



May 2023

**Loyalsock
Center for Healthy Aging
570-601-9590**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 12:00-2:00pm Mahjong</p>	<p>2 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)</p>	<p>3 9:00-10:00am Zumba Gold 1:00pm Color/Design</p>	<p>4 9:00am-10:00am HSIM 10:00am-10:45am Chair Yoga 1:00-3:00pm Fiber Arts</p>	<p>5 10:00am-11:30am Tech Savvy 12:00-2:00 Mahjong</p>
<p>8 12:00-2:00pm Mahjong</p>	<p>9 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)</p>	<p>10 9:00-10:00am Zumba Gold 12:00pm Lunch and Literature (lunch served at 11:30) 1:00pm Color/Design</p>	<p>11 9:00am-10:00am HSIM 10:00am-10:45am Chair Yoga 1:00-3:00pm Fiber Arts</p>	<p>12 10:00am-11:30am Tech Savvy 12:00-2:00 Mahjong</p>
<p>15 12:00-2:00pm Mahjong</p>	<p>16 CENTER CLOSED FOR VOTING</p>	<p>17 9:00-10:00am Zumba Gold 1:00pm Color/Design</p>	<p>18 9:00am-10:00am HSIM 10:00am-10:45am Chair Yoga 1:00-3:00pm Fiber Arts</p>	<p>19 10:00am-11:30am Tech Savvy 12:00-2:00 Mahjong</p>
<p>22 12:00-2:00pm Mahjong</p>	<p>23 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)</p>	<p>24 9:00-10:00am Zumba Palooza (sign-up w/ Carly) 12:00pm Lunch and Literature 1:00pm Color/Design</p>	<p>25 9:00am-10:00am HSIM 10:00am-10:45am Chair Yoga 12:00 Heart Health Presentation</p>	<p>26 10:00am-11:30am Tech Savvy 12:00-2:00 Mahjong</p>
<p>29 CENTER CLOSED MEMORIAL DAY</p>	<p>30 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)</p>	<p>31 9:00-10:00am Zumba Gold 1:00pm Color/Design</p>		<p>Join us for lunch! Served M-F at 11:30am Call to order a meal!</p>