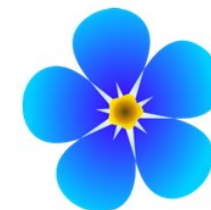




Mountain Senior Center / 570.894.3272 Ext. 134 or 570.420.3735



May 2026 Activities Calendar ****Subject to Changes****

	Tuesday	Thursday	Friday
<p>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!</p>	<p>For all activities you must Sign up as a participant of one of our centers.</p> 		1 Center is Closed
	<p>5 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour 12:30 BINGO!</p>	<p>7 9:30 Coffee & Tea 10:00 Healthy Steps In Motion With Barbara 12:00 Rep Maureen Madden PA Care Kit/Scam Prevention</p>	<p>8 All Centers Meet at Loder Center 9:30 Zumba Class w/Lisa 10:30 Woman's Health /Amerihealth with Cindy Cortes 12:00 Bingo Prize for Mothers</p>
	<p>12 9:00 Coffee & Tea 9:30 YMCA Exercise Class 10:30 Blood Pressure Screening 11:30 Lunch Hour 12:30 BINGO!</p>	<p>14 9:30 Coffee & Tea 10:00 Healthy Steps In Motion With Barbara 11:30 Lunch Hour</p>	<p>15 9:30 Coffee & Tea 11:30 Lunch Hour 12:00 BINGO!</p>
	<p>19 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour 12:30 BINGO!</p>	<p>21 9:30 Coffee & Tea 10:00 Healthy Steps In Motion With Barbara 11:30 Lunch Hour 12:00 BINGO!</p>	<p>22 9:30 Coffee & Tea 10:00 Zumba Class w/Lisa 11:30 Lunch Hour 12:30 BINGO!</p>
<p>If the Pocono Mountain School District is CLOSED due to inclement weather, the Mountain Senior Center is CLOSED, as well.</p>	<p>26 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour 12:30 BINGO!</p>	<p>28 9:30 Coffee & Tea 10:00 Healthy Steps In Motion With Barbara 11:30 Lunch Hour 12:00 BINGO!</p>	<p>29 9:00 Coffee & Tea 11:30 Lunch Hour 12:30 BINGO!</p>