



# Loder Senior Center / 570.420.3745

## March 2025 Activities Calendar **\*\*Subject to Changes\*\***

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <p><b>**If the East Stroudsburg School District is CLOSED due to inclement weather, the Loder Senior Center is CLOSED, as well.</b></p> |   |  <p><i>Happy St. Patrick's Day!</i></p>        |   |  <p>BLOOD PRESSURE</p>   |
| <p><b>3</b></p> <p>9:00 Coffee &amp; Tea<br/>10:30 Seated Zumba with Lisa<br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p>                  | <p><b>4</b></p> <p>9:00 Coffee &amp; Tea<br/>10:30 Chair Zumba Video with Daisy Saunders<br/>11:30 Lunch Hour</p>                     | <p><b>5</b></p> <p>9:00 Coffee &amp; Tea Social<br/><b>10:00 Tai-Chi w/Michele</b><br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p>   | <p><b>6</b></p> <p>9:00 Coffee &amp; Tea<br/><b>10:00 YMCA Exercise Class</b><br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p>  | <p><b>7</b></p> <p>9:00 Coffee &amp; Tea<br/>10:30 Chair Dancing Video Or Crafts<br/>11:30 Lunch hour<br/>12:30 Table Games / Puzzles</p>                                   |
| <p><b>10</b></p> <p>9:00 Coffee &amp; Tea<br/>10:30 Seated Zumba with Lisa<br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p>                 | <p><b>11</b></p> <p>9:00 Coffee &amp; Tea<br/><b>10:00 Blood Pressure Screening with Grisworld Home Care</b><br/>11:30 Lunch Hour</p> | <p><b>12</b></p> <p>9:00 Coffee &amp; Tea Social<br/><b>10:00 Tai--Chi w/Michele</b><br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p> | <p><b>13</b></p> <p>9:00 Coffee &amp; Tea<br/><b>10:00 YMCA Exercise Class</b><br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p> | <p><b>14</b></p> <p><u>All Centers Meet at Loder Center</u><br/>10:30 Arm Chair Travel to Ireland<br/>11:00 Lunch Hour<br/><b>12:00 DeNogla School of Irish Dancing</b></p> |
| <p><b>21</b></p> <p>9:00 Coffee &amp; Tea<br/>10:30 Seated Zumba with Lisa<br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p>                 | <p><b>18</b></p> <p>9:00 Coffee &amp; Tea<br/>10:30 Chair Zumba Video with Daisy Saunders<br/>11:30 Lunch Hour</p>                    | <p><b>19</b></p> <p>9:00 Coffee &amp; Tea Social<br/><b>10:00 tai-Chi w/Michele</b><br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p>  | <p><b>20</b></p> <p>9:00 Coffee &amp; Tea<br/><b>10:00 YMCA Exercise Class</b><br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p> | <p><b>21</b></p> <p>9:00 Coffee &amp; Tea<br/><b>10:30 Share Housing with Kelly Foley</b><br/>11:30 Lunch hour<br/>12:30 Table Games / Puzzles</p>                          |
| <p><b>17</b></p> <p>9:00 Coffee &amp; Tea<br/>10:30 Seated Zumba with Lisa<br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p>                 | <p><b>25</b></p> <p>9:00 Coffee &amp; Tea<br/>10:30 Chair Zumba Video with Daisy Saunders<br/>11:30 Lunch Hour</p>                    | <p><b>26</b></p> <p>9:00 Coffee &amp; Tea Social<br/><b>10:00 Tai-Chi w/Michele</b><br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p>  | <p><b>27</b></p> <p>9:00 Coffee &amp; Tea<br/><b>10:00 YMCA Exercise Class</b><br/>11:30 Lunch Hour<br/>12:30 B-I-N-G-O</p> | <p><b>28</b></p> <p>9:00 Coffee &amp; Tea<br/>10:30 Chair Dancing Video Or Crafts<br/>11:30 Lunch hour<br/>12:30 Table Games / Puzzles</p>                                  |