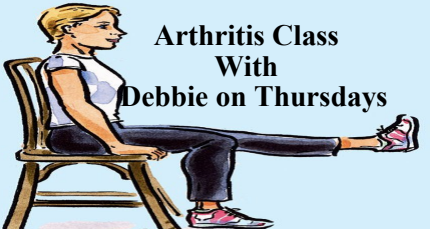




Loder Senior Center (570) 420-3745
62 Analomink Street. East Stroudsburg, PA 18301

September Activities Calendar 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed Labor Day 	2 9:00 Coffee & Tea 10:30 Game of Dominoes 11:30 ~ Lunch Hour 12:20 B-I-N-G-O!	3 9:00 Coffee & Tea 10:00 Tai-Chi/Michele 11:00 Nutritionist: Water Nutrient/11:30 Lunch 12:00 B-I-N-G-O!	4 9:00 Coffee & Tea Social 10:00 Arthritis Class 11:30 Lunch 12:30 B-I-N-G-O	5 9:00 Coffee & Tea 10:00 TGIF Karaoke 11:30 ~ Lunch Hour 12:00 Craft Hour
8 9:00 Coffee & Tea Social 10:30 Chair Zumba Video 11:30 Lunch 12:30 B-I-N-G-O!	9 9:00 Coffee & Tea 9:30 Canvas Painting 11:00 Water Nutrient w/Linda Steir 11:30 Lunch Hour	10 9:00 Coffee & Tea 10:00 Tai-Chi/Michele 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!	11 9:00 Coffee & Tea Social 10:00 Arthritis Class 11:30 Lunch 12:30 B-I-N-G-O!	12 9:00 Coffee & Tea 10:00 TGIF Karaoke 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!
15 9:00 Coffee & Tea Social 10:30 Chair Zumba Video 11:30 Lunch 12:30 B-I-N-G-O!	16 9:00 Coffee & Tea 10:30 Blood Pressure 11:30 Lunch Hour 12:00 B-I-N-G-O!	17 9:00 Coffee & Tea 10:00 Tai-Chi/Michele 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!	18 9:00 Coffee & Tea 10:00 Arthritis Class 11:30 Lunch Hour 12:00 B-I-N-G-O!	19 Trip to High Acres Park in Cresco Picnic 10-2p.m. 11:30 ~ Lunch Hour 12:00 Entertainment
22 9:00 Coffee & Tea Social 10:30 Chair Zumba Video 11:30 ~ Lunch Hour 12:30 B-I-N-G-O!	23 9:00 Coffee & Tea 10:30 Game of Dominoes 11:30 ~ Lunch Hour 12:20 B-I-N-G-O!	24 9:00 Coffee & Tea 10:00 Tai-Chi/Michele 11:30 ~ Lunch Hour 12:00 B-I-N-G-O!	25 9:00 Coffee & Tea 10:00 Arthritis Class 11:30 Lunch Hour 12:30 B-I-N-G-O!	26  Visit to Steamtown 10:45 Lunch 11:30-3:30 Trip
29 9:00 Coffee & Tea Social 10:30 Chair Zumba Video 11:30 ~ Lunch Hour 12:30 B-I-N-G-O!	30 9:00 Coffee & Tea 10:30 Game of Dominoes 11:30 ~ Lunch Hour 12:20 B-I-N-G-O!		For all activities you must be a Participant. For bus trips you also have to be sign up with MCTA. **Calendar Subject to Changes**	 Arthritis Class With Debbie on Thursdays