



November 2023

MILL HALL
Center for Healthy Aging
570-726-6378

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Center Closed Staff Training	2 10:00-Line Dancing	3 9:30-Exercise 10:00-Aggravation
6 9:30-Exercise 10:00-Aggravation	7 CENTER CLOSED ELECTION DAY	8 9:30-Exercise 10:00-Aggravation 10:00 Knitting/Quilting 10a-1:30p Cards	9 10:00-Line Dancing	10 CENTER CLOSED VETERAN'S DAY OBSERVANCE
13 9:30-Exercise 10:00-Aggravation	14 9:00-11:30—Bingo	15 9:30-Exercise 10:00-Aggravation 10:00 Knitting/Quilting 10a-1:30p Cards	16 10:00-Line Dancing	17 9:30-Exercise 10:00-Aggravation
20 9:30-Exercise 10:00-Aggravation	21 9:00-11:30—Bingo	22 9:30-Exercise 10:00-Aggravation 10:00 Knitting/Quilting 10a-1:30p Cards	23 CENTER CLOSED THANKSGIVING	24 CENTER CLOSED THANKSGIVING HOLIDAY
27 9:30-Exercise 10:00-Aggravation	28 9:00-11:30—Bingo	29 9:30-Exercise 10:00-Aggravation 10:00 Knitting/Quilting 10a-1:30p Cards	30 10:00-Line Dancing	Join us for lunch! Served M-F at 11:30am Call to order a meal