

Monday

Tuesday


Wednesday

Thursday

Friday



**HAPPY NEW YEAR!
CENTER CLOSED**

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!	5	10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness w/ Emeli 12:15- Bingo! 12:30- Gardens & Habitats	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	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	8	10:00- Sit & Stretch 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 10-12- Balance Screening w/ Arcadia University 12:15- Art4Me Making 1:00- Afternoon Pet Therapy (U.x.U)	9
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!	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	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	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	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.x.U)	16
 CENTER CLOSED	19	10:00- Sit & Stretch 10:30- Health & Wellness 10:30- Suburban Community Hospital Series: Personal Hygiene 12:15- Bingo! 12:30- Gardens & Habitats	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	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	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.x.U)	23
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!	26	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	27	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	28	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	29	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)	30

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.