

Monday

Tuesday

Wednesday

Thursday

Friday



HAPPY NEW YEAR!
CENTER CLOSED

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| <p>10:00- Sit & Stretch 10:30- Drums Away! 10:30- Our Beloved Community w/ Emeli: Music Enrichment 12:00- Movie: <i>Joe Versus The Volcano</i> (1990) 12:30- Jeopardy!</p> | <p>5 10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness w/ Emeli 12:15- Bingo! 12:30- Gardens & Habitats</p> | <p>6 10:00- Sit & Stretch 10:30- Tai Chi w/ Darrel 10:30- Partnership for Transportation: SEPTA Essentials 12:00- Music Magic! 12:15- Bible Study</p> | <p>7 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</p> | <p>1 10:00- Sit & Stretch 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:00- Reflections & Resolutions w/ Emeli 12:15- Art4Me Making 12:30- Brain Games w/ Emeli</p> |
| <p>10:00- Sit & Stretch 10:30- Yoga w/ Yoga4Philly 10:30- Our Beloved Community w/ Jill: Teacher Letter Writing 12:00- Movie: <i>The Twister</i> (2025) 12:30- Friendly Feud!</p> | <p>12 10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Our Beloved Community: Health & Wellness 10:30- Financial Wellness w/ Genesis Housing Corp 12:15- Bingo! w/ Donna Parker 12:30- Gardens & Habitats</p> | <p>13 10:00- Sit & Stretch 10:30- Tai Chi w/ Darrel 10:30- Partnership for Transportation: Alternatives To Driving 12:00- Music Magic! 12:15- Bible Study</p> | <p>14 10:00- Sit & Stretch 10:30- Drums Away! w/ Nancy 10:30- Art w/ Jenny 10:30- Tranquility 12:15- Art w/ Jenny 12:30- Line Dancing w/ Nancy</p> | <p>15 10:00- Sit & Stretch 10:00- BPS w/ MLH 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:00- Karaoke w/ Emeli 12:15- Art4Me Making 1:00- Afternoon Pet Therapy (U•U•U)</p> |
| <p> CENTER CLOSED</p> | <p>19 10:00- Sit & Stretch 10:30- Health & Wellness 10:30-Suburban Community Hospital Series: Personal Hygiene 12:15- Bingo! 12:30- Gardens & Habitats</p> | <p>20 10:00- Sit & Stretch 10:30- Tai Chi w/ Darrel 10:30- Partnership for Transportation: One-on-One Support & SEPTA Key Cards 12:00- Music Magic! 12:15- Bible Study</p> | <p>21 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</p> | <p>22 10:00- Sit & Stretch 10:30- Stress & Seasonal Depression w/ MLH 10:30- Tai Chi w/ Darrel 12:00- Craft: Paper Mache Coasters 1:00- Afternoon Pet Therapy (U•U•U)</p> |
| <p>26 10:00- Sit & Stretch 10:30- Yoga w/ Yoga4Philly 10:30- Motivational Hour w/ Alex Eigen 12:00- Movie: <i>Persona</i> (1966) 12:30- Name That Tune!</p> | <p>27 10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Norristown Garden Club: DIY Flower Arrangements 10:30- Health and Wellness 12:15- Bingo! 12:30- Gardens & Habitats</p> | <p>28 10:00- Sit & Stretch 10:30- Tai Chi w/ Darrel 10:30- Cooking Demo w/ Emeli: Broccoli Cheddar Soup 12:00- Music Magic! 12:15- Bible Study</p> | <p>29 10:00- Sit & Stretch 10:30- Drums Away! w/ Nancy 10:30- Art w/ Jenny 10:30- Tranquility 12:15- Art w/ Jenny 12:30- Line Dancing w/ Nancy</p> | <p>30 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•U•U)</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 asterisks.