

SENIOR COMMUNITY CENTERS CALENDAR FOR JUNE 24TH - 28TH

	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	
<p>Dunmore Senior Community Center 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <hr style="border-top: 1px dashed #000;"/> <p>Fallbrook Senior Community Center 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr style="border-top: 1px dashed #000;"/> <p>Hillside Senior Community Center 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr style="border-top: 1px dashed #000;"/> <p>Jefferson Township Senior Community Center 570-904-4480 487 Cortez Rd. Jefferson Twp., PA 18436</p> <hr style="border-top: 1px dashed #000;"/> <p>Mid Valley Senior Community Center 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr style="border-top: 1px dashed #000;"/> <p>Scranton Senior Community Center 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr style="border-top: 1px dashed #000;"/> <p>Taylor Senior Community Center 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr style="border-top: 1px dashed #000;"/> <p>Throop Senior Community Center 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p style="text-align: center;"><u>Dunmore</u> 10:30 AM - Knitting 1 PM - Oil Painting</p> <p style="text-align: center;"><u>Fallbrook</u> 10 AM - BIG Bingo 12 PM - Chair Yoga 12:30 PM - BUNCO</p> <p style="text-align: center;"><u>Hillside</u> 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 9:30 AM - Bingo 12 PM - Needle Craft 12:30 PM - Bridge 2 PM - Chair Yoga</p> <p style="text-align: center;"><u>Mid Valley</u> 9 AM - Farmer's Market Voucher Distribution 12:30 PM - Line Dancing</p> <p style="text-align: center;"><u>Scranton</u> 9 AM - Yoga 10 AM & 12 PM - Bingo 10 AM - Strength and Balance 11 AM - Ice Cream Social</p> <p style="text-align: center;"><u>Taylor</u> 1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u> 12 PM - Lunch & Games</p>	<p style="text-align: center;"><u>Dunmore</u> 11:30 AM - Yoga</p> <p style="text-align: center;"><u>Fallbrook</u> 10 AM - Bingo 10 AM - Arthritis Chair Exercise 11 AM - Healthy Tidbits Nutrition Class 12 PM - Golf Simulator 1 PM - Mahjong</p> <p style="text-align: center;"><u>Hillside</u> 9 AM - Farmer's Market Voucher Distribution 12 PM - Scrabble, Chess, & Bridge 1:30 PM - Oil Painting</p> <p style="text-align: center;"><u>Scranton</u> 9 AM - Meet Your Health Navigator 10 AM - Arthritis Chair Exercise 10:30 AM - Bingo 5 PM - Yoga 6:30 PM - Tai Chi</p> <p style="text-align: center;"><u>Taylor</u> 1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u> 9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u> 11 AM - Bingo</p> <p style="text-align: center;"><u>Fallbrook</u> 9:30 AM - Heart Health Presentation & BP Screenings 10 AM - Bingo 10 AM - Meditation 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u> 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 12 PM - Pinochle & Board Games</p> <p style="text-align: center;"><u>Jefferson</u> 9 AM - Farmer's Market Voucher Distribution 11:30 AM - Painting</p> <p style="text-align: center;"><u>Mid Valley</u> 11 AM - Chair Yoga 12 PM - Breathe & Flow 1 PM - Mat Yoga</p> <p style="text-align: center;"><u>Scranton</u> 10 AM & 12 PM - Bingo 10 AM - Beginner Tai Chi 12 PM - BIG BASKET DRAWING</p> <p style="text-align: center;"><u>Taylor</u> 1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u> 12 PM - Lunch & Games</p>	<p style="text-align: center;"><u>Dunmore</u> 11:30 AM - Yoga 2:15 PM - Exercise</p> <p style="text-align: center;"><u>Fallbrook</u> 9 AM - The Stitching Zone 10 AM - Diamond Art Club 10:30 AM - Chair Yoga 11 AM - Painting Class 11:30 AM - Mat Yoga 1 PM - Canasta 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u> 9 AM - Mat Yoga 10:05 AM - Tai Chi 11:15 AM - Meditation 12:30 PM - Bridge 1:30 PM - Chair Yoga</p> <p style="text-align: center;"><u>Scranton</u> 8:45 AM - Yoga 10 AM - Bowling Field Trip 10 AM - Strength & Balance 11:30 AM - Bingo</p> <p style="text-align: center;"><u>Throop</u> 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u> 1 PM - Mahjong</p> <p style="text-align: center;"><u>Fallbrook</u> 9 AM - Board Games 10 AM - Bingo 11 AM - Breathe & Flow 12:30 PM - Book Club</p> <p style="text-align: center;"><u>Hillside</u> 12 PM - Meditation 12:30 PM - Chess 12:30 PM - Mahjong 3 PM - Arthritis Exercise Program</p> <p style="text-align: center;"><u>Scranton</u> 10 AM - Arts for Caregivers 10 AM - Healthy Steps in Motion 10:30 AM - Bingo 12 PM - Noon Happy Hour & Karaoke</p>	<p>Meals are available for pick up at each center. Contact your center for more details</p> <hr style="border-top: 1px dashed #000;"/> <p>Activities Offered Daily: Billiards, Treadmills, Exercise Bikes, Wii, Cards, iPads, Puzzles, Board Games</p> <hr style="border-top: 1px dashed #000;"/> <p>Visit our website at LackawannaAging.org or our Facebook for our weekly schedule and the latest news</p>
				<p>BOWLING TRIP</p> <p>Scranton 6/27 10am South Side Bowl Field Trip Last Thursday of every month from 10am-1pm at South Side Bowl. RSVP the week prior. \$8 for 2 games, lunch included for bowlers.</p> 		