

Healthy Aging Campus Calendar for June 20th—24th

Hillside Healthy Aging Campus
570-586-8996
1151 Winola Rd. Clarks Summit, PA
18411

Oppenheim Healthy Aging Campus
570-961-1592
1004 Jackson St. Scranton, PA 18504

Fallbrook Healthy Aging Campus
570-580-9765
185 Fallbrook St. Carbondale, PA 18407

Mid Valley Senior Center
570-489-4415
310 Church St. Jessup, PA 18434

Jefferson Twp. Senior Center
570-904-4480
487 Cortez Rd. Jefferson Twp., PA 18436

Dunmore Senior Center
570-207-2662
1414 Monroe Ave. Dunmore, PA 18509

Taylor Senior Center
570-562-0400
700 South Main St. Taylor, PA 18517

Throop Senior Center
570-383-7906
500 Sanderson St. Throop, PA 18512

Activities Offered Daily:
Billiards, Treadmill, Exercise Bike, Wii,
Cards, iPads, Puzzles, Board Games

***Meals are available for pick up at
each center. Contact your center for
more details***

Visit our website at
LackawannaAging.org or
our Facebook for our
weekly schedule and the
latest news

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>Hillside— CLOSED</p> <p>Oppenheim— Yoga 9 AM/Strength & Balance 10 AM/ Bingo 10:00 AM/ Make Indian Food with Krina 11 AM</p> <p>Fallbrook— Gentle Flow Yoga 12 PM/Mahjong 1 PM</p> <p>Mid Valley— LIFT 9 AM/Line Dancing 1 PM/Paint & Sip 2 PM</p> <p>Dunmore—Knitting 10:30 AM/Oil Painting 1 PM</p> <p>Taylor—Cards 1 PM</p> <p>Throop—Meal pick up only</p>	<p>21</p> <p>Hillside— Yoga 9 AM/Tai Chi 10:15 AM/ Diabetes Prevention 11 AM/Bridge 12 PM/ Scrabble 12 PM/Oil Painting 12:30 PM</p> <p>Oppenheim— Meet the Social Worker 9:30 AM/ Tai Chi 6:30 PM</p> <p>Fallbrook—Arthritis Chair Exercise 10 AM/ Bingo 11 AM/ Pickleball Practice 1:30 PM</p> <p>Taylor—Cards 1 PM</p>	<p>22</p> <p>Hillside— Exercise Class 9:30 & 10:30 AM/ Dominos 12:30 PM/ Mahjong 12:30</p> <p>Oppenheim— Bingo 10 AM & 12 PM/ Fruit & Veggie Making and Nutrition Talk 10 AM/Arts for Life 1PM</p> <p>Fallbrook— Intro to iPads 9 AM/ Bingo 10 AM/Make a Suncatcher 12:30 PM/ Healthy Steps in Motion 1:30 PM</p> <p>Mid Valley— Pet Therapy All Day/LIFT 9 AM/Breathe & Flow 1 PM/ Walking Club 2 PM</p> <p>Dunmore— Pinochle 1 PM (ADV)/ Chair Yoga 3:30 PM</p> <p>Taylor—Meal pick up only</p> <p>Jefferson— Bingo & Puzzles 9 AM/Painting 11:30 AM/Chair Yoga 2 PM</p>	<p>23</p> <p>Hillside— Yoga 9 AM/Tai Chi 10:15 AM/Bridge 12 PM/Mahjong 12:30 PM/Calligraphy 12:30 PM/Ask the Social Worker 1 PM/Chair Yoga 1:30 PM</p> <p>Oppenheim— Yoga 8:45 AM/Penn State Nutritional Series 10 AM/ Strength & Balance 10 AM/Bingo 11:30 AM</p> <p>Fallbrook— “No sew blankets” 9 AM/ Chair Yoga 10 AM/ Mat Yoga 11 AM</p> <p>Mid Valley— Carbondale Farmers Market 2 PM</p>	<p>24</p> <p>Hillside— CLOSED for Fridays in the Park</p> <p>Oppenheim— Arthritis Chair Exercise 10AM/Arts for Caregivers 10 AM</p> <p>Fallbrook— Flow and Breathe 11 AM</p> <p>Dunmore— Mahjong 1 PM</p> <p>Fridays in the Park at Merli Sarnoski Park from 10 AM—1 PM .. Reservations Required @ 570-963-6710 ext. 1450</p>