


**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 - FEBRUARY 2025

Tuesday 04

10:00 AM Chair Exercise
11:00 AM Financial Literacy
12:00 PM Lunch
1:00 PM Memory Games

Thursday 06

10:00 AM Yoga
11:00 AM Run Run Run Dolph
12:00 PM Lunch
1:00 PM Table Games

Tuesday 11

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

Thursday 13

10:00 AM Dance
11:00 AM Valentine's Day Arts & Crafts
12:00 PM Lunch
1:00 PM Memory Games

Tuesday 18

10:00 AM ZUMBA
11:00 AM Financial Literacy
12:00 PM Lunch
1:00 PM Table Games

Thursday 20

10:00 AM Chair Exercise
10:30 Blood Pressure Self-Monitoring Program
11:30 AM Art
12:00 PM Lunch
1:00 PM Table Games

Tuesday 25

10:00 AM Yoga
11:00 BINGO
12:00 PM Lunch
1:00 PM Run Run Run Dolph

Thursday 27

10:00 AM Coffee Hour
11:00 Chair Exercise
12:00 PM Lunch
1:00 PM Art