



# July 2023

Meck  
Center for Healthy Aging  
570-601-9593

Monday	Tuesday	Wednesday	Thursday	Friday
Come eat lunch with us! Lunch served daily at 11:30am Call to reserve a meal!				
1 9:00am Cards 10:30am Puzzles 12:30pm Cards	2 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	3 9:00am Cards 10:00am Coffee with Carson	4 CENTER CLOSED INDEPENDENCE DAY	5 9:00am Cards 10:00am Puzzles 12:30pm Cards
8 CENTER OPEN AT 11:00am 12:30pm Cards	9 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	10 9:00am Cards 10:00am Coffee with Carson	11 9:00am Cards 9:30am Puzzles 12:30pm Bingo	12 9:00am Cards 10:00am Puzzles 12:30pm CRAFTS
15 9:00am Cards 10:30am Puzzles 12:30pm Cards	16 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	17 9:00am Cards 10:00am Coffee with Carson	18 9:00am Cards 9:30am Puzzles 12:30pm Bingo	19 9:00am Cards 10:00am Puzzles 12:30pm Cards
22 9:00am Cards 10:30am Puzzles 12:00pm CRAFTS	23 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	24 UPMC Physical Therapy Pelvic Floor Health 11:30pm	25 9:00am Cards 9:30am Puzzles 12:30pm Bingo	26 9:00am Cards 10:00am Puzzles 12:30pm Cards
29 CENTER CLOSED TRAINING	30 9:00am ZUMBA Gold 9:30am Cards 12:30pm Puzzles	31 9:00am Cards 10:00am Coffee with Carson		