







Mountain Senior Center / 570.894.3272 Ext. 134 or 570.420.3735

January 2026 Activities Calendar



	Tuesday	Thursday	Friday
<p>The Mountain Senior Center is open Tuesday, Thursday, & Friday from 9AM until 2PM (unless noted otherwise)...</p> <p>Lunch ~ Social Time ~ Card Games ~ Wii Bowling Wellness Programs ~ Crafts ~ B-I-N-G-O! Come join the fun!</p>		1 Senior Center Closed 	2 Senior Center Closed 
	6 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour 12:00 BINGO!	8 9:30 Coffee & Tea 10:30 Amerhealth Speaker Cindy Cortes Topic: Adult Breathing Easier 11:30 Lunch Hour/12:00 Bingo	9 9:30 Chair Zumba with Lisa 11:30 Lunch Hour 12:00 BINGO!
	13 9:45 YMCA Exercise Class 10:30 St.Lukes speaker: Meghan Conrad Topic: How cold weather affects joints and Mobility 11:30 Lunch Hour/12:00 BINGO!	15 9:30 Coffee & Tea 10:30 Craft or Table Games 11:30 Lunch Hour 12:00 Bingo	16 9:30 Coffee & Tea 11:30 Lunch Hour 12:00 BINGO!
	20 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour 12:00 BINGO!	22 9:30 Coffee & Tea 10:00 Blood Pressure Screening 11:30 Lunch Hour 12:00 Bingo	23 9:30 Coffee & Tea 11:30 Lunch Hour 12:00 BINGO!
<p>If the Pocono Mountain School District is CLOSED due to inclement weather, the Mountain Senior Center is CLOSED, as well.</p> 	27 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour 12:00 BINGO!	29 9:30 Coffee & Tea 10:30 Craft Time 11:30 Lunch Hour 12:00 Bingo with Anrea Keller	30 9:30 Chair Zumba with Lisa 11:30 Lunch Hour 12:00 BINGO!