

Mountain Center. 354 Memorial Blvd, Tobyhanna, PA.

November 2025 Activities Calendar **Subject to Changes**

Tuesday

Thursday

Friday

November

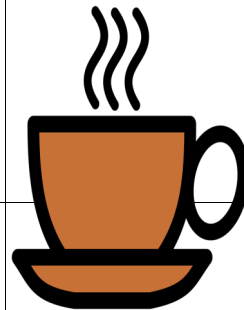
4 **10:30 Exercise with Debbie**
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!

11



18 **10:00 Exercise with Debby**
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!

25 **10:00 Exercise with Debby**
11:30 ~ Lunch Hour
12:30 B-I-N-G-O!



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6 9:30 Coffee & Tea
10:30 Craft Time
11:30 ~ Lunch Hour

13 9:30 Coffee & Tea
1410:30 Word Search
11:30 ~ Lunch Hour

20 **Thanksgiving at the Loder Ctr**
10:30 Thanksgiving Event
11:30 Lunch Hour
12:00 Silver Tappers

27 Senior Center Closed



7 9:30 Coffee & Tea
10:30 Table Games
12:00 B-i-n-g-o!
1:00 Seated Zumba w/Lisa

14 11:30 ~ Lunch Hour
12:00 B-i-n-g-o!
1:00 Seated Zumba w/Lisa

21 9:00 Coffee & Tea
10:30 Blood Pressure Screening
11:00 Lunch Hour
1:00 Seated Zumba w/Lisa

28 Senior Center Closed

