







Join us!

- Every Tuesday and Thursday from 10:00 am to 2:00 pm
- 9 801 W. Marshall St., Norristown, PA 19401
- (610) 277-0257, option 3







Activities Calendar - FEBRUARY 2025

Tuesday 04

10:00 AM Chair Exercise **10:00 AM** Yoga 11:00 AM Financial Dolph 1:00 PM Memory Games

Thursday 06

11:00 AM Run Run Run **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

Literacy

12:00 PM Lunch

Thursday 20

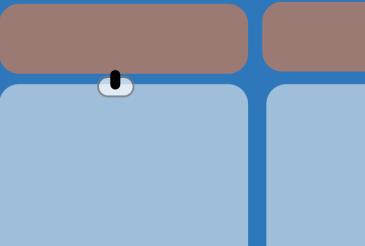


10:00 AM Chair Exercise **10:30** Blood Pressure Self-Monitoring Program **11:30 AM** Art **12:00 PM** Lunch 1:00 PM Table Games

Tuesday 25



10:00 AM Yoga 10:00 AM Coffee Hour **11:00** BINGO **11:00** Chair Exercise **12:00 PM** Lunch **12:00 PM** Lunch 1:00 PM Run Run Run **1:00 PM** Art





Dolph

