








Barrett Senior Friendly Community Center *Route 191 Mountainhome, PA (570) 481-4330
Or (570) 420-3735 ** Calendar Subject to Changes Open Monday, Wednesday & Friday 9-2****

Monday

Wednesday

Friday

 <p>July 2026 Exercise Class</p>		<p>1 9:30 Coffee & Tea 10:00 Arthritis Exercise with Debbie 11:30 Lunch Hour</p>	<p>3  Center Closed</p>
<p>6 9:00 Coffee & Tea 10:00 Cards Playing 11:30 Lunch Hour</p>		<p>8 9:00 Coffee & Tea 10:00 Arthritis Exercise with Debbie 11:30 Lunch Hour</p>	<p>10 9:00 Coffee & Tea 10:00 Zumba with Lisa 11:30 Lunch Hour</p>
<p>13 9:00 Coffee & Tea 10:00 Craft hour 11:30 Lunch Hour</p>		<p>15 9:00 Coffee & Tea 10:00 Arthritis Exercise with Debbie 11:30 Lunch Hour</p>	<p>17  10:30 Amerihealth with speaker:Cindy Cortes "women's Health" 11:30 Lunch Hour</p>
<p>20 9:00 Coffee & Tea 10:00 Table Games 11:30 Lunch Hour</p>		<p>22 9:00 Coffee & Tea 10:00 Arthritis Class with Debbie 11:30 Lunch Hour</p>	<p>24 9:00 Coffee & Tea 10:30 LVHN Jamie Chase/"Stayine Steady, Preventing Falls"/11:30 Lunch</p>
<p>27 9:00 Coffee & Tea 10:30 Cards Playing 11:30 Lunch Hour</p>		<p>29 9:00 Coffee & Tea 10:00 Arthritis Class with Debbie 11:30 Lunch Hour</p>	<p>31 9:00 Coffee & Tea 10:00 Zumba with Lisa 11:30 Lunch Hour</p>