



**Mountain Center. 354 Memorial Blvd, Tobyhanna,PA.
570 894-3272 (X134) or 570 420-3735
July 2026 Calendar **Calendar Subject to Changes****

Tuesday

Thursday

Friday

   <p align="center">Exercise Classes</p>  <p align="center">BINGO</p>	<p><i>For all activities you must be a center participant. Registration is required</i></p> <p>7 9:30 Coffee & Tea Time 10:00 Arthritis Class w/Debbie 11:30 ~ Lunch Hour 12:30 BINGO!</p> <p>14 9:30 Coffee & Tea Time 10:00 Arthritis Class w/Debbie 11:30 ~ Lunch Hour 12:30 B-I-N-G-O!</p> <p>21 9:30 Coffee & Tea Time 10:00 Arthritis Class w/Debbie 11:30 ~ Lunch Hour 12:30 B-I-N-G-O!</p> <p>28 9:30 Coffee & Tea Time 10:00 Arthritis Class w/Debbie 10:45 ~ Lunch Hour 12:30 B-I-N-G-O!</p>	<p>2 Independence Day at Loder 10:00 Exercise with Debbie 11:30 ~ Lunch/12:00 Entertainment with Roy Ramos</p> <p>9 9:30 Coffee & Tea 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!</p> <p>16 9:30 Coffee & Tea 10:30 Craft or Table Games 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!</p> <p>23 9:30 Coffee & Tea 10:30 Craft or Table Games 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!</p> <p>30 9:30 Coffee & Tea 10:30 Craft or Table Games 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!</p>	<p>3 Center Is Closed</p>  <p>10 9:30 Coffee & Tea Time 10:00 Exercise Video 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!</p> <p>17 9:30 Coffee & Tea Time 10:00 Exercise Video 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!</p> <p>24 9:30 Coffee & Tea Time 10:00 Zumba with Lisa 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!</p> <p>31 9:30 Coffee & Tea Time 10:00 Exercise Video 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!</p>
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