

SENIOR COMMUNITY CENTERS CALENDAR FOR NOV. 6TH - 10TH

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	
<p>Dunmore Senior Community Center 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Fallbrook Senior Community Center 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Hillside Senior Community Center 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Jefferson Township Senior Community Center 570-904-4480 487 Cortez Rd. Jefferson Twp., PA 18436</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Mid Valley Senior Community Center 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Scranton Senior Community Center 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Taylor Senior Community Center 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Throop Senior Community Center 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>10:30 AM - Knitting 12 PM - Sketching 1 PM - Oil Painting</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - ROAM 10 AM - Serenity Care Bingo 10 AM - Body Strong 11 AM - Smoothie Bar 12 PM - Gentle Flow Yoga</p> <p style="text-align: center;"><u>Hillside</u></p> <p>8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 9 AM - Bingo 9:30 AM - Intro. to Technology 12:30 PM - Needle Craft 12:30 PM - Bridge 2 PM - Chair Yoga</p> <p style="text-align: center;"><u>Mid Valley</u></p> <p>9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12 PM - BP Screening 12:30 PM - Line Dancing 1:45 PM - Meet the Pharmacist</p> <p style="text-align: center;"><u>Scranton</u></p> <p>9 AM - Yoga 10 AM & 12 PM - Bingo 10 AM - Covid Vaccines 11 AM - Helpful Health Tips 11 AM - ROAM 10 AM - Strength & Balance 11 AM - Chair Yoga</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>12 PM - Lunch & Games</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>11:30 AM - Yoga</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - Sip & Paint 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 1 PM - Mahjong</p> <p style="text-align: center;"><u>Hillside</u></p> <p>9 AM - Mat Yoga 10 AM - KoffeeKlatch 10:05 AM - Tai Chi 11 AM - Social Committee 11:30 AM - Oil Painting 1:30 PM - Oil Painting 1:30 PM - Chair Yoga</p> <p style="text-align: center;"><u>Scranton</u></p> <p>10 AM - Veteran's Day Celebration 10:30 AM - Bingo 5 PM - Mat Yoga 6:30 PM - Int.- Adv. Tai Chi</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>9 AM - Geri-Fit Exercise 10 AM - Yoga</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><u>Dunmore</u></p> <p>11 AM - Bingo</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - Tech Tutoring 10 AM - Caramel Apple Bar 10 AM - Bingo 11 AM - Arts for Life 1 PM - Golf Simulator 2 PM - Line Dancing</p> <p style="text-align: center;"><u>Hillside</u></p> <p>8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 9 AM - Spa Day 12 PM - BUNCO 12 PM - Pinochle 12:30 PM - Bingo with Oak St.</p> <p style="text-align: center;"><u>Jefferson</u></p> <p>8:30 AM - Coffee & Chats 9:30 AM - Chair Yoga 10:30 AM - Crafts with Eileen 11:30 AM - Painting</p> <p style="text-align: center;"><u>Mid Valley</u></p> <p>9 AM - Coffee & Conversation 10 AM - Strength Training 11 AM - Chair Exercise 12 PM - Breathe and Flow 1 PM - Mat Yoga 2 PM - Chair Yoga</p> <p style="text-align: center;"><u>Scranton</u></p> <p>10 AM & 12 PM - Bingo 10 AM - Beginner Tai Chi 10 AM - Intro. to Backgammon 11 AM - Paint & Pour with U of S</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>12 PM - Meal Pick-Up</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>11:30 AM - Yoga</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - Yahtzee 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 11:30 AM - Christmas Craft 1 PM - Canasta 1 PM - Golf Simulator 1 PM - Farmer's Market</p> <p style="text-align: center;"><u>Hillside</u></p> <p>9 AM - Mat Yoga 10:05 AM - Tai Chi 11:30 AM - Dance & Movement 12:30 PM - Bridge 1:30 PM - Chair Yoga</p> <p style="text-align: center;"><u>Scranton</u></p> <p>8:45 AM - Yoga 10 AM - Strength & Balance 10 AM - Chair Zumba 11:30 AM - Bingo</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Medicare Presentation</p> <p style="text-align: center;"><u>Throop</u></p> <p>10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>1 PM - Mahjong</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>10 AM - Body Strong 10 AM - Bingo 11 AM - Breathe & Flow 12:15 PM - Blessing Mix *Veterans Day Remembrance*</p> <p style="text-align: center;"><u>Hillside</u></p> <p>8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 12 PM - Film Friday 12:30 PM - Mahjong 1:30 PM - Chess Lessons 2 PM - The Golden Bachelor</p> <p style="text-align: center;"><u>Mid Valley</u></p> <p>1 PM - Senior Food Box Pick Up</p> <p style="text-align: center;"><u>Taylor</u></p> <p>10 AM - Ornament Making</p> <p style="text-align: center;"><u>Throop</u></p> <p>1 PM - Ornament Making</p> <p style="text-align: center;"><u>Scranton</u></p> <p>10 AM - Arthritis Chair Exercise 10 AM - Arts for Caregivers</p>	<p style="text-align: center;">Meals are available for pick up at each center. Contact your center for more details</p> <hr style="border-top: 1px dashed #ccc;"/> <p style="text-align: center;">Activities Offered Daily: Billiards, Treadmills, Exercise Bikes, Wii, Cards, iPads, Puzzles, Board Games</p> <hr style="border-top: 1px dashed #ccc;"/> <p style="text-align: center;">Visit our website at LackawannaAging.org or our Facebook for our weekly schedule and the latest news</p>
						