

SENIOR COMMUNITY CENTERS CALENDAR FOR SEPTEMBER 2ND - 6TH

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	
<p>Dunmore Senior Community Center 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <hr/> <p>Fallbrook Senior Community Center 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr/> <p>Hillside Senior Community Center 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr/> <p>Mid Valley Senior Community Center 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr/> <p>North Pocono Senior Community Center 570-843-6485 6 John J. Michaels Drive, Covington Twp., PA 18444</p> <hr/> <p>Scranton Senior Community Center 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr/> <p>Taylor Senior Community Center 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr/> <p>Throop Senior Community Center 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p><u>Dunmore</u> CLOSED</p> <p><u>Fallbrook</u> CLOSED</p> <p><u>Hillside</u> CLOSED</p> <p><u>Mid Valley</u> CLOSED</p> <p><u>Scranton</u> CLOSED</p> <p><u>Taylor</u> CLOSED</p> <p><u>Throop</u> 12 PM - Lunch & Games</p>	<p><u>Dunmore</u> 11:30 AM - Yoga</p> <p><u>Fallbrook</u> 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 1 PM - Mahjong</p> <p><u>Hillside</u> 9 AM - Yoga 10 AM - Koffee Klatch 10:05 AM - Tai Chi 11:30 AM - Oil Painting 12 PM - Scrabble, Chess, & Bridge 1:30 PM - Oil Painting</p> <p><u>Scranton</u> 10 AM - Arthritis Chair Exercise 10:30 AM - Bingo 6:30 PM - Tai Chi</p> <p><u>Taylor</u> 1 PM - Cards</p> <p><u>Throop</u> 9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p><u>Dunmore</u> 11 AM - Bingo</p> <p><u>Fallbrook</u> 9 AM - Tech Tutoring 10 AM - Bingo 11 AM - Luongo Brothers 1 PM - Mahjong 1 PM - Golf Simulator</p> <p><u>Hillside</u> 12 PM - Ping Pong, Pinochle, & Board Games 12 PM - Sign Language for Beginners</p> <p><u>Mid Valley</u> 9 AM - Music Appreciation & Coffee 10 AM - Strength Training 11 AM - Crafting 12 PM - Chair Yoga 1 PM - Mat Yoga 2 PM - Breathe & Flow</p> <p><u>North Pocono</u> 10 AM - Bingo</p> <p><u>Scranton</u> 10 AM & 12 PM - Bingo 11 AM - Scranton Trivia</p> <p><u>Taylor</u> 1 PM - Cards</p> <p><u>Throop</u> 12 PM - Lunch & Games</p>	<p><u>Dunmore</u> 11:30 AM - Yoga 2:15 PM - Exercise</p> <p><u>Fallbrook</u> 9 AM - The Stitching Zone 9:30 AM - Koffee Klatch 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 1 PM - Canasta 1 PM - Golf Simulator</p> <p><u>Hillside</u> 9 AM - Mat Yoga 10:05 AM - Tai Chi 11:15 AM - Meditation 12:30 PM - Bridge 1:30 PM - Chair Yoga</p> <p><u>Scranton</u> 9 AM - Yoga 10 AM - Cognitive Fitness 11 AM - Barre Fitness Class 11:30 AM - Bingo</p> <p><u>Throop</u> 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p><u>Dunmore</u> 1 PM - Mahjong</p> <p><u>Fallbrook</u> 10 AM - Body Strong 10 AM - Bingo 11 AM - Breathe & Flow</p> <p><u>Hillside</u> 12:30 PM - Chess 12:30 PM - Mahjong 3:15 PM - Arthritis Foundation Exercise Program</p> <p><u>Scranton</u> 10 AM - Arts for Caregivers 10 AM - Healthy Steps in Motion 10:30 AM - Bingo 12 PM - Noon Happy Hour & Karaoke</p>	<p>Meals are available for pick up at each center. Contact your center for more details</p> <hr/> <p>Activities Offered Daily: Billiards, Treadmills, Exercise Bikes, Wii, Cards, iPads, Puzzles, Board Games</p> <hr/> <p>Visit our website at Lackawanna Aging.org or our Facebook for our weekly schedule and the latest news</p>
<p>MUSIC APPRECIATION & COFFEE</p> <p>Wednesday, September 4th at Mid Valley: Do you love music history? We do! Come by, relax and chat about it. This brand new group is going to be listening to and discussing Rolling Stone Magazines top 100 albums of all time, while drinking coffee. The topic for this week is The Beach Boys and Pet Sounds</p>						