

Healthy Aging Campus Calendar for August 8th—12th

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 or our Facebook for our weekly schedule and the latest news

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8</p> <p>Hillside— Bingo 9:30 AM/Exercise Class 9:30 & 10:30 AM/Monday Movie Club “Lightyear” 12 PM/Needle Craft 12:30 PM</p> <p>Oppenheim— Yoga 9 AM/Strength & Balance 10 AM/Bingo 10:00 AM/Sing-a-long 11 AM</p> <p>Fallbrook— Gentle Flow Yoga 12 PM/Mahjong 1 PM</p> <p>Mid Valley— Yoga 10 AM/Tai Chi 11 AM/Ice Cream Truck 2 PM</p> <p>Dunmore—Knitting 10:30 AM/Oil Painting 12:30 PM</p> <p>Taylor—Cards 1 PM</p> <p>Throop—Meal pick up only</p>	<p>9</p> <p>Hillside— Yoga 9 AM/Tai Chi 10:15 AM/Bridge 12 PM/Scrabble 12 PM</p> <p>Oppenheim— Meet the Social Worker 9:30 AM/INT/ADV Tai Chi 6:30 PM</p> <p>Fallbrook—Arthritis Chair Exercise 10 AM/Bingo 11 AM/Pickleball 1:30 PM</p> <p>Taylor—Cards 1 PM</p>	<p>10</p> <p>Hillside—Exercise Class 9:30 & 10:30 AM/Sewing 11:30 AM/Dominos 12:30 PM/Mahjong 12:30</p> <p>Oppenheim— Bingo 10 AM & 12 PM/Lack. Historical Society Presentation on Town Names 11 AM/Arts for Life 1PM</p> <p>Fallbrook— BP Screenings with LIFE Geisinger 11:30 AM/Paint & Sip 1 PM</p> <p>Mid Valley— Chair Exercise 11 AM/Breathe & Flow 12 PM/Walking Club 2:30 PM</p> <p>Dunmore— Pizza and a Movie 1 PM</p> <p>Taylor—Meal pick up only</p> <p>Jefferson— Bingo & Puzzles 9 AM/Chair Yoga 2 PM</p>	<p>11</p> <p>Hillside— Yoga 9 AM/BP Screenings with LIFE Geisinger 10 AM/Tai Chi 10:15 AM/Bridge 12 PM/Mahjong 12:30 PM/Calligraphy 12:30 PM/Chair Yoga 1:30 PM</p> <p>Oppenheim— Yoga 8:45 AM/Healthy Steps in Motion 10 AM/Strength & Balance 10 AM</p> <p>Fallbrook— Fidget Blanket Project 9 AM/Chair Yoga 10 AM/Mat Yoga 11 AM</p> <p>Dunmore— Yoga 11:30 AM</p> <p>Mid Valley— Carbondale Farmers Market 2 PM</p>	<p>12</p> <p>Hillside— CLOSED for Fridays in the Park</p> <p>Oppenheim— Arthritis Chair Exercise 10AM/Arts for Caregivers 10 AM</p> <p>Fallbrook— Summer Party: BBQ & Bingo 10 AM/Flow and Breathe 11 AM</p> <p>Dunmore— Mahjong 1 PM</p> <p>Fridays in the Park at Covington Park from 10 AM—1 PM .. Reservations Required @ 570-963-6710 ext. 1450</p>