



SENIOR COMMUNITY CENTERS ACTIVITY CALENDAR FOR APRIL 14TH-18TH

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	
<p>Dunmore Senior Community Center 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <hr style="border-top: 1px dashed #000;"/> <p>Fallbrook Senior Community Center 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr style="border-top: 1px dashed #000;"/> <p>Hillside Senior Community Center 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr style="border-top: 1px dashed #000;"/> <p>Mid Valley Senior Community Center 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr style="border-top: 1px dashed #000;"/> <p>North Pocono Senior Community Center 570-843-6485 6 John J. Michaels Drive, Covington Twp., PA 18444</p> <hr style="border-top: 1px dashed #000;"/> <p>Scranton Senior Community Center 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr style="border-top: 1px dashed #000;"/> <p>Taylor Senior Community Center 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr style="border-top: 1px dashed #000;"/> <p>Throop Senior Community Center 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>9:30 AM - Pickleball 10:30 AM - Knitting 1 PM - Oil Painting</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>10 AM - Body Strong 10 AM - Art with Donna 11 AM - Healthy Steps in Motion 12 PM - Chair Yoga 1 PM - BUNCO!</p> <p style="text-align: center;"><u>Hillside</u></p> <p>8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise 9:30 AM - Monday Funday Bingo 12:30 PM - Bridge 2 PM - Chair Yoga</p> <p style="text-align: center;"><u>Mid Valley</u></p> <p>9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12 PM - BP Screening 12:15 PM - Beginner Line Dancing 12:45 PM - Line Dancing 2 PM - Ukulele Club/Mahjong 3 PM - Pinochle Club</p> <p style="text-align: center;"><u>North Pocono</u></p> <p>10 AM - Pinochle Tournament</p> <p style="text-align: center;"><u>Scranton</u></p> <p>9 AM - Yoga 10 AM - Bingo 10 AM - Chair Strength & Balance 11 AM - Laughter Yoga 11 AM - Barre & Movement 12 PM - "Life is a Cabaret"</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>11 AM - Senior Fitness 12 PM - Lunch & Games</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>1:30 PM - Yoga 12:30 PM - Exercise</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 1 PM - Mahjong</p> <p style="text-align: center;"><u>Hillside</u></p> <p>9 AM - Yoga 10 AM - Koffee Klatch 10:05 AM - Tai Chi 11:30 AM - Oil Painting 12 PM - Pinochle, Chess, & Bridge 1:30 PM - Oil Painting</p> <p style="text-align: center;"><u>North Pocono</u></p> <p>10 AM - Dominoes</p> <p style="text-align: center;"><u>Scranton</u></p> <p>10 AM - Arthritis Chair Exercise 10 AM - Shoulder Pain Workshop 10:30 AM - Bingo 5 PM - Yoga 6:30 PM - Tai Chi</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>10:30 AM - Bingo</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - Tech Tutoring 9 AM - Visit with Your Health Navigator 10 AM - Bingo 12 PM - Physical Therapy Pres. 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u></p> <p>8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise 12 PM - Meet & Greet Your New Coordinator 12 PM - Chess & Pinochle 12 PM - BUNCO!</p> <p style="text-align: center;"><u>Mid Valley</u></p> <p>10 AM - Strength Training 11 AM - Arthritis Exercise 12 PM - Crafting 2:30 PM - Mural Making</p> <p style="text-align: center;"><u>North Pocono</u></p> <p>10 AM - Bingo 2 PM - Yoga</p> <p style="text-align: center;"><u>Scranton</u></p> <p>9 AM - Healing Circle 10 AM - Beginner Tai Chi 10 AM & 12 PM - Bingo 11 AM - Healthy Smoothies & Nutrition Talk</p> <p style="text-align: center;"><u>Taylor</u></p> <p>12 PM - Lunch 1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>11 AM - Senior Fitness 12 PM - Lunch & Games</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>9:30 AM - Pickleball</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - Crochet Class 9:30 AM - Koffee Klatch 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 11:30 AM - Smoothies 1 PM - Canasta 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u></p> <p>9 AM - Mat Yoga 10:05 AM - Tai Chi 10 AM - Grief Peer Support 11:30 AM - Ballroom Dance 12:30 PM - Bridge 1:30 PM - Chair Yoga</p> <p style="text-align: center;"><u>Scranton</u></p> <p>9 AM - Chair Yoga 10 AM - Cognitive Fitness 10 AM - Strength & Balance 11 AM - Bingo</p> <p style="text-align: center;"><u>Throop</u></p> <p>10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Hillside</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Scranton</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Throop</u></p> <p>10:30 AM - Senior Fitness</p>	<p style="text-align: center;">Meals are available for pick up at each center. Contact your center for more details</p> <hr style="border-top: 1px dashed #000;"/> <p style="text-align: center;">Visit our website at Lackawanna Aging.org or our Facebook for our weekly schedule and the latest news</p> <hr style="border-top: 1px dashed #000;"/> <p style="text-align: center;">The Senior Community Centers are funded, in-part, by the Lackawanna County Area Agency on Aging</p>
<p>GOOD FRIDAY</p> <p style="font-size: 1.2em; font-weight: bold;">Most Senior Community Centers will be closed on Friday, April 18th</p>						
 <p style="font-size: 0.8em;">Commissioners: Bill Gaughan • Matt McClinton • Chris Chermak AREA AGENCY ON AGING</p>						