

Healthy Aging Campus Calendar for March 20th - 24th

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

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

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

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

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

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

Monday 20

Fallbrook
10 AM - Spa Day
12 PM - Gentle Flow Yoga
1 PM - Oncology Yoga

Hillside
8:45 AM - ROAM
9 AM - Bingo
9:30 AM - Exercise Class
10:30 AM - Exercise Class
11:30 AM - Strength Training
12 PM - Pinochle
12:30 PM - Needle Craft
2 PM - Chair Yoga

Oppenheim
9 AM - Yoga
10 AM - Strength & Balance
10 AM - Bingo
11 AM - Chair Yoga
11 AM - Healthy Snack Demonstration

Dunmore
10:30 AM - Knitting
12 PM - Sketching
1 PM - Oil Painting

Mid Valley
9 AM - Strength Training
10 AM - Yoga
11 AM - Tai Chi
12 PM - BP Screenings
12:30 PM - Line Dancing
1:30 PM - Paint & Sip

Taylor
1 PM - Cards

Throop
12 PM - Lunch & Games

Tuesday 21

Fallbrook
10 AM - Arthritis Chair Exercise
10 AM - Bingo
12 PM - Golf Simulator
1 PM - Mahjong

Hillside
9 AM - Mat Yoga
10:05 AM - Tai Chi
12 PM - Scrabble
12 PM - Bridge
11:30 PM - Oil Painting
1:30 PM - Oil Painting

Oppenheim
10 AM - Healthy Steps
5 PM - Mat Yoga
6:30 PM - Int.- Adv. Tai Chi

Dunmore
11:30 AM - Yoga

Taylor
1 PM - Cards

Throop
9 AM - Geri-Fit Exercise
10 AM - Yoga



Wednesday 22

Fallbrook
9 AM - Tech Tutoring
10 AM - Bingo
2 PM - Golf Simulator

Hillside
9:30 AM - Exercise Class
10:30 AM - Exercise Class
11:30 AM - Strength Training
12 PM - Pinochle
12:30 PM - Dominos
12:30 PM - Mahjong
1 PM - Shuffleboard League

Oppenheim
9:30 AM - Wellness in a Minute
10 AM - Bingo
10 AM - Beginner Tai Chi
12 PM - Bingo

Dunmore
1 PM - Bingo

Jefferson
9 AM - Puzzles
10 AM - Crafts with Eileen
11:30 AM - Painting
2 PM - Chair Yoga

Mid Valley
10 AM - Strength Training
11 AM - Chair Exercise
12 PM - Breathe & Flow
1 PM - Mat Yoga
1:30 PM - Spring Wreath Making
2 PM - Chair Yoga

Taylor
1 PM - Cards

Throop
12 PM - Meal Pick-Up

Thursday 23

Fallbrook
9 AM - Yahtzee
11 AM - Calligraphy
10:30 AM - Chair Yoga
11:30 AM - Mat Yoga
12:30 PM - Painting with the Wright Center
1 PM - Farmer's Market

Hillside
9 AM - Mat Yoga
10 AM - ASL Class
10:05 AM - Tai Chi
11:30 AM - Pet Therapy with Leo
12 PM - Bridge
1:30 PM - Chair Yoga

Oppenheim
8:45 AM - Yoga
10 AM - Strength & Balance
10 AM - Cawley PT
11:30 AM - Bingo

Dunmore
11:30 AM - Yoga

Throop
10 AM - Geri-Fit Exercise
1 PM - Yoga



Friday 24

Fallbrook
10 AM - Bingo
11 AM - Breathe and Flow
12 PM - Book Club

Hillside
12 PM - Pinochle
12:30 PM - Mahjong
12:30 PM - March Birthday Party!

Oppenheim
10 AM - Arthritis Chair Exercise
10 AM - Arts for Caregivers

Dunmore
12 PM - Lenten Fundraiser: Potato Chowder & Pagach
1 PM - Mahjong

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

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

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

