



September 2024

**Riverwalk
Center for Healthy Aging
570-601-9592**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| <p style="text-align: center;">21 CENTER CLOSED LABOR DAY</p> | <p style="text-align: center;">3 10:00 Chair Yoga-Virtual 1:00 Get the Dirt on Gardening</p> | <p style="text-align: center;">4 9:00 Cards 12:30 Rummikub/Cards 1:30 Line Dance</p> | <p style="text-align: center;">5 10:00 Drawing w/George 1:00 Bingo</p> | <p style="text-align: center;">6 10:00 Chair Yoga-Virtual 12:30 Rummikub/Cards</p> |
| <p style="text-align: center;">9 9:00 Wood Carving 9:00 Zumba</p> | <p style="text-align: center;">10 10:00 Chair Yoga-Virtual 1:00 Get the Dirt on Gardening</p> | <p style="text-align: center;">11 9:00 Cards 12:30 Rummikub/Cards 1:30 Line Dance</p> | <p style="text-align: center;">12 10:00 Drawing w/George 1:00 Bingo</p> | <p style="text-align: center;">13 10:00 Chair Yoga-Virtual 12:30 Rummikub/Cards</p> |
| <p style="text-align: center;">16 9:00 Wood Carving 9:00 Zumba</p> | <p style="text-align: center;">17 10:00 Chair Yoga-Virtual 1:00 Get the Dirt on Gardening</p> | <p style="text-align: center;">18 9:00 Cards 12:30 Rummikub/Cards 1:30 Line Dance</p> | <p style="text-align: center;">19 10:00 Drawing w/George 1:00 Bingo</p> | <p style="text-align: center;">20 10:00 Chair Yoga-Virtual 12:30 Rummikub/Cards</p> |
| <p style="text-align: center;">23 9:00 Wood Carving 9:00 Zumba</p> | <p style="text-align: center;">24 10:00 Chair Yoga-Virtual 1:00 Get the Dirt on Gardening</p> | <p style="text-align: center;">25 9:00 Cards 12:30 Rummikub/Cards 1:30 Line Dance</p> | <p style="text-align: center;">26 10:00 Drawing w/George 1:00 Bingo</p> | <p style="text-align: center;">27 10:00 Chair Yoga-Virtual 12:30 Rummikub/Cards</p> |
| <p style="text-align: center;">30 9:00 Wood Carving 9:00 Zumba</p> | | | | <p style="text-align: center;">Come eat lunch with us! Lunch served daily at 11:30am Call to reserve a meal!</p> |