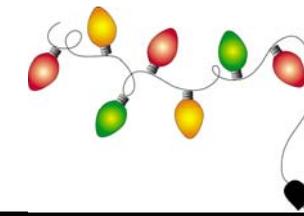


Loder Senior Center / 570.420.3745

December 2016 Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Loder Senior Center is open Monday through Friday from 8AM until 1:30PM</p> <p>~</p> <p>Coffee, Tea, Card Games, Dominoes, Wii Bowling, Wellness Programs, & Lunch</p>	<p>**WINTER WEATHER**</p> <p>~</p> <p>If the East Stroudsburg School District is CLOSED due to inclement weather, the Loder Senior Center is CLOSED, as well...if there is a school delay, contact the Senior Center @ 570.420.3745 or the Aging Office @ 570.420.3735 as to whether the Senior Center is open, or not.</p>		<p>1</p> <p>10:00 ~ 11:00 *Blood Pressure Screenings 10:00 "Arthritis" Exercise Session</p> <p>11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>2</p> <p>"SEASON'S GREETINGS" HOLIDAY BASH!! @ the East Stroudsburg American Legion</p> <p>10AM ~ 2PM</p>
<p>5</p> <p>11:30 ~ Lunch</p>	<p>6</p> <p>10:00 ~ YOGA Session</p> <p>11:30 ~ Lunch</p> <p>12:30 ~ B-I-N-G-O</p>	<p>7</p> <p>10:00 ~ "Yoga Stretch" 11:30 ~ Lunch</p> <p>1:00 ~ 2:00 "Dance & Movement" with Dr. Natalie</p>	<p>8</p> <p>10:00 "Arthritis" Exercise Session 11:00 POCONO PONY VISIT 11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>9</p> <p>11:30 ~ Lunch</p> <p>12:15 "MAGIC MOMENTS" Theatre Performance</p>
<p>12</p> <p>10:30 "Arthritis" Exercise Session</p> <p>11:30 ~ Lunch</p> <p>12:30 ~ B-I-N-G-O!</p>	<p>13</p> <p>10:00 ~ YOGA Session 11:30 ~ Lunch 12:15 Sing-a-long with the "Golden Chords"</p>	<p>14</p> <p>10:00 ~ "Yoga Stretch" 11:30 ~ Lunch</p> <p>1:00 ~ 2:00 "Dance & Movement" with Dr. Natalie</p>	<p>15</p> <p>CELEBRATION OF THE HOLIDAYS!!</p> <p>~</p> <p>Buffet Lunch catered by: PUB 570!!</p>	<p>16</p> <p>11:30 ~ Lunch</p>
<p>19</p> <p>11:00 ~ Lunch</p> <p>12 noon Music Performance @ Stroudsburg Jr. H.S.</p>	<p>20</p> <p>10:00 ~ YOGA Session</p> <p>11:30 ~ Lunch</p> <p>12:30 ~ B-I-N-G-O</p>	<p>21</p> <p>10:00 ~ "Yoga Stretch" 11:30 ~ Lunch</p> <p>1:00 ~ 2:00 "Dance & Movement" with Dr. Natalie</p>	<p>22</p> <p>10:00 ~ 11:00 *Blood Pressure Screenings 10:00 "Arthritis" Exercise Session 11:30 ~ Lunch 12:30 ~ B-I-N-G-O!</p>	<p>23</p> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <p>10:00 BRUNCH ~ *Senior Center closes @ 11:30AM</p> </div> </div>
<p>26</p> <p>SENIOR CENTER CLOSED</p> 	<p>27</p> <p>10:00 ~ YOGA Session</p> <p>11:30 ~ Lunch</p> <p>12:30 ~ B-I-N-G-O</p>	<p>28</p> <p>10:00 ~ "Yoga Stretch" 11:30 ~ Lunch</p> <p>1:00 ~ 2:00 "Dance & Movement" with Dr. Natalie</p>	<p>29</p> <p>10:00 "Arthritis" Exercise Session</p> <p>11:30 ~ Lunch</p> <p>12:30 ~ B-I-N-G-O!</p>	<p>30</p> <p>10:00 BRUNCH ~ *Senior Center Closes @ 11:30AM</p> 