

Mountain Center. 354 Memorial Blvd, Tobyhanna, PA.
****August 2025 Calendar** 570 894-3272 (X134) or 570 420-3735**

Tuesday

Thursday

Friday

<i>Calendar Subject to changes</i>			Pleas know that in all activities you must be a center partici- pant. 	1 9:30 Coffee & Tea 10:30 Zumba Video 11:30 ~ Lunch Hour 12:00 TGIF BINGO!
	5 9:00 Coffee & Tea 10:00 Arthritis Exercise w/Debbie 11:30 ~ Lunch Hour 12:00 BINGO!		7 9:30 Coffee & Tea 10:00 Craft Time 11:30 Lunch Hour 12:00 BINGO!	8 9:30 Coffee & Tea 10:30 Zumba Video 11:30 Lunch Hour 12:00 TGIF BINGO!
	12 9:00 Coffee & Tea 10:00 Arthritis Exercise w/Debbie 11:30 Lunch Hour 12:00 BINGO!		14 9:30 Coffee & Tea 10:00 Card or Puzzle 11:30 ~ Lunch	15 9:00 Coffee & Tea 10:30 Lunch Hour 11:30 Trip to Country Junction
 Exercise Classes	19 9:00 Coffee & Tea 10:00 Arthritis Exercise W/Debbie 11:30 ~ Lunch Hour 12:00 BINGO!		21 9:30 Coffee & Tea 10:00 Card or Puzzles 11:30 ~ Lunch Hour	22 9:30 Coffee & Tea 10:00 Zumba Video 11:30 ~ Lunch Hour 12:00 TGIF BINGO!
	26 9:00 Coffee & Tea 10:00 Arthritis Exercise w/Debbie 10:30 ~ Lunch Hour 11:30 Movies at Stroudsmall		28 9:30 Coffee & Tea 10:00 Word Game 11:30 ~ Lunch Hour	29 9:30 Coffee & Tea 10:30 Zumba Video 11:30 ~ Lunch Hour 12:00 TGIF BINGO!