


**SENIOR
COMMUNITY
CENTER**




Montgomery County
Department of
Health and Human Services

Join us!

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

 801 W. Marshall St., Norristown, PA 19401

 (610) 277-0257, option 3



Activities Calendar - JANUARY 2025

Thursday 02

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

Tuesday 07

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

Thursday 16

10:00 AM Chair Yoga - Montgomery County
11:00 AM Art
12:00 PM Lunch
1:00 PM Table Games

Tuesday 21

10:00 AM Chair Exercise
11:00 AM Run Run Run Dolph
12:00 PM Lunch
1:00 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 Exercise
11:00 AM Memory Games
12:00 PM Lunch
1:00 PM Dance

Thursday 30

10:00 AM Chair Exercise
11:00 AM Let's Talk
12:00 PM Lunch
1:00 PM Table Games