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		1
MARCH 2024				
PATRICE				
IVIARCH 2024				
4	5	6	7	8
BINGO	COFFEE AND	BINGO	Healthy Steps in	
10:30-11:30	CHAT (WHO SAID	10:30-11:30	Motion exercise	
	THAT)		class	
	10:00-10:30		10:00-11:00	
11	12	13	14	15
BINGO	COFFEE AND	BINGO	10:00 am	
10:30-11:30	CHAT (WHO SAID	10:30-11:30	DRINKS FOR	
	THAT)		MAINTAINING A	
	10:00-10:30		HEALTHY WEIGHT,	
	MUSIC WITH		a presentation by	
	JOHNNY K		our Registered Dietitian, Victoria	
	12:00-1:30		Dietitian, victoria	
18	19	20	21	22
BINGO	COFFEE AND	RIVERTON	Healthy Steps in	ACTIVITIES
10:30-11:30	CHAT (WHO SAID	REHABILATION	Motion exercise	AND MENUS
	THAT)	10:00-10:30	class	ARE SUBJECT
	10:00-10:30	DINGO	10:00-11:00	
	DEDARTMENT OF	BINGO 10:30-11:30		TO CHANGE
	DEPARTMENT OF REVENUE-	10.30-11.30		
	Property Tax or			
	Rent Rebate			
	9:40-12:40			
25	26	27	28	29
BINGO	COFFEE AND	BINGO	Healthy Steps in	
10:30-11:30	CHAT (WHO SAID	10:30-11:30	Motion exercise	
	THAT) 10:00-10:30	\	class 10:00-11:00	CLOSED FOR
	10.00-10.30	\	10.00-11.00	GOOD FRIDAY
	DEPARTMENT OF	\		HOLIDAY
	REVENUE-	Application As	ITOLIDAT	
	Property Tax or sign up with Sherri for an			
	Rent Rebate appointment!			
	9:40-12:40			

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...