

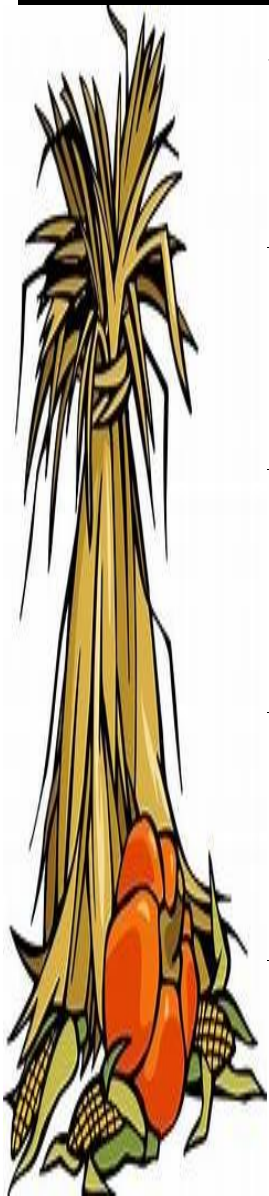
Mountain Center. 354 Memorial Blvd, Tobyhanna, PA.
570 894-3272 (X134) or 570 420-3735

*September 2025 Activities Calendar **Subject to Changes***

Tuesday

Thursday

Friday

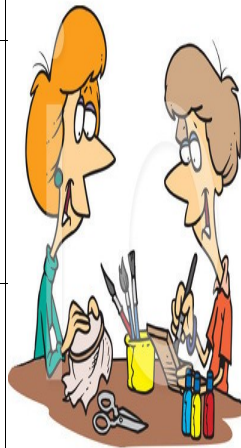


2 10:00 Exercise with Debby
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!

9 10:00 Exercise With Debby
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!

16 10:00 Exercise With Debby
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!

23 10:00 Exercise with Debby
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!



4 9:30 Coffee & Tea
10:30 Craft Time
11:00 ~ Lunch Hour

11 9:30 Coffee & Tea
10:30 Card Game
11:00 ~ Lunch Hour

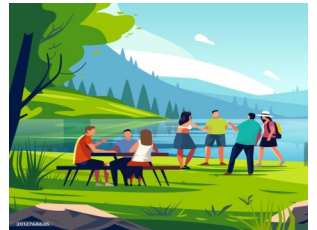
18 9:30 Coffee & Tea
10:30 Blood Pressure Screening
11:00 ~ Lunch Hour

25 9:30 Coffee & Tea
10:30 Medicare Fraud Scam
11:00 ~ Lunch Hour

5 9:30 Coffee & Tea
10:30 Word Search
11:30 ~ Lunch Hour

12 9:30 Coffee & Tea
10:30 Word Search
1:00 Seated Zumba w/Lisa

19 Trip to High
Acres Park
Picnic
10-2 p.m.



26 Trip to Steam
town Museum
10-3:30 p.m.



Fall is Here!