



# October 2023

**MILL HALL**  
**Center for Healthy Aging**  
**570-726-6378**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2            9:30-Exercise            10:00-Aggravation</p>	<p>3            9:00-11:30—Bingo</p>	<p>4            9:30-Exercise            10:00-Aggravation            10:00 Knitting/Quilting            10a-1:30p Cards</p>	<p>5            10:00-Line Dancing</p>	<p>6            9:30-Exercise            10:00-Aggravation</p>
<p>9            9:30-Exercise            10:00-Aggravation</p>	<p>10            9:00-11:30—Bingo</p>	<p>11            9:30-Exercise            10:00-Aggravation            10:00 Knitting/Quilting            10a-1:30p Cards</p>	<p>12            10:00-Line Dancing</p>	<p>13            9:30-Exercise            10:00-Aggravation</p>
<p>16            9:30-Exercise            10:00-Aggravation</p>	<p>17            9:00 Gift Card Bingo</p>	<p>18            9:30-Exercise            10:00-Aggravation            10:00 Knitting/Quilting            10a-1:30p Cards</p>	<p>19            10:00-Line Dancing</p>	<p>20            9:30-Exercise            10:00-Aggravation</p>
<p>23            9:30-Exercise            10:00-Aggravation</p>	<p>24            9:00-11:30—Bingo</p>	<p>25            9:30-Exercise            10:00-Aggravation            10:00 Knitting/Quilting            10a-1:30p Cards</p>	<p>26            10:00-Line Dancing</p>	<p>27            9:30-Exercise            10:00-Aggravation</p>
<p>30  <b>Centers Closed</b>  <b>Staff Training</b></p>	<p>31            9:00-11:30—Bingo</p>			<p>Join us for lunch!            Served M-F            at 11:30am</p> <p>Call to order a meal</p>