



February 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00-10:00am Zumba Gold 12:00pm Lunch and Literature (lunch served at 11:30) 1:00pm Color/Design	2 9:00am-10:00am HSIM 1:00-3:00pm Fiber Arts (bring your own project; knitting, crocheting, sewing, etc.)	3 10:00am-11:30am Tech Savvy
6 12:30pm-1:30pm Lose Weight With 8	7 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)	8 9:00-10:00am Zumba Gold 1:00pm Color/Design	9 9:00am-10:00am HSIM 12:30-2:30pm Ceramics	10 10:00am-11:30am Tech Savvy
13 12:30pm-1:30pm Lose Weight With 8	14 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)	15 9:00-10:00am Zumba Gold 12:00pm Lunch and Literature (lunch served at 11:30) 1:00pm Color/Design	16 9:00am-10:00am HSIM 1:00-3:00pm Fiber Arts (bring your own project; knitting, crocheting, sewing, etc.)	17 10:00am-11:30am Tech Savvy
20 CENTER CLOSED PRESIDENT'S DAY	21 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)	22 9:00-10:00am Zumba Gold 1:00pm Color/Design	23 9:00am-10:00am HSIM	24 10:00am-11:30am Tech Savvy
27 12:30pm-1:30pm Lose Weight With 8	28 9:00am-10:00am HSIM 9:00-10:00am Zumba Gold 12:30pm Cards (variety)			Join us for lunch! Served M-F at 11:30am Call to order a meal!