

Mountain Center. 354 Memorial Blvd, Tobyhanna, PA.

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

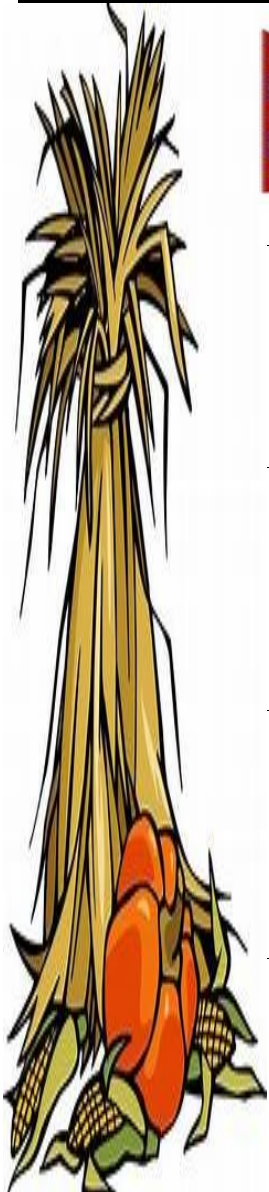
November 2024 Activities Calendar \*\*Subject to Changes\*\*

Tuesday

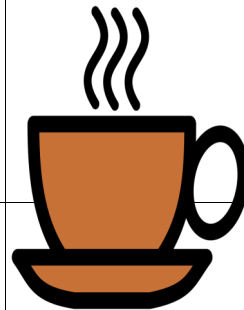
Thursday

Friday

# November



**5** 10:30 Rachel Wydra-Topic:  
Self Care/11:30 ~ Lunch Hour  
12:30 B-I-N-G-O!



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

**19** 10:00 Exercise with Debby  
11:30 ~ Lunch Hour  
12:30 B-I-N-G-O!

**26** 10:00 Exercise with Debby  
11:30 ~ Lunch Hour  
12:30 B-I-N-G-O!



**7** 9:30 Coffee & Tea  
10:30 Craft  
11:30 ~ Lunch Hour

**14** 9:30 Coffee & Tea  
10:30 Word Search  
11:30 ~ Lunch Hour

**21** 9:30 Coffee & Tea  
10:30 Word Search  
11:30 ~ Lunch Hour

**28** Senior Center Closed



**1** 9:30 Coffee & Tea  
10:30 Seated Exercise Video  
/Daisy  
11:30 ~ Lunch

**8** 9:30 Coffee & Tea  
10:30 Seated Exercise  
12:00 Lunch Hour

**15** 9:30 Coffee & Tea  
10:30 Seated Exercise Video  
w/Daisy Saunders/11:30 ~  
Lunch Hour

**22** Chestnuthill Gathering  
10:30 Seated Exercise Video  
11:00 kettle Creek Environmental  
Education "Pocono Wildlife"  
12:00 Lunch Hour

**29** Senior Center Closed

