

Monday

Tuesday

Wednesday

Thursday

Friday

MAY 2026

<p>10:00- Sit & Stretch 10:30- Chair Yoga w/ Yoga4Philly 10:30- Armchair Travel w/ Emeli: New Orleans 12:00- Movie: <i>Monster-In Law</i> (2005) 12:30- Price is Right! w/ Jill 12:30- Arthritis Foundation Exercise Class</p>	<p>10-2- Rent Rebate Clinic w/ Dept. of Revenue 10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness 10:30- Cinco De Mayo Celebration! 12:00- Suicide Prevention Training w/ Access Services</p>	<p>10:00- Sit & Stretch 10:30- Understanding PACE w/ Campaign For Working Families 10:30- Tai Chi w/ Darrel 12:15- Music Magic 12:15- Bible Study</p>	<p>10:00- Sit & Stretch 10:30- Zumba w/ Nancy 10:30- Art w/ Jenny 10:30- Tranquility 12:15- Art w/ Jenny 12:30- Line Dancing w/ Nancy</p>	<p>10:00- Sit & Stretch 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:15- Art4Me Making 12:30- Nail Care Day w/ Emeli* 1:00- Afternoon Pet Therapy (U.x.U)</p>
<p>10:00- Sit & Stretch 10:30- Chair Yoga w/ Yoga4Philly 10:30- Trivial Pursuit 12:00- Movie: <i>The Ox-Bow Incident</i> (1943) 12:30- Fraud Prevention w/ Harleysville Bank</p>	<p>10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness 10:30- Jewelry Making 12:15- Bingo! w/ Donna Parker 12:15- Book Club: The Great Gatsby Ch. 1</p>	<p>10:00- Sit & Stretch 10:30- Understanding PACE w/ Campaign For Working Families 10:30- Tai Chi w/ Darrel 12:15- Music Magic 12:15- Bible Study</p>	<p>10:00- Sit & Stretch 10:30- Zumba w/ Nancy 10:30- Art w/ Emeli 10:30- Advocacy For Older Adults w/ Jill 12:15- Art w/ Emeli 12:30- Line Dancing w/ Nancy</p>	<p>10:00- Sit & Stretch 10-12- BP Screening w/ MLH 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:15- Art4Me Making 12:30- Monopoly Tournament</p>
<p>10:00- Sit & Stretch 10:30- Chair Yoga w/ Yoga4Philly 10:30- Cooking Demo w/ Emeli: Mango Habanero Salsa 12:00- Movie: <i>Inside Out</i> (2015) 12:30- Stroke Awareness w/ Main Line Health</p>	<p>10-2- Rent Rebate Clinic w/ Dept. of Revenue 10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness 10:30- Suburban Community Hospital Series 12:15- Bingo!</p>	<p>10:00- Sit & Stretch 10:30- Staying Healthy in the Heat w/ Debbie 10:30- Tai Chi w/ Darrel 12:15- Music Magic Picnic! 12:15- Bible Study</p>	<p>CENTER CLOSED FOR MEMBERS</p>	<p>10:00- Sit & Stretch 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:15- Art4Me Making 12:30- Uno Tournament</p>
<p>MEMORIAL DAY Remember and Honor CENTER CLOSED</p>	<p>10:00- Sit & Stretch 10:30- Yoga w/ Beth 10:30- Health & Wellness 10:30- Reducing Stress w/ Hopeworx 12:15- Bingo! 12:15- Book Club: The Great Gatsby Ch. 2</p>	<p>10:00- Sit & Stretch 10:30- Trivia hour w/ Marquis Health Services 10:30- Tai Chi w/ Darrel 12:15- Music Magic 12:15- Bible Study</p>	<p>10:00- Sit & Stretch 10:30- Zumba w/ Nancy 10:30- Art w/ Jenny 10:30- Tranquility 12:15- Art w/ Jenny 12:30- Line Dancing w/ Nancy</p>	<p>10:00- Sit & Stretch 10:30- Art4Me Viewing 10:30- Tai Chi w/ Darrel 12:15- Art4Me Making 12:30- Birthday Celebration w/ Jim Moore 1:00- Afternoon Pet Therapy (U.x.U)</p>

Programs are subject to change without notice. Questions, concerns and suggestions can be sent to Emeli Sosa at esosa@montcosaac.org. Please note that our certified service animal may arrive at any time during the week. *prior registration is required for events with an asterisks.