



Mountain Senior Center / 570.894.3272 Ext. 134 or 570.420.3735

January 2026 Activities Calendar



Tuesday

The Mountain Senior Center is open
Tuesday, Thursday, & Friday
from 9AM until 2PM
(unless noted otherwise)...

Lunch ~ Social Time ~ Card Games
~ Wii Bowling Wellness Programs ~
Crafts ~ B-I-N-G-O!
Come join the fun!



If the Pocono Mountain School District is
CLOSED due to inclement weather, the
Mountain Senior Center is CLOSED,
as well.

Thursday

1
Senior Center
Closed

**HAPPY
NEW YEAR**

8
9:30 Coffee & Tea
10:30 Amerhealth Speaker
Cindy Cortes Topic: Adult Breathing
Easier
11:30 Lunch Hour/12:00 Bingo

15
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!

22
9:30 Coffee & Tea
10:00 Blood Pressure Screening
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

Friday

2
Senior Center
Closed



9
9:30 Chair Zumba with Lisa
11:30 Lunch Hour
12:00 BINGO!

16
9:30 Coffee & Tea
11:30 Lunch Hour
12:00 BINGO!

23
9:30 Coffee & Tea
11:30 Lunch Hour
12:00 BINGO!

30
9:30 Chair Zumba with Lisa
11:30 Lunch Hour
12:00 BINGO!

6
9:00 Coffee & Tea
10:00 YMCA Exercise Class
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!

20
9:00 Coffee & Tea
10:00 YMCA Exercise Class
11:30 Lunch Hour
12:00 BINGO!

27
9:00 Coffee & Tea
10:00 YMCA Exercise Class
11:30 Lunch Hour
12:00 BINGO!