



September 2023

RiverWalk Center
Center for Healthy Aging
(570) 601-9592

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p>Join us for lunch! Served M-F at 11:30 Call to order a meal 48hrs in advance by 10am.</p> | <p>Bike Rentals available Monday-Friday between 10am-3pm, call to make a reservation!</p> | | | <p>1 9:00 Zumba Gold, 1:00-2:00 Electronics Help (call ahead)</p> |
| <p>4 CENTER CLOSED LABOR DAY</p> | <p>5 9:00 HSIM 10:30 Senior Yoga—Virtual 1:00 Get the Dirt on Gardening</p> | <p>6 9:00 Cards 9:00 HSIM 12:00 Bible Study 2:00 Line Dance</p> | <p>7 9:00 Koffee Klatch 10:30 Drawing w/George 1:00 Bingo</p> | <p>8 9:00 Zumba Gold, 1:00-2:00 Electronics Help (call ahead)</p> |
| <p>11 9:00 Wood Carving, 9:00 Zumba Gold, 12:30 Games</p> | <p>12 9:00 HSIM 10:30 Senior Yoga—Virtual 1:00 Get the Dirt on Gardening</p> | <p>13 9:00 Cards 9:00 HSIM 12:00 Bible Study 2:00 Line Dance</p> | <p>14 9:00 Koffee Klatch 10:30 Drawing w/George 1:00 Bingo</p> | <p>15 9:00 Zumba Gold, 1:00-2:00 Electronics Help (call ahead)</p> |
| <p>18 9:00 Wood Carving, 9:00 Zumba Gold, 12:30 Games</p> | <p>19 CENTER CLOSED</p> | <p>20 9:00 Cards 9:00 HSIM 10:00 Ceramics 12:00 Bible Study 2:00 Line Dance</p> | <p>21 9:00 Koffee Klatch 10:30 Drawing w/George 1:00 Bingo</p> | <p>22 9:00 Zumba Gold, 11:30 Lunch N 'Learn 1:00-2:00 Electronics Help (call ahead)</p> |
| <p>25 9:00 Wood Carving, 9:00 Zumba Gold, 1:00 HSIM</p> | <p>26 10:30 Senior Yoga—Virtual 1:00 Get the Dirt on Gardening</p> | <p>27 9:00 Cards 9:00 HSIM 12:00 Bible Study 2:00 Line Dance</p> | <p>28 9:00 Koffee Klatch 10:30 Drawing w/George 1:00 Bingo</p> | <p>29 9:00 Zumba Gold</p> |