



# September 2023

MILL HALL  
Center for Healthy Aging  
570-726-6378

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join us for lunch! Served M-F at 11:30am</p> <p>Call to order a meal!</p>				<p>1</p> <p>9:30-Exercise 10:00-Aggravation</p>
<p>4</p> <p><b>CENTER CLOSED LABOR DAY</b></p>	<p>5</p> <p>9:00-11:30—Bingo</p>	<p>6</p> <p>9:30-Exercise 10:00-Aggravation 10:00 Knitting/Quilting 10a-1:30p Cards</p>	<p>7</p> <p>10:00-Line Dancing</p>	<p>8</p> <p>9:30-Exercise 10:00-Aggravation</p>
<p>11</p> <p>9:30-Exercise 10:00-Aggravation</p>	<p>12</p> <p>9:00-11:30—Bingo</p>	<p>13</p> <p>9:30-Exercise 10:00-Aggravation 10:00 Knitting/Quilting 10a-1:30p Cards</p>	<p>14</p> <p>10:00-Line Dancing</p>	<p>15</p> <p>9:30-Exercise 10:00-Aggravation</p>
<p>18</p> <p>9:30-Exercise 10:00-Aggravation</p>	<p>19</p> <p>9:00-11:30—Bingo</p>	<p>20</p> <p>9:30-Exercise 10:00-Aggravation 10:00 Knitting/Quilting 10a-1:30p Cards</p>	<p>21</p> <p>10:00-Line Dancing</p>	<p>22</p> <p>9:30-Exercise 10:00-Aggravation</p>
<p>25</p> <p>9:30-Exercise 10:00-Aggravation</p>	<p>26</p> <p>9:00-11:30—Bingo</p>	<p>27</p> <p>9:30-Exercise 10:00-Aggravation 10:00 Knitting/Quilting 10a-1:30p Cards</p>	<p>28</p> <p>10:00-Line Dancing</p>	<p>29</p> <p>9:30-Exercise 10:00-Aggravation</p>