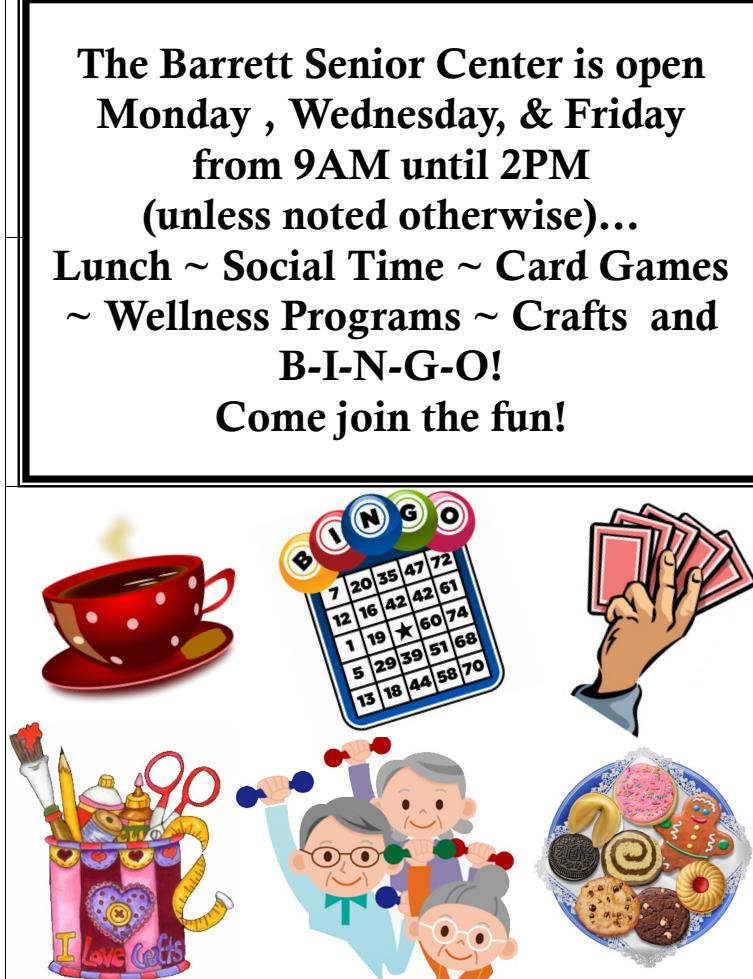




Barrett Senior Center / 570.481.4330 or 570.420.3735

January 2026 Activities Calendar *Activities Subject to changes



Monday	Wednesday	Friday
<p>The Barrett Senior Center is open Monday , Wednesday, & Friday from 9AM until 2PM (unless noted otherwise)...</p> <p>Lunch ~ Social Time ~ Card Games ~ Wellness Programs ~ Crafts and B-I-N-G-O!</p> <p>Come join the fun!</p> 		<p>2</p>  <p>Senior Center Closed</p>
	<p>5 9:00 Coffee & Tea 10:30 AmeriHealth Speaker: Cindy Cortes Topic: Adult Breathing Easier 11:30 Lunch Hour</p>	<p>7 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour</p>
		<p>9 9:30 Coffee & Tea 10:00 BINGO! 11:30 Lunch</p>
	<p>12 9:00 Coffee & Tea 10:00 Blood Pressure Screening 10:30 Crafts or Table Games 11:30 Lunch Hour</p>	<p>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</p>
	<p>19 MARTIN LUTHER KING JR. Day</p>  <p>Senior Center Closed</p>	<p>21 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour</p>
<p>If the Pocono Mountain School District is CLOSED due to inclement weather, the Barrett Senior Center is CLOSED, as well.</p> 	<p>26 9:00 Coffee & Tea 10:30 Crafts or Table Games 11:30 Lunch Hour</p>	<p>28 9:00 Coffee & Tea 10:00 YMCA Exercise Class 11:30 Lunch Hour</p>
		<p>30 9:30 Coffee & Tea 10:00 BINGO! 11:30 Lunch</p>