



# September 2023

Jersey Shore  
Center for Healthy Aging  
570-601-9591

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join us for lunch! Served M-F at 11:30am</p> <p>Call to order a meal!</p>				<p>1</p> <p>12:15 Cards/Dominos</p>
4	5	6	7	8
<p>CENTER CLOSED LABOR DAY</p>	<p>9:00 HSIM (exercise) 12:15 Cards/Dominos</p>	<p>11:30 Cheese Pizza Day 12:15 Cards/Dominos</p>	<p>9:00 HSIM (exercise) 12:15 Cards/Dominos/ Sequence</p>	<p>12:15 Cards/Dominos</p>
11	12	13	14	15
<p>12:15 Bible Study w/ C Bennett, Lay Minister 12:15 Cards</p>	<p>9:00 HSIM 12:15 Cards/Dominos</p>	<p>11:30 Diabetes Manage- ment w/David, Ameri- Health, Caritas 12:15 Cards/Dominos</p>	<p>9:00 HSIM 1pm Dining with Diabetes Follow-up w/Laurie Welch, Penn State Coop Ext.</p>	<p>12:15 Cards/Dominos</p>
18	19	20	21	22
<p>12:15 Bible Study w/ C Bennett, Lay Minister 12:15 Cards</p>	<p>9:00 HSIM 12:15 Picnic at Wayne Twp Park</p>	<p>12:15 Cards/Dominos</p>	<p>9:00 HSIM 12:15 Cards/Dominos/ Sequence</p>	<p>12:15 Kick-off to Fall Bingo w/Charlotte, Celebration Villa of Loyalsock</p>
25	26	27	28	29
<p>12:15 Bible Study w/ C Bennett, Lay Minister 12:15 Cards 1pm Ice Cream Cone Day</p>	<p>9:00 HSIM 12n National Cheese Month 12:15 Cards/Dominos</p>	<p>12:15 Cards/Dominos</p>	<p>9:00 HSIM 12:15 Cards/Dominos/ Sequence</p>	<p>12:15 Cards/Dominos</p>