



March 2024

Meck
Center for Healthy Aging
570-601-9593

Monday	Tuesday	Wednesday	Thursday	Friday
Come eat lunch with us! Lunch served daily at 11:30am Call to reserve a meal!		You need to register in order to participate in Chair Yoga. Please see Sarah!		1 9:00am Cards 10:00am Puzzles 12:30pm Cards
4 11:00am HeartHealth 12:30pm Dining with Diabetes	5 9:00am ZUMBA Gold 11:30am Cheese Doodle Day	6 9:00am Cards 10:00am Puzzles 12:30pm Cards	7 9:00am Cards 9:30am Puzzles 12:30pm Bingo	8 9:00am Cards 10:00am Puzzles 12:30pm Cards
11 9:00am Cards 10:30am Puzzles 2:30pm Chair Yoga	12 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	13 9:00am Cards 10:00am Puzzles 12:30pm Cards	14 9:00am Cards 9:30am Puzzles 12:30pm Bingo	15 11:30am Balance and Fall Prevention
18 Open at 11:00am 12:00pm Spring Craft 2:30pm Chair Yoga	19 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	20 9:00am Cards 10:00am Puzzles 12:30pm Cards	21 9:00am Cards 9:30am Puzzles 12:30pm Bingo	22 9:00am Cards 10:00am Puzzles 12:00pm Spring Craft
25 9:00am Cards 10:30am Puzzles 2:30pm Chair Yoga	26 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	27 9:00am Cards 10:00am Puzzles 12:30pm Cards	28 9:00am Cards 9:30am Puzzles 12:30pm Bingo	29 CENTER CLOSED GOOD FRIDAY