

Monday	Tuesday	Wednesday	Thursday	Friday
	10:00- Sit & Stretch 10:30- Yoga w/ Laurie 10:30- Community Conversations w/ Montgomery County 10:30- Health & Wellness 12:15- Bingo w/ Oak Street Health	10:00- Sit & Stretch 10:30- Tai Chi w/ Darrel 10:30- Making The Connection w/ Temple University 12:00- Music Magic 12:15- Bible Study	10:00- Sit & Stretch 10:30- Zumba w/ Nancy 10:30- DIY Suncatchers 10:30- Tranquility 12:00- Activities Survey 12:30- Line Dancing w/ Nancy	Afternoon Pet Therapy (U•x•U) 10:00- Sit & Stretch 10:30- Disability Advocacy Presentation w/ Jim & Jean 10:30- Tai Chi w/ Darrel 12:00- Activities Survey 12:30: Gardens & Habitats
World Health Day! 10:00- Sit & Stretch 10:30- Drums Alive! 10:30- Cooking Demo w/ Emeli: Smoothie Bowls 12:00- Movie: Food Choices 12:15- Breathe Better, Sleep Better and Feel Better w/ Laurie	10:00- Sit & Stretch 10:30- Yoga w/ Laurie 10:30- Emergency Kits w/ PA Health & Wellness 10:30- Health & Wellness 12:15- Bingo!	10:00- Sit & Stretch 10:30- Tai Chi w/ Darrel 10:30- Making The Connection w/ Temple University 12:00- Music Magic 12:15- Bible Study	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	Afternoon Pet Therapy (U•x•U) 9-12- Car-Fit Event* 10:00- Sit & Stretch 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:00- Play Performance 12:15- Art4Me Making 12:30: Gardens & Habitats
10:00- Sit & Stretch 10:30- Drums Alive! 10:30- Trivia Hour w/ Oak Street Health 12:00- Movie: Mozart and The Whale 12:15- Music Enrichment w/ Emeli	10:00- Sit & Stretch 10:30- Yoga w/ Laurie 10:30- PECO Energy Efficiency Presentation 10:30- Health & Wellness 12:15- Bingo!	10:00- Sit & Stretch 10:30- Tai Chi w/ Darrel 10:30- Making The Connection w/ Temple University 12:00- Music Magic 12:15- Bible Study	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	Afternoon Pet Therapy (U•x•U) 10:00- Sit & Stretch 10-12- Blood Pressure Screening 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:00- Medicare Fraud Prevention w/ CARIE 12:15- Art4Me Making 12:30- Gardens & Habitats
Volunteer Appreciation Week! 10:00- Sit & Stretch 10:30- Drums Alive! 10:30- Friendly Feud! 12:00- Movie: Our Planet 12:15- Volunteer Teatime w/ Pat Mac 12:30- Volunteer Card Writing	Earth Day! 10:00- Sit & Stretch 10:30- Yoga w/ Laurie 10:30- Protecting Our Planet Presentation w/ Emeli 10:30- Health & Wellness 12:15- Bingo! w/ Sanatoga Court	10:00- Sit & Stretch 10:30- Tai Chi w/ Darrel 10:30- Making The Connection w/ Temple University 12:00- Music Magic 12:15- Bible Study	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	Afternoon Pet Therapy (U•x•U) 10:00- Sit & Stretch 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:00- Birthday Celebration w/ Jim Moore! 12:15- Art4Me Making 12:30: Gardens & Habitats
10:00- Sit & Stretch 10:30- Drums Alive! 10:30- AARP Scam Prevention Presentation 12:00- Movie: Old Yeller 12:15- Jeopardy!	10:00- Sit & Stretch 10:30- Yoga w/ Laurie 10:30- Property Tax Rent Rebate Clinic w/ Greg Scott's Office 10:30- AI Writer's Studio w/Mark 10:30- Health & Wellness 12:15- Bingo!	10:00- Sit & Stretch 10:00- Wills Clinic w/ Senior Law Center* 10:30- Tai Chi w/ Darrel 10:30- Gardening 101 w/ Montco 10:30- Making The Connection 12:00- Music Magic: Abby's Graduation Celebration! 12:15- Bible Study		

Programs are subject to change without notice. Question, 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.*