

# SENIOR COMMUNITY CENTERS CALENDAR FOR SEPTEMBER 18TH - 22ND

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	
<p><b>Dunmore Senior Community Center</b> 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <hr/> <p><b>Fallbrook Senior Community Center</b> 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr/> <p><b>Hillside Senior Community Center</b> 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr/> <p><b>Jefferson Township Senior Community Center</b> 570-904-4480 487 Cortez Rd. Jefferson Twp., PA 18436</p> <hr/> <p><b>Mid Valley Senior Community Center</b> 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr/> <p><b>Scranton Senior Community Center</b> 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr/> <p><b>Taylor Senior Community Center</b> 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr/> <p><b>Throop Senior Community Center</b> 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p><b>Dunmore</b> 10:30 AM - Knitting 11 AM - Sketching 1 PM - Oil Painting</p> <p><b>Fallbrook</b> 9 AM - Art Class 10 AM - Body Strong 11 AM - Smoothie Bar 12 PM - Gentle Flow Yoga</p> <p><b>Hillside</b> 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 9 AM - Bingo 12:30 PM - Needle Craft 1 PM - Bridge</p> <p><b>Mid Valley</b> 9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12:30 PM - Line Dancing 2:30 PM - Paint &amp; Sip</p> <p><b>Scranton</b> 9 AM - Yoga 10 AM - Bingo 10 AM - Strength &amp; Balance 10 AM - Flu Vaccines 11 AM - Chair Yoga</p> <p><b>Taylor</b> 1 PM - Cards</p> <p><b>Throop</b> 12 PM - Lunch &amp; Games</p>	<p><b>Dunmore</b> 11:30 AM - Yoga</p> <p><b>Fallbrook</b> 10 AM - Bingo 10 AM - Arthritis Chair Exercise 11 AM - Hamilton Relay 12 PM - Golf Simulator 1 PM - Mahjong</p> <p><b>Hillside</b> 9 AM - Mat Yoga 10 AM - Kaffeeklatsch 10:05 AM - Tai Chi 10:30 AM - Processing Grief with Hospice of the Sacred Heart 11:30 AM - Oil Painting 12 PM - Scrabble 12 PM - Bridge 1:30 PM - Oil Painting</p> <p><b>Scranton</b> 10 AM - Healthy Steps in Motion 10:30 AM - Bingo 5 PM - Mat Yoga 6:30 PM - Int.- Adv. Tai Chi</p> <p><b>Taylor</b> 1 PM - Cards</p> <p><b>Throop</b> 9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p><b>Dunmore</b> 11 AM - Bingo 1 PM - Pinochle</p> <p><b>Fallbrook</b> 9 AM - Tech Tutoring 10 AM - Bingo 1 PM - Golf Simulator</p> <p><b>Hillside</b> 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 11 AM - Book Club 12 PM - Pinochle 2 PM - Palliative &amp; Hospice presentation by P.A.T.H.</p> <p><b>Jefferson</b> 8:30 AM - Coffee &amp; Socialization 10:30 AM - Crafts with Eileen 11:30 AM - Painting 2 PM - Chair Yoga</p> <p><b>Mid Valley</b> 10 AM - Strength Training 11 AM - Chair Exercise 12 PM - Breathe &amp; Flow 1 PM - Mat Yoga 2 PM - Chair Yoga</p> <p><b>Scranton</b> 9 AM - Line Dancing 10 AM &amp; 12 PM - Bingo 10 AM - Beginner Tai Chi 10 AM - Intro. to Backgammon 11 AM - PA Relay</p> <p><b>Taylor</b> 1 PM - Cards</p> <p><b>Throop</b> 12 PM - Meal Pick-Up</p>	<p><b>Dunmore</b> 11:30 AM - Yoga</p> <p><b>Fallbrook</b> 9 AM - Yahtzee 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 1 PM - Canasta 1 PM - Farmer's Market 1 PM - Golf Simulator</p> <p><b>Hillside</b> 9 AM - Mat Yoga 10:05 AM - Tai Chi 12 PM - Bridge 12 PM - Calligraphy 1:30 PM - Chair Yoga</p> <p><b>Scranton</b> 8:45 AM - Yoga 10 AM - Strength &amp; Balance 10 AM - Cognitive Fitness 11:30 AM - Bingo</p> <p><b>Throop</b> 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p><b>Dunmore</b> 1 PM - Mahjong</p> <p><b>Fallbrook</b> 10 AM - Body Strong 10 AM - Bingo 11 AM - Breathe &amp; Flow 12 PM - Book Club</p> <p><b>Hillside</b> 12 PM - Film Friday 1 PM - Mahjong 1:30 PM - Chess Lessons 4 PM - Fast Friends Happy Hour Mixer</p> <p><b>Scranton</b> 10 AM - Arthritis Chair Exercise 10 AM - Arts for Caregivers 10:30 AM - Bingo</p>	<p><b>Meals are available for pick up at each center. Contact your center for more details</b></p> <hr/> <p><b>Activities Offered Daily: Billiards, Treadmills, Exercise Bikes, Wii, Cards, iPads, Puzzles, Board Games</b></p> <hr/> <p><b>Visit our website at <a href="http://LackawannaAging.org">LackawannaAging.org</a> or our Facebook for our weekly schedule and the latest news</b></p>
<p><i>Lackawanna County</i> <b>SENIOR HEALTH FAIR '23</b> <b>SEPTEMBER 22</b> 10am. to 1pm. PNC FIELD 235 Montage Mountain Road Moosic, PA 18507</p> <p><b>Flu Shots + Refreshments + Activities Information + Health Screenings</b></p>						