

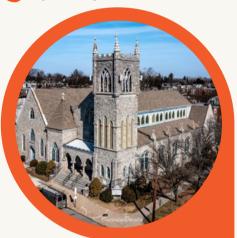






Join us!

- Every Tuesday and Thursday from 10:00 am to 2:00 pm
- 2 801 W. Marshall St., Norristown, PA 19401
- (610) 277-0257, option 3







Activities Calendar - JANUARY 2025

Thursday **02**

10:00 AM Art11:00 AM Karaoke12:00 PM Lunch1:00 PM Table Games

Tuesday 07

10:00 AM Chair Exercise11:00 AM Memory Games12:00 PM Lunch1:00 PM Art

Thursday 09

10:00 AM Chair Exercise
11:00 AM Senior
Wellness: Big Benefits,
Prioritizing Health &
Prevention in Later Years
12:00 PM Lunch
1:00 PM Table Games

Tuesday 14



10:00 AM ZUMBA11:00 AM Memory Games12:00 PM Lunch1:00 PM Art

Thursday 16



10:00 AM Chair Yoga - Montgomery County11:00 AM Art12:00 PM Lunch1:00 PM Table Games

Tuesday 21



10:00 AM Chair Exercise11:00 AM Run Run RunDolph12:00 PM Lunch1:00 PM Art

Thursday 23

10:00 AM Run Run Run

Dolph
11:00 Table Games
12:00 PM Lunch
1:00 PM Karaoke

Tuesday 28



10:00 AM Chair Exercise11:00 AM Memory Games12:00 PM Lunch1:00 PM Dance

Thursday 30



10:00 AM Chair Exercise11:00 AM Let's Talk12:00 PM Lunch1:00 PM Table Games

