- <b>Making The Connection</b> 12:00- Music Magic! 12:15- Bible Study	10:00- Sit & Stretch 20 10:30- Zumba w/ Nancy 10:30- Art w/Jenny 10:30- Tranquility 12:30- Art w/Jenny 12:30- Line Dancing w/ Nancy	10:00- Sit & Stretch 21 10-12- <b>Blood Pressure Screening w/ Main Line Health</b> 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:30- Art4Me Making 12:30- Gardens & Habitats
10:00- Sit & Stretch 24 10:30- Drums Alive! 10:30- Women In Music w/Emeli 12:00- Movie Monday: Take Me Out To The Ballgame 12:30- Murder Mystery Game Pt. 1	10:00- Sit & Stretch 25 10:30- Yoga w/ Laurie 10:30- Health and Wellness 10:30- <b>Medication Take-Back</b> 10:30- AI Writer's Studio w/ Mark 12:15- Bingo!	10:00- Sit & Stretch 26 10:30- Tai Chi w/ Darrel 10:30- <b>Making The Connection</b> 12:00- Music Magic! 12:15- Bible Study	<b>Wear Phillie's Colors!</b> 27 10:00- Sit & Stretch 10:30- Zumba w/ Nancy 10:30- Art w/Jenny 10:30- Tranquility 12:30- Art w/Jenny 12:30- Line Dancing w/ Nancy	10:00- Sit & Stretch 28 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:00- <b>Birthday Celebration w/ Jim Moore!</b> 12:30- Art4Me Making 12:30- Gardens & Habitats
10:00- Workout 31 10:30- Drums Alive! 10:30- 213th Norristown Anniversary Celebration 12:00- Movie Monday: High Noon 12:30- Murder Mystery Game Pt. 2				

Programs are subject to change without notice. Questions, concerns and suggestions can be sent to Emeli Sosa at [esosa@montcosaac.org](mailto:esosa@montcosaac.org)