

| Monday                                                                                                                                                               | Tuesday                                                                                                                                                                     | Wednesday                                                                                                                               | Thursday                                                                                                                                  | Friday                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9:00 Coffee &amp; Tea Social</b> <sup>3</sup><br><b>9:30 Blood Pressure Screening/10:30 Chair Zumba with Lisa Darrigo</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O! | <b>9:00 Coffee &amp; Tea Social</b> <sup>4</sup><br>10:00 Table Game<br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                                                                | <b>9:00 Coffee &amp; Tea Social</b> <sup>5</sup><br>10:00 B-I-N-G-O!<br>11:30 Lunch Hour<br><b>12:00 Chair Zumba with Lisa Darrigo</b>  | <b>9:00 Coffee &amp; Tea Social</b> <sup>6</sup><br><b>10:00 YMCA Exercise Class with Debbie</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!  | <b>9:00 Coffee &amp; Tea Social</b> <sup>7</sup><br>10:00 Wii Game<br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                                    |
| <b>9:00 Coffee &amp; Tea Social</b> <sup>10</sup><br><b>10:00 Blood Pressure</b><br>10:30 Chair Zumba with Lisa Darrigo<br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!      | <b>9:00 Coffee &amp; Tea Social</b> <sup>11</sup><br><b>10:00 Healthy Steps in Motion with Michele</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                              | <b>9:00 Coffee &amp; Tea Social</b> <sup>12</sup><br>10:00 Wii Game<br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                             | <b>9:00 Coffee &amp; Tea Social</b> <sup>13</sup><br><b>10:00 YMCA Exercise Class with Debbie</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O! | <b>9:00 Coffee &amp; Tea Social</b> <sup>14</sup><br>10:00 Wii Game<br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                                   |
| <b>9:00 Coffee &amp; Tea Social</b> <sup>17</sup><br><b>10:30 Chair Zumba with Lisa Darrigo</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                              | <b>9:00 Coffee &amp; Tea Social</b> <sup>18</sup><br><b>10:00 Healthy Steps in Motion with Michele</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                              | <b>9:00 Coffee &amp; Tea Social</b> <sup>19</sup><br>10:00 Wii Game<br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                             | <b>9:00 Coffee &amp; Tea Social</b> <sup>20</sup><br><b>10:00 YMCA Exercise Class with Debbie</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O! | <b>9:00 Coffee &amp; Tea Social</b> <sup>21</sup><br>10:00 Wii Game<br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                                   |
| <b>9:00 Coffee &amp; Tea Social</b> <sup>24</sup><br><b>10:30 Chair Zumba with Lisa Darrigo</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                              | <b>9:00 Coffee &amp; Tea Social</b> <sup>25</sup><br><b>10:00 Healthy Steps in Motion with Michele</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                              | <b>9:00 Coffee &amp; Tea Social</b> <sup>26</sup><br>10:00 B-I-N-G-O!<br>11:30 Lunch Hour<br><b>12:00 Chair Zumba with Lisa Darrigo</b> | <b>9:00 Coffee &amp; Tea Social</b> <sup>27</sup><br><b>10:00 YMCA Exercise Class with Debbie</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O! | <b>Labor Day Picnic at The Roof Pavilion</b> <sup>28</sup><br>10:00 Coffee & Tea Social<br>11:30 Lunch Hour<br>12:00 Entertainment: Roy Ramos |
| <b>9:00 Coffee &amp; Tea Social</b> <sup>31</sup><br><b>10:30 Chair Zumba with Lisa Darrigo</b><br>11:30 Lunch Hour<br>12:00 B-I-N-G-O!                              | <div> <h1>August 2026</h1> <p><b>**Activities are subject to Changes**</b></p>  </div> |                                                                                                                                         |                                                                                                                                           |                                                                                                                                               |

Loder Senior Center, 62 Analomink St. East Stroudsburg, PA 18301. (570) 420-3745. **“Our Happy Place”**