WAYNE TOWNSHIP SENIOR GROUP

NOVEMBER 2022

23 Meadowbrook Drive
Schuylkill Haven PA
(570) 739-2241x225

ww.23meadowbrook.org

23meadowbrookcenter
@gmail.com

CALENDAR OF EVENTS

The Center opens Wednesdays at 11:00 AM. Lunch is served at 12:00 noon followed by a special activity or program. The Center closes at 2:00 PM. Come as you are comfortable with or without a mask.

Wednesday, November 2
12:00 PM Lunch: Chicken Pot Pie & Salad *(Suggested Donation: $7)*
1:00 PM Activity: ***BINGO! (Bring $2 Item for Prize Table)***

Wednesday, November 9
12:00 PM Lunch: Barbeque & Fruit Salad (*Suggested Donation: $7)*
1:00 PM Activity: ***Movin & Groovin with Barb***

Wednesday, November 16
12:00 PM Lunch: Thanksgiving Lunch *(Suggested Donation: $7)*
1:00 PM Activity: ***Water Color Christmas Card (Suggested Donation $5)***

Wednesday, November 23
CLOSED - HAPPY THANKSGIVING!!

Wednesday, November 30
12:00 PM Lunch: Chicken Salad Sandwich & Soup *(Suggested Donation: $7)*
1:00 PM Activity: ***Holiday Trivia Game***

We encourage you to bring the exact amount for the cost of lunch to minimize cash handling by the staff.

Please register/RSVP for all events. Sign up at the Center, call 570-739-2241 x225 or visit www.23meadowbrook.org.

Find us on Facebook

Wayne Township Senior Group

OTHER NOVEMBER ACTIVITIES.....

SOFT YOGA
Tuesdays: 6:00 PM to 7:00 PM
Continuing Class

In this Soft Yoga course you will experience gentle yoga postures, yoga breathing techniques, guided meditation relaxation, proper body alignment & techniques. The instructor is Pat Schuettler.

Cost is $6 per class or 8 classes for $40.
Contact Diakon at 570-624-3018 to register.

ZUMBA GOLD
Thursdays: 6:00 PM to 7:00 PM
Continuing Class

Zumba Gold is a dance fitness exercise class geared towards the active older adult, those new or returning to a fitness program, or those who desire a low impact workout. Participants of all skill levels will dance to all genres of music in a non-judgmental environment. The instructor is Eileen Tarconish.

Cost is $6 per class or 8 classes for $40.
Contact Diakon at 570-624-3018 to register.

AGE BUSTERS
Thursdays: 10:00 AM to 11:00AM
Continuing Class

Age Busters is a no-cost, ongoing exercise program that is designed for people age 60+ of all fitness levels. The classes meet weekly and are taught by volunteer leaders. Each class includes a warm-up, followed by strength, balance and/or aerobic exercises and a cool-down stretch. All exercises can be done seated or standing.

Contact Jenny at 570-624-3017 to join or for more information

WATERCOLOR PAINTING CLASS

Fridays: 10:30 AM to 12:30 PM
Continuing Class

Instructors will bring watercolor supplies. Acrylic & colored pencils also welcomed but bring your own supplies. Please no oil paints. Bring whatever you would like to work on or we will get you started. Together we will instruct & help each other learn. No expertise needed & it is great fun. As long as there is interest we will keep it going. **Cost is $10 per class. For Questions Contact Barbara Chambers at 570-294-8134.**

PLEASE REGISTER FOR ALL WEDNESDAY LUNCH EVENTS BY 12:00 PM THE FRIDAY BEFORE. THANK YOU!!