

Monday	Tuesday	Wednesday	Thursday	Friday
 To participate in all activities, you must sign up.	¹ 9:00 Coffee & Tea Social 10:00 Healthy Steps in Motion w/Michele 11:30 Lunch Hour 12:00 B-I-N-G-O!	² 9:00 Coffee & Tea Social 10:00 B-I-N-G-O! 11:30 Lunch Hour 12:00 Chair Zumba with Lisa Darrigo	³ 9:00 Coffee & Tea Social 10:00 YMCA Exercise Class with Debbie 11:30 Lunch Hour 12:00 B-I-N-G-O!	⁴ 9:00 Coffee & Tea Social 10:00 Wii Game 11:30 Lunch Hour 12:00 B-I-N-G-O!
⁷ Labor Day Senior Center Is Closed	⁸ 9:00 Coffee & Tea Social 10:00 Healthy Steps in Motion w/Michele 11:30 Lunch Hour 12:00 B-I-N-G-O!	⁹ 9:00 Coffee & Tea Social 10:30 What to Expect for Medicare Open Enrollment w/Laura. 11:30 Lunch Hour 12:00 B-I-N-G-O!	¹⁰ 9:00 Coffee & Tea Social 10:00 YMCA Exercise Class with Debbie 11:30 Lunch Hour 12:00 B-I-N-G-O!	¹¹ 9:00 Coffee & Tea Social 10:00 Wii Game 11:30 Lunch Hour 12:00 B-I-N-G-O!
¹⁴ 9:00 Coffee & Tea Social 10:00 Blood Pressure 10:30 Chair Zumba 11:30 Lunch Hour 12:00 B-I-N-G-O!	¹⁵ 9:00 Coffee & Tea Social 10:00 Healthy Steps in Motion w/Michele 11:30 Lunch Hour 12:00 B-I-N-G-O!	¹⁶ 9:00 Coffee & Tea Social 10:00 Wii Game 11:30 Lunch Hour 12:00 B-I-N-G-O!	¹⁷ 9:00 Coffee & Tea Social 10:00 YMCA Exercise Class with Debbie 11:30 Lunch Hour 12:00 B-I-N-G-O!	¹⁸ 10- 2 p.m. Tobyhanna State Park Picnic 11:30 Lunch Hour 12:00 Entertainment with Roy Ramos
²¹ 9:00 Coffee & Tea Social 10:30 Chair Zumba with Lisa Darrigo 11:30 Lunch Hour 12:00 B-I-N-G-O!	²² 9:00 Coffee & Tea Social 10:00 Healthy Steps in Motion w/Michele 11:30 Lunch Hour 12:00 B-I-N-G-O!	²³ Sight & Sound Trip "Joshua" This trip is full! Senior Centers are closed for the trip	²⁴ 9:00 Coffee & Tea Social 10:00 YMCA Exercise Class with Debbie 11:00 LVHN: Jamie Chase "Healthy Aging Through Emergency Preparedness"	²⁵ 9:00 Coffee & Tea Social 10:00 Wii Game 11:30 Lunch Hour 12:00 B-I-N-G-O!
²⁸ 9:00 Coffee & Tea Social 10:30 Chair Zumba with Lisa Darrigo 11:30 Lunch Hour 12:00 B-I-N-G-O!	²⁹ 9:00 Coffee & Tea Social 10:00 Healthy Steps in Motion w/Michele 11:30 Lunch Hour 12:00 Silver Tappers	³⁰ 9:00 Coffee & Tea Social 10:00 B-I-N-G-O! 11:30 Lunch Hour 12:00 Chair Zumba with Lisa Darrigo	 September 2026 **Activities Subject to Change **	

Loder Senior Center, 62 Analomink St., East Stroudsburg, PA 18301 (570) 420-3745.