

Mountain Center. 354 Memorial Blvd, Tobyhanna, PA.

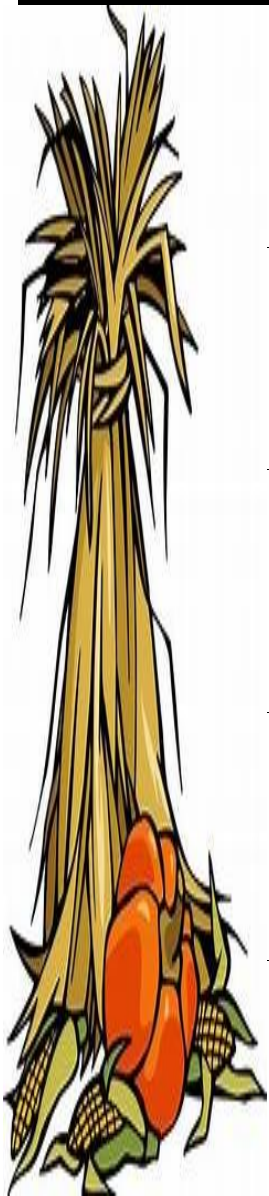
570 894-3272 (X134) or 570 420-3735

October 2025 Activities Calendar **Subject to Changes**

Tuesday

Thursday

Friday



7 **All Centers Meet at Loder**
9:30 Coffee & Tea
11-2p.m. Pocono Cinema
"Some Like It Hot"

14 **10:00 Exercise with Debby**
11:30 ~ Lunch Hour
12:00 B-I-N-G-O!

20 **10:00 Exercise with Debby**
11:30 ~ Lunch Hour
2112:00 B-I-N-G-O!

28 **10:00 Exercise with Debby**
11:30 ~ Lunch Hour
12:00 B-I-N-G-O!



©Ron Leishman * illustrationsOf.com/1046619

2 9:30 Coffee & Tea
10:30 Seated Exercise Video
w/Daisy
11:30 ~ Lunch

9 9:30 Coffee & Tea
10:00 Seated Exercise Video
w/Daisy Saunders
11:30 ~ Lunch Hour

16 9:30 Coffee & Tea
10:30 Seated Exercise Video
w/Daisy Saunders
11:30 ~ Lunch Hour

23 9:30 Coffee & Tea
10:30 Seated Exercise Video
w/Daisy Saunders
11:30 ~ Lunch Hour

30 9:30 Coffee & Tea
10:30 Seated Exercise Video
w/Daisy Saunders
11:30 ~ Lunch Hour

3 9:30 Coffee & Tea
10:30 Blood Pressure
11:30 ~ Lunch/12:00 Bingo!
1:00 Zumba Class with Lisa

10 9:30 Coffee & Tea
10:30 Blood Pressure Screening
11:30 Lunch/12:00 Bingo!
1:00 Zumba Class with Lisa

17 9:30 Coffee & Tea
10:30 Blood Pressure Screening
11:30 Lunch
1:00 Zumba Class with Lisa

24 All Center Meet at Loder
10:00 ESU High School Matinee
"TarTuffe"
12:15 ~ Lunch Hour

31 All Center Meet at Barc Open House
9:00 Coffee & Tea/10:30 Medicare Scams
11:00 Entertainment with Sheila Mark
"Halloween Party" **Door Prize**
12:00 Lunch~Hour