

Healthy Aging Campus Calendar for November 14th—18th

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>14</p> <p>Hillside— Bingo 9:30/Exercise Class 9:30 & 10:30 AM/Social Club 11:30 AM/Needle Craft 12:30 PM/Bridge 12:30 PM</p> <p>Oppenheim— Yoga 9 AM/Cooking with AI 9:30 AM/Strength & Balance 10 AM/Paint & Sip 1 PM</p> <p>Fallbrook— Healthy Steps in Motion 10 AM/Art with Donna 10 AM/Gentle Flow Yoga 12 PM/Yoga 4 Cancer 1 PM</p> <p>Mid Valley— Strength Training 9 AM/Yoga 10 AM/Tai Chi 11 AM/BP Screening 12 PM/Line Dancing 12:30 PM/No-sew Blanket 1:30 PM</p> <p>Dunmore— Knitting 10:30 AM/Oil Painting 12:30 PM</p> <p>Taylor— Cards 1 PM</p> <p>Throop— Meal pick up only</p>	<p>15</p> <p>Hillside— Yoga 9 AM/Tai Chi 10:15 AM/Social Club 11:30 PM/Oil Painting 12:30 PM/Scrabble 12:30 PM/Bridge 12:30 PM</p> <p>Oppenheim— Healthy Steps in Motion 10 AM/Yoga 5 PM/Int./Adv. Tai Chi 6:30 PM</p> <p>Fallbrook— Arthritis Chair Exercise 10 AM/Bingo 10 AM/Mahjong 1 PM</p> <p>Taylor— Cards 1 PM</p>	<p>16</p> <p>Hillside— Exercise Class 9:30 & 10:30 AM/Social Club 11:30 AM/Sewing 11:30 AM/Dominos 12:30 PM/Mahjong 12:30 PM</p> <p>Oppenheim— Bingo 10 AM & 12 PM/Theodore’s Cucina Baking Apple & Guava Pies 9:30 PM</p> <p>Fallbrook— Tech 101 9 AM/Bingo 10 AM/AmeriHealth 25 Ways to Wellness 12:15 PM</p> <p>Mid Valley— Breathe & Flow 12 PM/Yoga 1 PM/Chair Exercise 2 PM/Christmas Wreaths 2 PM/Walking Club 3 PM/Friendsgiving 5 PM</p> <p>Dunmore— Coffee Klatch 1 PM</p> <p>Taylor— Meal pick up</p> <p>Jefferson— Puzzles 9 AM/Painting 11:30 PM/Chair Yoga 2 PM</p>	<p>17</p> <p>Hillside— Yoga 9 AM/Tai Chi 10:15 AM/Social Club 11:30 AM/Bridge 12 PM/Mahjong 12:30 PM/Chair Yoga 1:30</p> <p>Oppenheim— Yoga 8:45 AM/Spa Day 10 AM/Zumba and Smoothies 10 AM/Strength & Balance 10 AM/Bingo 11:30 AM</p> <p>Fallbrook— No-Sew Blanket 9 AM/Mary Tomaine Potpurri Making 10 AM/Chair Yoga 10:00 AM/Mat Yoga 11:00 AM</p> <p>Dunmore— Yoga 11:30 AM</p> <p>Mid Valley— Carbondale Farmers Market 2 PM</p>	<p>18</p> <p>Hillside— Exercise Class 9:30 & 10:30 AM/Social Club 11:30 AM/Film Fridays “Bullet Train” 12 PM/Mahjong 12:30 PM</p> <p>Oppenheim— Arthritis Chair Exercise 10AM/Arts for Caregivers 10 AM</p> <p>Fallbrook— Geisinger Fall Craft 12 PM</p> <p>Dunmore— Mahjong 1 PM</p>