

Monday	Tuesday	Wednesday	Thursday	Friday
				
10:00- Sit & Stretch 10:30- Chair Yoga w/ Yoga4Philly 10:30- Trivia Hour 12:00- Movie: <i>Jerry Marge Go Large</i> (2022) 12:30- Arthritis Exercise Foundation Class	10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness 10:30- Reject Helplessness w/ Hopeworx 12:15- Bingo! 12:30- Gardens & Habitats	10:00- Sit & Stretch 10:30- A Look Inside the Amish World w/ Hazel 10:30- Tai Chi w/ Darrel 12:15- 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	10:00- Sit & Stretch 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:15- Art4Me Making 12:30- Dental Hygiene w/ Montco Community College 1:00- Afternoon Pet Therapy (U.x.U)
10:00- Sit & Stretch 10:30- Chair Yoga w/ Yoga4Philly 10:30- Sing Along w/ Katie 12:00- Movie: <i>My Neighbor Totoro</i> (1988) 12:30- Arthritis Exercise Foundation Class	10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness 10:30- Stress Awareness w/ Suburban Community Hospital 12:15- Bingo! w/ Donna Parker 12:30- Gardens & Habitats	10:00- Sit & Stretch 10:30- Family Feud! w/ PASSI 10:30- Tai Chi w/ Darrel 12:15- 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	10:00- Sit & Stretch 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:00- Game Day w/ Jill 12:15- Art4Me Making 1:00- Afternoon Pet Therapy (U.x.U)
10:00- Sit & Stretch 10:30- Chair Yoga w/ Yoga4Philly 10:30- Music Enrichment: Jazz Appreciation 12:00- Movie: <i>What Happened, Miss Simone?</i> (2015) 12:30- Arthritis Exercise Foundation Class	10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness 10:30- Cooking Demo w/ Jill: Colonial Vegetable Pottage 12:00- Volunteer Teatime w/ Pat Mac 12:15- Bingo! w/ Gentle Hearts Homecare 12:30- Gardens & Habitats	10:00- Sit & Stretch 10:30- Heart Healthy Foods w/ Shanita Fields 10:30- Tai Chi w/ Darrel 12:15- 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	10:00- Sit & Stretch 10-12- BPS w/ MLH 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 10:30- Nail Care Day w/ Emeli* 12:15- Art4Me Making 1:00- Afternoon Pet Therapy
10:00- Sit & Stretch 10:30- Chair Yoga w/ Yoga4Philly 10:30- Craft: DIY Bath Salts 12:00- Movie: <i>Big</i> (1988) 12:30- Arthritis Exercise Foundation Class	10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness 10:30- Scam Prevention 12:15- Bingo! 12:30- Gardens & Habitats	10:00- Sit & Stretch 10:30- Flowerpot Painting w/ Marquis Rehab* 10:30- Tai Chi w/ Darrel 12:00- Play: Mr. Jingles Is Missing 12:15- 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	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 1:00- Afternoon Pet Therapy (U.x.U)
10:00- Sit & Stretch 10:30- Chair Yoga w/ Yoga4Philly 10:30- Health & Wellness 10:30- Cooking Demo w/ Teri Wassel: Strawberry Spring Salad* 10:30- Tai Chi w/ Darrel 12:15- 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	10:00- Sit & Stretch 10:30- Arthritis Exercise Foundation Class	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	

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 asterisks.