



Activities Calendar - SEPTEMBER

801 West Marshall St.,
 Norristown, PA 19401

(610) 277-0257, option 3

Every Tuesday and Thursday
 from 10:00 am to 2:00 pm

Tuesday 3

10:00 AM Chair Exercise
 11:00 AM Art
 12:00 PM Lunch
 1:00 PM Table Games

Wednesday 4

Thursday 5

10:00 AM ZUMBA
 11:00 AM Digital Skills
 12:00 PM Lunch
 1:00 PM Table Games

Tuesday 10

10:00 AM Tai Chi for
 Arthritis
 11:00 AM Financial
 Literacy
 12:00 PM Lunch
 1:00 PM Table Games

Wednesday 11

Thursday 12

10:00 AM MontCo Cooking
 Demo
 11:00 AM Digital Skills
 12:00 PM Lunch
 1:00 PM Table Games

Tuesday 17

10:00 AM Tai Chi
 11:00 AM Table Games
 12:00 PM Lunch
 1:00 PM Art

Wednesday 18

Thursday 19

10:00 AM Chair Exercise
 11:00 AM Digital Skills
 12:00 PM Lunch
 1:00 PM Mexican BINGO

Tuesday 24

10:00 AM Tai Chi
 11:00 AM Financial Literacy
 12:00 PM Lunch
 1:00 PM Memory Game

Wednesday 25

Thursday 26

10:00 AM Chair Exercise
 11:00 AM Digital Skills
 12:00 PM Lunch
 1:00 PM Hispanic Heritage
 Art