


Central Park Senior Center, 683 Wahneta St. Allentown

(entrance around back)call Sherri at (610) 351-1080 with questions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITY CALENDAR MARCH 2024 				1
4	5	6	7	8
BINGO 10:30-11:30	COFFEE AND CHAT (WHO SAID THAT) 10:00-10:30	BINGO 10:30-11:30	Healthy Steps in Motion exercise class 10:00-11:00	
11	12	13	14	15
BINGO 10:30-11:30	COFFEE AND CHAT (WHO SAID THAT) 10:00-10:30 MUSIC WITH JOHNNY K 12:00-1:30	BINGO 10:30-11:30	10:00 am DRINKS FOR MAINTAINING A HEALTHY WEIGHT, a presentation by our Registered Dietitian, Victoria	
18	19	20	21	22
BINGO 10:30-11:30	COFFEE AND CHAT (WHO SAID THAT) 10:00-10:30 DEPARTMENT OF REVENUE- Property Tax or Rent Rebate 9:40-12:40	RIVERTON REHABILITATION 10:00-10:30 BINGO 10:30-11:30	Healthy Steps in Motion exercise class 10:00-11:00	ACTIVITIES AND MENUS ARE SUBJECT TO CHANGE
25	26	27	28	29
BINGO 10:30-11:30	COFFEE AND CHAT (WHO SAID THAT) 10:00-10:30 DEPARTMENT OF REVENUE- Property Tax or Rent Rebate 9:40-12:40	BINGO 10:30-11:30	Healthy Steps in Motion exercise class 10:00-11:00	CLOSED FOR GOOD FRIDAY HOLIDAY
<div>Application Assistance sign up with Sherri for an appointment!</div>				

Activities & Speakers open to everyone, whether you participate in lunch or not.
If you'd like to have lunch with us call Sherri at (610) 351-1080 by 10am the day before...