




Monday	Tuesday	Wednesday	Thursday	Friday
		CENTER CLOSED New Year's Day 	10:00: Workout 10:30: Zumba w/ Nancy 10:30: Art w/ Jenny 10:30: Tranquility 12:30: Art w/ Jenny 12:30: Line Dancing w/ Nancy	10:00: Workout 10:30: PROJECT Hearth Visit 10:30: Art4Me Viewing 12:00: Word Games 12:30: Gardens & Habitats 12:30: Art4Me Making
10:00: Workout 10:30: Drums Alive 10:30: Trivia Hour 12:00: Movie - Edge of the City (1957) 12:30: Montco SAAC Participant Policy Review (Q+A)	9:45: Workout 10:00 - 12:00: Diabetes Self-Management 10:30: Yoga w/ Laurie 12:15: Bingo! 12:30: Heath and Wellness	10:00: Workout 10:30: Tai Chi w/ Darrel 10:30: Tea Sampling and History Lesson 12:00: Music Magic 12:15: Bible Study	10:00: Workout 10:30: Zumba w/ Nancy 10:30: Art w/ Jenny 10:30: Tranquility 12:30: Art w/ Jenny 12:30: Line Dancing w/ Nancy	10:00: Workout 10:00: Balance Health & Fall Screenings w/ Arcadia Uni. 10:30: Art4Me Viewing 10:30: Tai Chi w/ Darrel 12:30: Gardens & Habitats 12:30: Art4Me Making
10:00: Workout 10:30: Drums Alive 10:30: Trivia Hour 12:00: Movie - Betty and Coretta 12:30: Montco SAAC Participant Policy Review (Q+A)	9:45: Workout 10:00 - 12:00: Diabetes Self-Management 10:30: Yoga w/ Laurie 12:15: Bingo w/ Pampering Plus! 12:30: Heath and Wellness	10:00: Workout 10:30: Tai Chi w/ Darrel 10:30: Montco SAAC Participant Policy Review (Q+A) 12:00: Music Magic 12:15: Bible Study	10:00: Workout 10:30: Zumba w/ Nancy 10:30: Art w/ Jenny 10:30: Tranquility 12:30: Art w/ Jenny 12:30: Line Dancing w/ Nancy	10:00: Workout 10-12: MLH Blood Pressure 10:30: Art4Me Viewing 10:30: Tai Chi w/ Darrel 12:30: Art4Me Making 12:30: Gardens & Habitats
CENTER CLOSED  Martin Luther King Jr. Day	9:45: Workout 10:00 - 12:00: Diabetes Self-Management 10:30: Yoga w/ Laurie 12:15: Bingo! 12:30: Heath and Wellness	10:00: Workout 10:30: Tai Chi w/ Darrel 10:30: Tech Talk w/ Mark 12:00: Music Magic 12:15: Bible Study	10:00: Workout 10:30: Zumba w/ Nancy 10:30: Art w/ Jenny 10:30: Tranquility 12:30: Art w/ Jenny 12:30: Line Dancing w/ Nancy	10:00: Workout 10:30: Art4Me Viewing 10:30: Tai Chi w/ Darrel 12:30: Art4Me Making 12:30: Gardens & Habitats 12:30: Karaoke
10:00: Workout 10:30: Drums Alive 10:30: Trivia Hour 12:00: Move - Muhammad Ali: When We Were Kings (1996) 12:30: Letter & Postcard Writing	9:45: Workout 10:00 - 12:00: Diabetes Self-Management 10:30: Yoga w/ Laurie 12:15: Bingo! 12:30: Heath and Wellness	10:00: Workout 10:30: Tai Chi w/ Darrel 10:30: Lunar New Year Celebration 12:00: Music Magic 12:15: Bible Study	10:00: Workout 10:30: Zumba w/ Nancy 10:30: Art w/ Jenny 10:30: Tranquility 12:30: Art w/ Jenny 12:30: Line Dancing w/ Nancy	10:00: Workout 10:30: Art4Me Viewing 10:30: Tai Chi w/ Darrel 12:00: Birthday Celebration 12:30: Gardens & Habitats 12:30: Art4Me Making

Programs are subject to change without notice. Questions, concerns, and suggestions can be sent to Jill Roth at jroth@montcosaac.org