

Mountain Center. 354 Memorial Blvd, Tobyhanna,PA.

570 894-3272 (X134) or 570 420-3735

June 2026 Calendar **Subject to Changes**

Tuesday

Thursday

Friday

2 9:30 Coffee & Tea Time
10:00 Arthritis Class w/Debbie
11:30 ~ Lunch Hour
12:00 B-I-N-G-O!

4 9:30 Coffee & Tea
10:00 Healthy Steps In Motion
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!

5 9:30 Coffee & Tea Time
10:00 Exercise Video
11:30 ~ Lunch Hour
12:00 Table Games

9 9:30 Coffee & Tea Time
10:00 Arthritis Class w/Debbie
11:30 ~ Lunch Hour
12:00 B-I-N-G-O!

11 9:30 Coffee & Tea
10:00 Healthy Steps In Motion
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!

12 9:30 Coffee & Tea Time
10:00 Exercise Video
11:30 ~ Lunch Hour
12:30 Table Games

16 9:30 Coffee & Tea Time
10:00 Arthritis Class w/Debbie
11:30 ~ Lunch Hour
12:00 BINGO!

18 9:30 Coffee & Tea
10:00 Arthritis Class w/Debbie
11:30 ~ Lunch Hour
12:00 Entertainment: Body & Soul


19  **Center is Closed**

23 9:30 Coffee & Tea Time
10:00 Arthritis Class w/Debbie
11:30 Lunch Hour/12:00 BINGO!


25 9:30 Coffee & Tea
10:00 Healthy Steps In Motion
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!

26 Mt. Ctr Meet at Chestnuthill
10:30 Jamie Chase/LVHN
"Staying Steady, Preventing Fall"/12:00 Trip to Country Junction

30 9:30 Coffee & Tea Time
10:00 Arthritis Class w/Debbie
11:00 Blood Pressure Screening
11:30 ~ Lunch Hour/12 Bingo!


Exercise Classes



Download from Dreamstime.com