

Monday

Tuesday

Wednesday

Thursday

Friday



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10:00- Sit & Stretch
10:30- **All About Assistive Tech w/ Temple TechOwl**
10:30- Music Enrichment w/ Emeli
10:30- Health & Wellness
12:15- Bingo!

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10:00- Sit & Stretch
10:30- **Sex Ed for Seniors w/ Montco**
10:30- Tai Chi w/ Darrel
12:15- Music Magic!
12:15- Bible Study

3

10:00- Sit & Stretch
10:30- Zumba w/ Nancy
10:30- Art w/ Jenny
10:30- Tranquility
12:15- Art w/ Jenny
12:30- Line Dancing w/ Nancy

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10:00- Sit & Stretch
10:30- **Gerbusters w/ MLH**
10:30- Art4Me Viewing
10:30- Tai Chi w/ Darrel
12:15- Art4Me Making
12:30- **Afternoon Pet Therapy (U•••U)**
1:00- Gardens & Habitats

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10:00- Sit & Stretch
10:30- Drums Away!
10:30- Trivia Hour
12:00- Movie: *Willy Wonka and The Chocolate Factory*
12:30- **Digital Literacy w/ Rashaad**

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10:00- Sit & Stretch
10:30- Yoga w/ Laurie
10:30- Montco SAAC Participant Policy Review
12:15- **Bingo! w/ Donna Parker**
12:30- Health & Wellness

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10:00- Sit & Stretch
10:30- **Fall Migration: Birding Fun Facts**
10:30- Tai Chi w/ Darrel
12:15- Music Magic!
12:15- Bible Study

10

10:00- Sit & Stretch
10:30- Zumba w/ Nancy
10:30- Art w/ Jenny
10:30- Tranquility
12:15- Art w/ Jenny
12:30- Line Dancing w/ Nancy

11

10:00- Sit & Stretch
10:30- Art4Me Viewing
10:30- Tai Chi w/ Darrel
12:15- **Rideshare Safety w/ Alex (Associate Director)**
12:15- Art4Me Making
1:00- Gardens & Habitats

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Hispanic Heritage Month!
10:00- Sit & Stretch
10:30- **Motivational Hour w/ Alex Eigen**
10:30- Drums Away!
12:00- Movie: *Godzilla*
12:30- **Wheel Of Fortune w/ Montco SAAC Ambler**

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10-1 **Vaccination Clinic w/ Giant**
10:00- Sit & Stretch
10:30- Yoga w/ Laurie
10:30- AI Writer's Studio w/ Emeli
10:30- Health & Wellness
12:15- **Bingo! w/ Humana**

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10:00- Sit & Stretch
10:30- **Suburban Community Hospital Series: Health Screenings**
10:30- Tai Chi w/ Darrel
12:15- Music Magic!
12:15- Bible Study

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10:00- Sit & Stretch
10:30- Zumba w/ Nancy
10:30- Art w/ Jenny
10:30- Tranquility
12:15- Art w/ Jenny
12:30- Line Dancing w/ Nancy

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10:00- Sit & Stretch
10-12- **Blood Pressure Screening w/ MLH**
10:30- Art4Me Viewing
10:30- Tai Chi w/ Darrel
12:15- Art4Me Making
12:30- **Afternoon Pet Therapy (U•••U)**
1:00- Gardens & Habitats

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10:00- Sit & Stretch
10:30- Cooking Demo w/ Jill: Local Ingredient Salad
10:30- Drums Away!
12:00- Movie: *Dionne Warwick Documentary*
12:00- **Scam Prevention Event**

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Wear 70's Outfits
10:00- Sit & Stretch
10:30- **Gardens & Habitats w/ Cynthia**
10:30- Yoga w/ Laurie
10:30- Health & Wellness
12:00- **70's Decade Dance**

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10:00- Sit & Stretch
10:30- **Alzheimer's Association: Communicating Effectively**
10:30- Tai Chi w/ Darrel
12:15- Music Magic!
12:15- Bible Study

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10:00- Sit & Stretch
10:30- Zumba w/ Nancy
10:30- Art w/ Jenny
10:30- Tranquility
12:15- Art w/ Jenny
12:30- Line Dancing w/ Nancy

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10:00- Sit & Stretch
10:30- Craft: Pumpkin Decorating
10:30- Tai Chi w/ Darrel
12:00- **Birthday Celebration w/ Jim Moore**
12:30- **Afternoon Pet Therapy (U•••U)**
1:00- Gardens & Habitats

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10:00- Sit & Stretch
10:30- Name That Tune!
10:30- Drums Away!
12:00- Movie: *Barbershop*
12:30- Hispanic Heritage Month Presentation

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10:00- Sit & Stretch
10:30- **Let Gun Safety Be Your Target w/ Montco**
10:30- Yoga w/ Laurie
10:30- Health & Wellness
12:15- **Bingo! w/ Sanatoga Court**

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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.