







Barrett Senior Center / 570.481.4330 or 570.420.3735

January 2026 Activities Calendar ***Activities Subject to changes**



	Monday	Wednesday	Friday
<div>The Barrett Senior Center is open Monday , Wednesday, & Friday from 9AM until 2PM (unless noted otherwise)... Lunch ~ Social Time ~ Card Games ~ Wellness Programs ~ Crafts and B-I-N-G-O! Come join the fun!</div>			2  Senior Center Closed
	5 9:00 Coffee & Tea 10:30 AmeriHealth Speaker: Cindy Cortes Topic: Adult Breathing Easier 11:30 Lunch Hour	7 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour	9 9:30 Coffee & Tea 10:00 BINGO! 11:30 Lunch
	12 9:00 Coffee & Tea 10:00 Blood Pressure Screening 10:30 Crafts or Table Games 11:30 Lunch Hour	14 9:00 Coffee & Tea 9:45 YMCA Exercise Class 10:30 St. Lukes Meghan Corad Topic: How Cold weather affects Joints & Mobility/11:30 Lunch Hour	16 9:30 Chair Zumba W/Lisa 10:00 Stroudsburg Acute Post Caller Andrea Keller, BINGO! 11:30 Lunch
	19  MARTIN LUTHER KING JR. Day Senior Center Closed	21 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour	23 9:30 Chair Zumba w/Lisa 10:00 BINGO! 11:30 Lunch
<div>If the Pocono Mountain School District is CLOSED due to inclement weather, the Barrett Senior Center is CLOSED, as well.</div> 	26 9:00 Coffee & Tea 10:30 Crafts or Table Games 11:30 Lunch Hour	28 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour	30 9:30 Coffee & Tea 10:00 BINGO! 11:30 Lunch