WAYNE TOWNSHIP SENIOR GROUP

NOVEMBER 2026

Happy THANKS Giving

CALENDAR OF EVENTS

WEDNESDAY, NOVEMBER 4

Lunch: Meatloaf & Mashed Potatoes
Activity: Bingo

WEDNESDAY, NOVEMBER 11

Lunch: Ham Salad Sandwich & Soup
Activity: Football Day with Trivia

WEDNESDAY, NOVEMBER 18

Lunch: Thanksgiving Lunch
Activity: Christmas Craft with Tiffany ($3.00)

WEDNESDAY, NOVEMBER 25

CLOSED: HAPPY THANKSGIVING



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

WAYNE TOWNSHIP SENIOR GROUP
Find us on

IMPORTANT DETAILS

- **Center opens at 11:00 am**
- **Lunch is served at 12:00 pm**
- **Special activity or program after lunch, at 1:00 pm**
- **Center closes at 2:00 pm**
- **Suggested lunch donation: $7.00. We encourage you to bring exact change.**
- **Please register/RSVP for all events, by contacting the Meadowbrook Center Office at 570-739-2241.**

MEADOWBROOK 23 CENTER

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23 Meadow Brook Drive
Schuylkill Haven, PA 17972
570-739-2241 x225

www.23meadowbrook.org

23meadowbrookcenter@gmail.com

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OTHER CONTINUING ACTIVITIES

SOFT YOGA

Tuesdays: 6:00 PM to 7:00 PM

Doing Soft Yoga you will experience gentle yoga postures, breathing techniques, guided meditation relaxation, and proper body alignment techniques. The instructor is Pat Schuettler.

ZUMBA GOLD

Thursdays: 6:00 PM to 7:00 PM

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.

AGE BUSTERS

Thursdays: 10:00 AM to 11:00 AM

This exercise program is designed for people age 60+ of all fitness levels. The class meets weekly and is 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.

DIAKON FITNESS CLASSES INFO & FEES

Soft Yoga & Zumba Gold

- Cost is $6.00 per class or 8 classes for $40.00 ($5/class)
- Call Diakon directly at 570-624-3018 to register.

Age Busters

- NO-COST (food pantry donation suggested)
- Contact Sharon at 570-739-2339 to join or for more information.

PAINTING CLASS

Fridays: 10:30 AM to 12:30 PM
Cost: $10 Per 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. For questions, contact Karen 610-217-2973.




