



Meck Center for Healthy Aging
570-601-9593

November 2022

MON	TUE	WED	THU	FRI
Meals are served Monday-Friday at 11:30am. Call by 10:00am the day prior to order meals or schedule transportation.	1 ZUMBA Gold 9:00am 10:00am Cards 10:30am Puzzles	2 9:00am Cards 10:00am Puzzles 12:00pm Crochet Club	3 9:00am Cards 9:30am Puzzles 12:30pm Bingo	4 9:00am Cards 10:00am Puzzles Ceramics 12:00pm
7 CENTER CLOSED	8 ZUMBA Gold 9:00am 10:00am Cards 10:30am Puzzles	9 9:00am Cards 10:00am Puzzles Crafts 12:00pm	10 9:00am Cards 9:30am Puzzles 12:30pm Bingo	11 VETERANS DAY CENTER CLOSED
14 Carson 9:00am 12:00pm Bible Study 1:00pm ZOOM-Jeopardy	15 ZUMBA Gold 9:00am 10:00am Cards 10:30am Puzzles	16 9:00am Cards 10:00am Puzzles 12:00pm Crochet Club	17 9:00am Cards 9:30am Puzzles 12:30pm Bingo	18 9:00am Cards 10:00am Puzzles Crafts 12:00pm
21 Meck Holiday Luncheon 1:00pm	22 ZUMBA Gold 9:00am 10:00am Cards 10:30am Puzzles	23 9:00am Cards 10:00am Puzzles 12:00pm Crochet Club	24 HAPPY THANKSGIVING CENTER CLOSED	25 BLACK FRIDAY CENTER CLOSED
28 Carson 9:00am 12:00pm Bible Study 1:00pm ZOOM-Jeopardy	29 ZUMBA Gold 9:00am 10:00am Cards 10:30am Puzzles	30 9:00am Cards 10:00am Puzzles 12:00pm Crochet Club	Puzzles and cards everyday!	