

# WAYNE TOWNSHIP SENIOR GROUP

DECEMBER 2024



## CALENDAR OF EVENTS

### WEDNESDAY, DECEMBER 4

**Lunch:** Baked Ziti & Tossed Salad

**Activity:** BINGO

### WEDNESDAY, DECEMBER 11

**Lunch:** Ham & Cheese Sandwich & Soup

**Activity:** Merry Christmas Word Game

### WEDNESDAY, DECEMBER 18

**Lunch:** Christmas Lunch

**Program:** Drum Performance by Lee

### WEDNESDAY, DECEMBER 25


**CLOSED: MERRY CHRISTMAS**

### 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.

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

WAYNE TOWNSHIP  
SENIOR GROUP

Find us on 



### 23 MEADOWBROOK CENTER

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

[www.23meadowbrook.org](http://www.23meadowbrook.org)

[23meadowbrookcenter@gmail.com](mailto: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 484-755-9439 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.

