

DAILY EVENTS

Monday

9:00 - 11:00 a.m. BINGO
 10:00 - 12:00 p.m. TIPS
 1:00 - 2:00 p.m. Tai Chi
 2:00-3:00 pm Beginners Tai Chi

Tuesday

9:00 - 11:00 a.m. Arts & Crafts
 9:00 - 11:00 a.m.—Adult Coloring
 9:00 - 11:30 a.m. Puzzles
 12:00 - 12:55 p.m. Line Dancing
 1:00 - 2:00 p.m. Yoga
 5:15-6:15 Strong/Fit/Flexible

Wednesday

9:00 - 11:00 a.m. BINGO
 10:00- 12:00 p.m. TIPS
 12:00-12:45 Chair Yoga

Thursday

9:00 - 11:30 a.m. Arts & Crafts
 9:00 - 11:00 a.m.—Adult Coloring
 9:00 - 11:30 a.m. Puzzles
 10:00 Crochet corner
 11:00 Arthritic exercise class
 5:15-6:15 Strong/fit/flexible

Friday






9:00-11:00am BINGO
 12:00-1:00pm Line Dancing

Mid Valley Active Older Adult
 Community Center
 310 Church St., Jessup, PA 18434
 570-489-4415
 New Members always welcome!



**Mid Valley Active Adult
 Community Center March 2020**



MON	TUE	WED	THU	FRI
2 CEO Weinberg food distribution ***** Council Meeting 11:00am	3 Lackawanna College Adaptive equipment 11:00am	4 Site Council Meeting 11:00am ***** CHAIR YOGA 12:00	5 Exercise Equipment Available ***** Arthritic Exercise Class 10:00am	6 Penn State Nutrition Ext. Class 11:00-12:00
9 Lackawanna Health and Rehab Memory Loss Dr. Mario 10:30-12:30	10 VNA BLOOD PRESSURE 11:30AM	11 Pet Therapy ***** Chair Yoga 12:00	12 VITA TAX PROGRAM 8:30-5:00pm	13 Food Box Delivery
16 ST. PATRICK'S DAY PAF 9:30am 	17  shutterstock · 94056907	18 GRISWALD Stress Management 11:00am ***** Chair Yoga 12:00	19 Lackawanna College Therapeutic Exercise 12:00	20 Brain Games Available 
23 CEO Weinberg Food Bank Distribution ***** GEISINGER 11:00-11:45 Craft	24 Exercise Equipment Available 	25 Penn State Extension Nutrition Links 11:00-12:00 ***** Chair Yoga 12:00	26 Mohegan Sun Casino Bus Trip 11:45am \$25 Members \$28 Non-Members	27 VNA Hospice 11:00am ***** Birthday Celebration 
30 AMERICAN RED CROSS DISASTER PROGRAM 11:00-11:30 Free Smoke alarm MUST SIGN UP!	31 