



# October 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>12:00-2:00pm</b> Mahjong</p> <p><b>12:30-2:30</b> Intro to Quilting Demo</p>	<p>3</p> <p><b>9:00am-10:00am</b> HSIM</p> <p><b>9:00-10:00am</b> Zumba Gold</p> <p><b>12:30pm</b> Cards (variety)</p>	<p>4</p> <p><b>9:00-10:00am</b> Zumba Gold</p> <p><b>12:00</b> We Love To Read</p> <p><b>1:00pm</b> Color/Design</p>	<p>5</p> <p><b>9:00am-10:00am</b> HSIM</p> <p><b>1:00-3:00pm</b> Fiber Arts</p>	<p>6</p> <p><b>10:00am-11:30am</b> Tech Savvy</p>
<p>9</p> <p><b>12:00-2:00pm</b> Mahjong</p> <p><b>12:30-2:30</b> Intro to Quilting Demo</p>	<p>10</p> <p><b>9:00am-10:00am</b> HSIM</p> <p><b>9:00-10:00am</b> Zumba Gold</p> <p><b>12:30pm</b> Cards (variety)</p>	<p>11</p> <p><b>9:00-10:00am</b> Zumba Gold</p> <p><b>1:00pm</b> Color/Design</p>	<p>12</p> <p><b>9:00am-10:00am</b> HSIM</p>	<p>13</p> <p><b>10:00am-11:30am</b> Tech Savvy</p>
<p>16</p> <p><b>9:00-10:00am</b> Tai Chi</p> <p><b>12:00-2:00pm</b> Mahjong</p>	<p>17</p> <p><b>9:00am-10:00am</b> HSIM</p> <p><b>9:00-10:00am</b> Zumba Gold</p> <p><b>12:30pm</b> Cards (variety)</p>	<p>18</p> <p><b>9:00-10:00am</b> Zumba Gold</p> <p><b>12:00</b> We Love To Read</p> <p><b>1:00pm</b> Color/Design</p>	<p>19</p> <p><b>9:00am-10:00am</b> HSIM</p> <p><b>1:00-3:00pm</b> Fiber Arts</p>	<p>20</p> <p><b>10:00am-11:30am</b> Tech Savvy</p>
<p>23</p> <p><b>9:00-10:00am</b> Tai Chi</p> <p><b>12:00-2:00pm</b> Mahjong</p>	<p>24</p> <p><b>9:00am-10:00am</b> HSIM</p> <p><b>9:00-10:00am</b> Zumba Gold</p> <p><b>12:30pm</b> Cards (variety)</p>	<p>25</p> <p><b>9:00-10:00am</b> Zumba Gold</p> <p><b>12:30</b> Ceramics</p> <p><b>1:00pm</b> Color/Design</p>	<p>26</p> <p><b>9:00am-10:00am</b> HSIM</p> <p><b>12:30</b> Gift Card Bingo</p>	<p>27</p> <p><b>10:00am-11:30am</b> Tech Savvy</p>
<p>30</p> <p><b>CENTER CLOSED</b> <b>STAFF TRAINING</b></p>	<p>31</p> <p><b>9:00am-10:00am</b> HSIM</p> <p><b>9:00-10:00am</b> Zumba Gold</p> <p><b>12:30pm</b> Cards (variety)</p>			<p>Join us for lunch! Served M-F at 11:30am</p> <p>Call to order a meal</p>