

Mountain Center. 354 Memorial Blvd, Tobyhanna, PA.

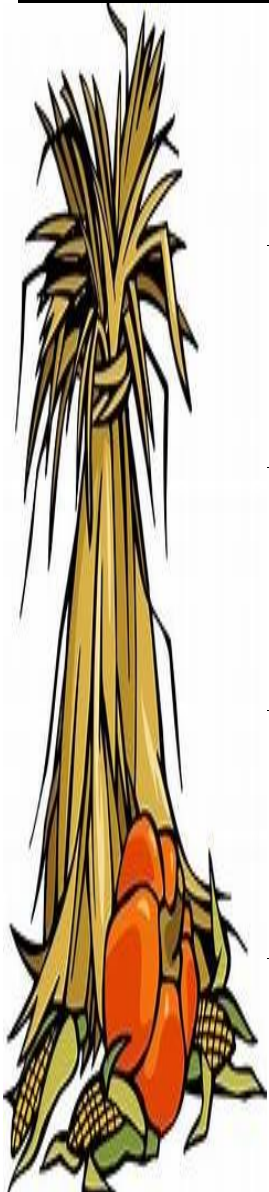
570 894-3272 (X134) or 570 420-3735

October 2024 Activities Calendar ****Subject to Changes****

Tuesday

Thursday

Friday



1 10:00 Exercise with Debby
11:30 ~ Lunch Hour
12:00 B-I-N-G-O!

8 10:00 Exercise with Debby
10:30 ~ Fall Prevention with
Alexandra K. Evans/LVHN
12:00 B-I-N-G-O!

15 10:00 Exercise with Debby
11:30 ~ Lunch Hour
12:00 Griswold B-I-N-G-O!

22 10:00 Exercise with Debby
11:30 ~ Lunch Hour
12:00 B-I-N-G-O!

29 10:00 Exercise with Debby
11:30 ~ Lunch Hour
12:00 B-I-N-G-O!



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3 9:30 Coffee & Tea
**10:30 Seated Exercise Video
w/Daisy**
11:30 ~ Lunch

10 9:30 Coffee & Tea
**10:00 Seated Exercise Video
w/Daisy Saunders**
11:30 ~ Lunch Hour

17 9:30 Coffee & Tea
**10:30 Seated Exercise Video
w/Daisy Saunders**
11:30 ~ Lunch Hour

24 9:30 Coffee & Tea
**10:30 Seated Exercise Video
w/Daisy Saunders**
11:30 ~ Lunch Hour

31 9:30 Coffee & Tea
**10:30 Seated Exercise Video
w/Daisy Saunders**
11:30 ~ Lunch Hour

4 9:30 Coffee & Tea
10:30 Word Search
11:30 ~ Lunch Hour
12:00 B-I-N-G-O!

11 9:30 Coffee & Tea
10:30 Blood Pressure Screening
11:30 Lunch
12:00 B-I-N-G-O!

18 9:30 Coffee & Tea
**10-12 Swallow Study with ESU
students and Professor**
12:15 ~ Lunch Hour

25 All Center Meet at Mountain Center
8:30 Coffee & Tea
10:30 Entertainment with Sheila Mark
"Halloween Contest"
11:30 Lunch Hour