



January 2023

MECK
Center for Healthy Aging
570-601-9593

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED NEW YEARS DAY	3 Zumba Gold 9:00am 10:00am Cards 10:30am Puzzles	4 9:00am Cards 10:00am Puzzles 12:00pm Crochet	5 9:00am Cards 9:30am Puzzles 12:30pm Bingo	6 9:00am Cards 10:00am Puzzles 12:30pm Cards
9 9:00am Cards 12:00pm Bible Study 1:00pm Jeopardy	10 Zumba Gold 9:00am 10:00am Cards 10:30am Puzzles	11 9:00am Cards 10:00am Puzzles Crafts 12:00pm	12 9:00am Cards 9:30am Puzzles 12:30pm Bingo	13 9:00am Cards 10:00am Puzzles 12:30pm Cards
16 CENTER CLOSED MARTIN LUTHER KING, JR DAY	17 Zumba Gold 9:00am 10:00am Cards 10:30am Puzzles	18 9:00am Cards 10:00am Puzzles 12:00pm Crochet	19 9:00am Cards 9:30am Puzzles 12:30pm Bingo	20 9:00am Cards 10:00am Puzzles Ceramics 12:00pm
23 9:00am Cards 12:00pm Bible Study 1:00pm Jeopardy	24 Zumba Gold 9:00am 10:00am Cards 10:30am Puzzles	25 9:00am Cards 10:00am Puzzles 12:00pm Crochet	26 9:00am Cards 9:30am Puzzles 12:30pm Bingo	27 Mature Driver Presentation 12:00pm
30 9:00am Cards 12:00pm Bible Study 1:00pm Jeopardy	31 Zumba Gold 9:00am 10:00am Cards Crafts 12:00pm		HAPPY NEW YEAR!	Join us for lunch! Served M-F at 11:30am Call to order a meal!