

# September 2019

Towanda Senior Center  
 Colonial Towers, Towanda, PA 18848  
 Open Mon - Fri 9 a.m. to 2 p.m.

B/S/S/T Area Agency on Aging, Inc.  
 Mary Jude Troupe, Manager  
 570-265-2687



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Closed Holiday!!!	Win, Lose or Draw game 11:15	Morning Bingo Better Breakfast Month - Eating healthy 11:30 Chair Yoga 1-2	Morning Bingo Canning tips 11:30	Morning Bingo Heel and toe exercises 11:30	
8	9	10	11	12	13	14
	Morning Bingo Hot Dog's Birthday Trivia 11:30 Matt Yoga 1-2	Match Game 11:15	Morning Bingo Mental Health Tips 11:30 Chair Yoga 1-2	Morning Bingo Safety Tips 11:30	Morning Bingo Site Council 11:15 Birthday Cake!	
15	16	17	18	19	20	21
	Morning Bingo Simple Exercises 11:30 Matt Yoga 1-2	Citizenship Day Can you answer the questions to become a citizen? 11:30	Morning Bingo How important is balance and good posture 11:30 Chair Yoga 1-2	Morning Bingo Highland Bingo 12:45	Morning Bingo Interesting First Lady Facts 11:30	
22	23	24	25	26	27	28
	Morning Bingo Dirty Bingo 1 Matt Yoga 1-2	Craft Day! Color Pots, make sea shell signs, make flower fans, birdfeeders 11:15	Morning Bingo Where did our manners and etiquette go? 11:30 Chair Yoga 1-2	Morning Bingo Foster Parent Presentation 11:15	Morning Bingo Apple Facts & Treats (eat apple snack after lunch) 11:30	
29	30	1	2	3	4	5
	Morning Bingo More Silly Questions 11:30 Matt Yoga 1-2					
6	7	NOTES				