

Healthy Aging Campus Calendar for January 17th—21st

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
17 Hillside— CLOSED	18 Hillside— Yoga 9 AM/Tai Chi (Int/Adv) 10:15 AM/Diabetes Prevention Program 11 AM/Scrabble 12:30 PM/Bridge 12:30 PM/Oil Painting 12:30 PM	19 Hillside— Exercise Class 9:30 & 10:30 AM/Dominos 12:30 PM/ Mahjong 12:30 PM	20 Hillside— Yoga 9 AM/Tai Chi (Int/Adv) 10:15 AM/ Bridge 12 PM	21 Hillside— Movie Club “The Hours” 10 AM/Mahjong 12:30 PM
Oppenheim— CLOSED	Oppenheim— Meet the Social Worker 9:30 AM/ Movie “The Pink Panther” 2 PM/ Yoga 5 pm/Tai Chi (Int/Adv) 6:30 PM	Oppenheim— Bingo 10 AM & 1:30 PM/Beginner Tai Chi 10 AM/Fruit Smoothies with Amy 11 AM	Oppenheim— Art Therapy with the Wright Center 10 AM/ Strength & Balance 10 AM/Bingo 11:30 AM	Oppenheim— Arthritis Chair Exercise 10AM/Arts for Caregivers 10 AM
Fallbrook— CLOSED	Fallbrook— Knitting 10:30 AM/Oil Painting 12:30 PM	Fallbrook— Carbondale Library Genealogy Project 9:30 AM/Bingo 10 AM/Arthritis Chair Exercise 1:30 PM	Fallbrook— “No sew blankets” 9 AM/ Chair Yoga 10 AM/ Mat Yoga 11 AM/ Farmer’s Market 2 PM	Fallbrook— Bingo 10 AM/Sights and Sounds production of Queen Esther 11:30 AM
Mid Valley— CLOSED	Throop— Meal pick up only	Dunmore— Pinochle 1 PM (ADV)/Chair Yoga 3:30 PM	Mid Valley— Carbondale Farmers Market 2 PM	Mid Valley— Pet Therapy 2 PM/Cards & Games, Open Exercise Equipment 2 PM
	Mid Valley— Chair Exercise 10 AM/”No Sew” Blankets 10:45 AM/ Craft with Geisinger 11 AM	Taylor— Meal pick up only		Dunmore— Mahjong 12:30 PM
		Jefferson— Oil Painting 11:30 AM/ Chair Yoga 2 PM		