November 2026 Activity Calendar

Meck Center for Healthy Aging | 50 Fitness Drive, Suite 2, Muncy

Lunch is served daily at 11:30 AM, call (570) 601-9593 to reserve your meal.

Monday, November 2

- 9:30 AM – Cards
- 12:00 PM – Tai Chi Level 1 Class
- 12:30 PM – Walk with Ease Class

Tuesday, November 3

- 9:00 AM – Zumba Gold
- 9:30 AM – Cards
- 12:30 PM – Mahjong Practice
- 12:30 PM – Crochet Club

Wednesday, November 4

- 9:30 AM – Cards
- 10:00 AM – Coffee with Carson
- 12:30 PM – Mahjong
- 12:30 PM – Walk with Ease Class

Thursday, November 5

- 9:30 AM – Cards
- 12:30 PM – Bingo

Friday, November 6

- CENTER CLOSED

Monday, November 9

- 9:30 AM – Cards
- 12:00 PM – Tai Chi Level 1 Class
- 12:30 PM – Walk with Ease Class

Tuesday, November 10

- 9:00 AM – Zumba Gold
- 9:30 AM – Cards
- 12:30 PM – Mahjong Practice
- 12:30 PM – Crochet Club

Wednesday, November 11

- CENTER CLOSED - Veteran's Day

Thursday, November 12

- 9:30 AM – Cards
- 12:30 PM – Bingo

Friday, November 13

- 9:30 AM – Cards
- 12:30 PM – Walk with Ease Class

Monday, November 16

- 9:30 AM – Cards
- 12:00 PM – Tai Chi Level 1 Class
- 12:30 PM – Walk with Ease Class

Tuesday, November 17

- 9:00 AM – Zumba Gold
- 9:30 AM – Cards
- 12:30 PM – Mahjong Practice
- 12:30 PM – Crochet Club

Wednesday, November 18

- 9:30 AM – Cards
- 10:00 AM – Coffee with Carson
- 12:30 PM – Mahjong

Thursday, November 19

- 9:30 AM – Cards
- 12:30 PM – Bingo

Friday, November 20

- 9:30 AM – Cards
- 12:30 PM – Movie Day

Monday, November 23

- 9:30 AM – Cards
- 12:00 PM – Tai Chi Level 1 Class

Tuesday, November 24

- 9:00 AM – Zumba Gold
- 9:30 AM – Cards
- 12:30 PM – Mahjong Practice
- 12:30 PM – Crochet Club

Wednesday, November 25

- 9:30 AM – Cards
- 10:00 AM – Coffee with Carson
- 12:30 PM – Mahjong

Thursday, November 26

- CENTER CLOSED - Thanksgiving

Friday, November 27

- CENTER CLOSED - Black Friday

Monday, November 30

- 9:30 AM – Cards
- 12:00 PM – Tai Chi Level 1 Class