



March 2023

Loyalsock
Center for Healthy Aging
570-601-9590

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 9:00-10:00am Zumba Gold 12:00pm Lunch and Literature (lunch served at 11:30) 1:00pm Color/Design</p>	<p>2 9:00am-10:00am HSIM 10:00am-11:00am Tai Chi 1:00-3:00pm Fiber Arts</p>	<p>3 10:00am-11:30am Tech Savvy</p>
<p>6 10:00am-12:30pm CDSMP Class 12:30pm-1:30pm Lose Weight With 8</p>	<p>7 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)</p>	<p>8 9:00-10:00am Zumba Gold 1:00pm Color/Design</p>	<p>9 9:00am-10:00am HSIM 10:00am-11:00am Tai Chi</p>	<p>10 10:00am-11:30am Tech Savvy</p>
<p>13 10:00am-12:30pm CDSMP Class 12:30pm-1:30pm Lose Weight With 8</p>	<p>14 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)</p>	<p>15 9:00-10:00am Zumba Gold 12:00pm Lunch and Literature (lunch served at 11:30) 1:00pm Color/Design</p>	<p>16 9:00am-10:00am HSIM 10:00am-11:00am Tai Chi 1:00-3:00pm Fiber Arts</p>	<p>17 10:00am-11:30am Tech Savvy</p>
<p>20 10:00am-12:30pm CDSMP Class 12:30pm-1:30pm Lose Weight With 8</p>	<p>21 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)</p>	<p>22 9:00-10:00am Zumba Gold 1:00pm Color/Design</p>	<p>23 9:00am-10:00am HSIM 10:00am-11:00am Tai Chi 12:30 Gift Card Bingo</p>	<p>24 10:00am-11:30am Tech Savvy</p>
<p>27 10:00am-12:30pm CDSMP Class 12:30pm-1:30pm Lose Weight With 8</p>	<p>28 CENTER CLOSED</p>	<p>29 9:00-10:00am Zumba Gold 1:00pm Color/Design</p>	<p>30 9:00am-10:00am HSIM 10:00am-11:00am Tai Chi 12:00 Wellness Lunch and Learn 1:00pm Ceramics</p>	<p>31 10:00am-11:30am Tech Savvy</p>