

# Healthy Aging Campus Calendar for May 2nd—6th

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](http://LackawannaAging.org) or our Facebook for our weekly schedule and the latest news

**Monday**

**2**

**Hillside—** Bingo 9:30 AM/Exercise Class 9:30 & 10:30 AM/Needle Craft 12:30 PM

**Oppenheim—** Yoga 9 AM/Strength & Balance 10 AM/Bingo 10:00 AM/Stroke Signs and Prevention with HHCP 11 AM

**Fallbrook—** Gentle Flow Yoga 12 PM/Mahjong 1 PM

**Mid Valley—** Yoga 10 AM/Tai Chi 11 AM/Line Dancing 1 PM

**Dunmore—**Knitting 10:30 AM/Oil Painting 1 PM

**Taylor—**Cards 1 PM

**Throop—**Meal pick up only

**Tuesday**

**3**

**Hillside—** Yoga 9 AM/Scrabble 12:30 PM/Bridge 12:30 PM/Oil Painting 12:30 PM

**Oppenheim—** Yoga 5 pm/Tai Chi (Int/Adv) 6:30 PM

**Fallbrook—**Arthritis Chair Exercise 10 AM/Bingo 11 AM

**Taylor—**Cards 1 PM

**Wednesday**

**4**

**Hillside—**Exercise Class 9:30 & 10:30 AM/Dominos 12:30 PM/ Mahjong 12:30

**Oppenheim—** Begin. Tai Chi 10 AM/Bingo 10 AM & 12 PM/Craft with Deb 11 AM/Arts for Life 1 PM

**Fallbrook—** Tech. Assistance 9 AM/Into. To iPads 9 AM/Bingo 10 AM/Arthritis Chair Exercise 1:30 PM

**Mid Valley—** Chair Exercise 11 AM/Art Therapy with The Wright Center 1PM/Walking Club 2:30 PM

**Dunmore—** Pinochle 1 PM (ADV)/Chair Yoga 3:30 PM

**Taylor—**Meal pick up only

**Jefferson—** Bingo & Puzzles 9 AM/Painting 11:30 AM/Chair Yoga 2 PM

**Thursday**

**5**

**Hillside—** Yoga 9 AM/BP Screenings with LIFE Geisinger 10 AM/Tai Chi 10:15 AM/Bridge 12 PM/Cinco De Mayo Pequeña Fiesta 12 PM/Mahjong 12:30 PM

**Oppenheim—** Yoga 8:45 AM/Strength & Balance 10 AM/Mother's Day Luncheon 10 AM/Bingo 11:30 AM

**Fallbrook—** “No sew blankets” 9 AM/Chair Yoga 10 AM/Mat Yoga 11 AM

**Mid Valley—** Carbondale Farmers Market 2 PM

**Friday**

**6**

**Hillside—** Tech Corner 10 AM/Film Fridays “The Batman” 12 PM/Mahjong 12:30 PM

**Oppenheim—** Arthritis Chair Exercise 10AM/Arts for Caregivers 10 AM

**Fallbrook—** Flow and Breathe 11 AM

**Dunmore—** Mahjong 1 PM