



November 2023

Meck
Center for Healthy Aging
570-601-9593

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CENTER CLOSED	2 9:00am Cards 9:30am Puzzles 12:30pm Bingo	3 9:00am Cards 10:00am Puzzles 12:30pm Cards
6 9:00am Cards 10:30am Puzzles 12:30pm Dining With Diabetes	7 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	8 9:00am Cards 10:00am Carson 12:00pm Crafts— Decorations	9 9:00am Cards 9:30am Puzzles 12:30pm Giftcard Bingo	10 CENTER CLOSED VETERAN'S DAY OBSERVANCE
13 9:00am Cards 10:30am Puzzles 12:30pm Dining With Diabetes	14 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	15 9:00am Cards 10:00am Carson 12:30pm Cards	16 9:00am Cards 9:30am Puzzles 12:30pm Bingo	17 9:00am Cards 10:00am Puzzles 11:30am PA MEDI Presentation
20 9:00am Cards 10:30am Puzzles 12:30pm Cards	21 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	22 9:00am Cards 10:00am Carson 12:30pm Cards	23 CENTER CLOSED THANKSGIVING	24 CENTER CLOSED THANKSGIVING HOLIDAY
27 9:00am Cards 10:30am Puzzles 12:30pm Dining With Diabetes	28 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	29 9:00am Cards 10:00am Carson 12:00pm Crafts— Decorations	30 9:00am Cards 9:30am Puzzles 12:30pm Bingo	Join us for lunch! Served M-F at 11:30am Call to order a meal