

# Loder Senior Center / 570.420.3745

## March 2026 Activities Calendar **\*\*Subject to Changes\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>9:00 Coffee &amp; Tea  <b>10:30 Seated Zumba with Lisa</b>            11:30 Lunch Hour            12:30 B-I-N-G-O!</p>	<p><b>3</b></p> <p>9:00 Coffee &amp; Tea            10:30 Chair Zumba Video with Daisy Saunders            11:30 Lunch Hour            12:00 B-I-N-G-O!</p>	<p><b>4</b></p> <p>9:00 Coffee &amp; Tea Social  <b>10:00 Tai-Chi w/Michele</b>            11:30 Lunch Hour            12:00 B-I-N-G-O!</p>	<p><b>5</b></p> <p>9:00 Coffee &amp; Tea  <b>10:00 YMCA Exercise Class</b>            11:30 Lunch Hour            12:00 B-I-N-G-O</p>	<p><b>6</b></p> <p>9:00 Coffee &amp; Tea            10:30 Chair Dancing Video Or Crafts            11:30 Lunch hour            12:00 Table Games / Puzzles</p>
<p><b>9</b></p> <p>9:00 Coffee &amp; Tea  <b>10:30 Seated Zumba with Lisa</b>            11:30 Lunch Hour            12:30 B-I-N-G-O!</p>	<p><b>10</b></p> <p>9:00 Coffee &amp; Tea            10:30 Chair Zumba Video with Daisy Saunders            11:30 Lunch Hour            12:00 B-I-N-G-O</p>	<p><b>11</b></p> <p>9:00 Coffee &amp; Tea Social  <b>10:00 Tai-Chi w/Michele</b>            11:30 Lunch Hour            12:00 B-I-N-G-O!</p>	<p><b>12</b></p> <p>9:00 Coffee &amp; Tea  <b>10:00 YMCA Exercise Class</b>            11:30 Lunch Hour            12:00 B-I-N-G-O</p>	<p><b>13</b></p> <p><u>All Centers Meet at Chestnuthill Center</u>  <u>St. Patrick Day Event</u>            11:00 "25 Ways to Stay Healthy"            Amerihealth/Cindy Cortes            12:00 Entertainment:</p>
<p><b>16</b></p> <p>9:00 Coffee &amp; Tea  <b>10:00 Blood Pressure Screening</b>            10:30 Seated Zumba with Lisa            11:30 Lunch Hour            12:00 B-I-N-G-O!</p>	<p><b>17</b></p> <p>9:00 Coffee &amp; Tea            10:00 Chair Zumba Video            11:30 Lunch Hour            12:00 B-I-N-G-O</p>	<p><b>18</b></p> <p>9:00 Coffee &amp; Tea Social  <b>10:00 Tai--Chi w/Michele</b>            11:30 Lunch Hour            12:00 B-I-N-G-O!</p>	<p><b>19</b></p> <p>9:00 Coffee &amp; Tea  <b>10:00 YMCA Exercise Class</b>            11:30 Lunch Hour            12:00 B-I-N-G-O</p>	<p><b>20</b></p> <p>9:00 Coffee &amp; Tea            10:30 Chair Dancing Video Or Crafts            11:30 Lunch hour            12:00 Table Games / Puzzles</p>
<p><b>23</b></p> <p>9:00 Coffee &amp; Tea  <b>10:30 Seated Zumba with Lisa</b>  <b>11:30 Lunch Hour</b>            12:30 B-I-N-G-O!</p>	<p><b>24</b></p> <p>9:00 Coffee &amp; Tea            11:30 Lunch Hour            12:00 B-I-N-G-O!  <b>1:00 Yoga Class w/Mel</b></p>	<p><b>25</b></p> <p>9:00 Coffee &amp; Tea Social  <b>10:00 tai-Chi w/Michele</b>            11:30 Lunch Hour            12:00 B-I-N-G-O!</p>	<p><b>26</b></p> <p>9:00 Coffee &amp; Tea  <b>10:00 YMCA Exercise Class</b>            11:30 Lunch Hour            12:00 B-I-N-G-O</p>	<p><b>27</b></p> <p><b>10:00 ESU High School Matinee/"Into The Woods"</b>            9:00 Coffee &amp; Tea            11:30 Lunch hour</p>
<p><b>30</b></p> <p>9:00 Coffee &amp; Tea  <b>10:30 Seated Zumba with Lisa</b>            11:30 Lunch Hour            12:30 B-I-N-G-O!</p>	<p><b>31</b></p> <p>9:00 Coffee &amp; Tea            11:30 Lunch Hour            12:00 B-I-N-G-O!  <b>1:00 Yoga Class w/Mel</b></p>	 <p>Happy St. Patrick's Day!</p>	<p><b>**If the East Stroudsburg School District is CLOSED due to inclement weather, the Loder Senior Center is CLOSED, as well.</b></p>	 <p>BLOOD PRESSURE</p>