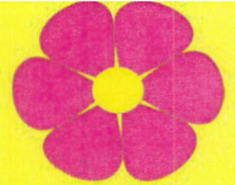




**Mountain Center. 354 Memorial Blvd, Tobyhanna,PA.
570 894-3272 (X134) or 570 420-3735
July 2024 Calendar **Subject to Changes****



	Tuesday	Thursday	Friday
	2 9:30 Coffee & Tea Time 10:00 Arthritis Class w/Debbie 11:30 ~ Lunch Hour 12:30 B-I-N-G-O!	4 Center Is Closed 	5 9:30 Coffee & Tea Time 10:00 Exercise Video Seated Yoga 11:30 ~ Lunch Hour
	9 10:00 Blood Pressure Screening 10:00 Arthritis Class w/Debbie 11:30 ~ Lunch Hour 12:30 BINGO!	11 9:30 Coffee & Tea 10:30 Craft time 11:30 ~ Lunch Hour 12:30 B-I-N-G-O!	12 9:30 Coffee & Tea Time 10:00 Exercise Video Seated Yoga 11:30 ~ Lunch Hour
	16 9:30 Coffee & Tea Time 10:00 Arthritis Class w/Debbie 11:30 ~ Lunch Hour 12:30 B-I-N-G-O!	18 9:30 Coffee & Tea 10:30 Word Game 11:30 ~ Lunch Hour	19 9:30 Coffee & Tea 10:30 Exercise Video Seated Yoga 11:30 Lunch Hour
	23 <u>Trip to the Senior Expo in Swiftwater, Pa</u> 9:00 -1p.m. Sign up required	25 9:30 Coffee & Tea 10:30 Craft or Table Games 11:30 ~ Lunch Hour	26 9:30 Coffee & Tea Time 10:00 Exercise Video Seated Yoga 11:30 ~ Lunch Hour
	30 9:30 Coffee & Tea Time 10:00 Arthritis Class w/Debbie 11:30 ~ Lunch Hour 12:30 B-I-N-G-O!		Loder Center Event 4th of July Celebration July 3rd from 10-2p.m. Zumba Class and Music with Len Mulle