

Mountain Center. 354 Memorial Blvd, Tobyhanna, PA.
****October 2021 Calendar** 570 894-3272 (X134) or 570 420-3735**

Tuesday



Chair Tai Chi

Thursday

Friday

*Calendar
Subject
to
changes*



1 9:30 Coffee & Tea
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!



5 9:00 Coffee & Tea
10:00 Arthritis Exercise w/Debbie
11:30 ~ Lunch Hour
12:30 BINGO!



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

8 9:00 Coffee & Tea
11:30 Lunch Hour
12:30 B-I-N-G-O!

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

14 9:30 Coffee & Tea
**10:30 United Way: Speaker Fernan-
da information on Covid Vaccination
and Zumba Class/11:30 ~ Lunch**

15 9:00 Coffee & Tea
11:30 Lunch Hour
12:30 B-I-N-G-O!



Exercise Classes

19 9:00 Coffee & Tea
10:00 Arthritis Exercise w/Debbie
11:30 Lunch
12:30 BINGO!



21 9:30 Coffee & Tea
**10:30 Rachael Wydra: Playing Games
for Mental Well Being**
11:30 ~ Lunch Hour

22 9:30 Coffee & Tea
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!

26 9:00 Coffee & Tea
10:00 Arthritis Exercise w/Debbie
11:30 ~ Lunch Hour
12:30 BINGO!

28 9:30 Coffee & Tea
10:30 Card Game
11:30 ~ Lunch Hour

29 9:00 Coffee Social
**10:30 Tracy Fox: Winter Driving and
Safety Presentation/11:30 Lunch
and Halloween Party (Prizes)**