SENIOR COMMUNITY CENTERS CALENDAR FOR NOV. 18TH - 22ND

Dunmore Senior Community Center
570-207-2662
1414 Monroe Ave.
Dunmore, PA 18509

Fallbrook Senior Community Center
570-580-9765
185 Fallbrook St.
Carbondale, PA 18407

Hillside Senior Community Center
570-586-8996
1151 Winola Rd.
Clarks Summit, PA 18411

Mid Valley Senior Community Center
570-489-4415
310 Church St.
Jessup, PA 18434

North Pocono Senior Community Center
570-843-6485
6 John J. Michaels Drive,
Covington Twp., PA 18444

Scranton Senior Community Center
570-961-1592
1004 Jackson St.
Scranton, PA 18504

Taylor Senior Community Center
570-562-0400
700 South Main St.
Taylor, PA 18517

Throop Senior Community Center
570-383-7906
500 Sanderson St.
Throop, PA 18512

MONDAY 18

Dunmore
9:30 AM - Pickleball
10:30 AM - Knitting
1 PM - Oil Painting

Fallbrook
10 AM - Body Strong
11 AM - Healthy Steps in Motion
12 PM - Chair Yoga
1 PM - Golf Simulator

Hillside
8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise
9:30 AM - Monday Funday Bingo
12 PM - Needle Craft
12:30 PM - Bridge
2 PM - Chair Yoga

Mid Valley
9 AM - Strength Training
10 AM - Yoga
11 AM - Tai Chi
12:30 PM - Line Dancing
2 PM - Pinochle Club
2 PM - Ukulele Club
2 PM - Paint & Sip

North Pocono
10 AM - Pinochle Tournament
10 AM - Quilting

Scranton
9 AM - Yoga
10 AM - La Nota House of Dance Performance
10 AM & 12 PM - Bingo
10 AM - Strength & Balance

Taylor
1 PM - Cards

Throop
12 PM - Lunch & Games

TUESDAY 19

Dunmore
1:30 AM - Yoga
12:30 PM - Exercise

Fallbrook
10 AM - Bingo
10 AM - Arthritis Chair Exercise
11 AM - Sponsored Bingo
1 PM - Golf Simulator
1 PM - Mahjong

Hillside
9 AM - Yoga
10 AM - Koffee Klatch
10:05 AM - Tai Chi
11:30 AM - Oil Painting
12 PM - Scrabble, Chess, & Bridge
1:30 PM - Oil Painting

North Pocono
10 AM - Cards

Scranton
10 AM - Arthritis Chair Exercise
10:30 AM - Bingo
5 PM - Yoga
6:30 PM - Tai Chi

Taylor
1 PM - Cards

Throop
9 AM - Geri-Fit Exercise
10 AM - Yoga

WEDNESDAY 20

Dunmore
11 AM - Halloween Bingo

Fallbrook
9 AM - Tech Tutoring
10 AM - Bingo
11:45 AM - Friendsgiving
1 PM - Golf Simulator

Hillside
8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise
11:45 AM - What to Do Before the EMS Arrives
12 PM - Ping Pong, Pinochle, & Board Games

Mid Valley
10 AM - Strength Training
11 AM - Crafting
12 PM - Chair Yoga
1 PM - Mat Yoga
2 PM - Breathe & Flow
3 PM - Wine Tasting

North Pocono
10 AM - Bingo

Scranton
10AM & 12 PM - Bingo
10 AM - Beginner Tai Chi
11:45 AM - Struggles & Tips for Senior Transportation
12 PM - BP Screening

Taylor
1 PM - Cards

Throop
12 PM - Lunch & Games

THURSDAY 21

Dunmore
9:30 AM - Pickleball

Fallbrook
9 AM - Crochet Class
9:30 AM - Koffee Klatch
10:30 AM - Chair Yoga
11:30 AM - Mat Yoga
1 PM - Canasta
1 PM - Golf Simulator

Hillside
9 AM - Mat Yoga
10 AM - Scrapbooking
10:05 AM - Tai Chi
12:30 PM - Bridge
1:30 PM - Chair Yoga

Scranton
9 AM - Yoga
10 AM - Cognitive Fitness
10 AM - Strength & Balance
10:45 AM - PSU Nutritional Series
11:30 AM - Bingo

Throop
10 AM - Geri-Fit Exercise
1 PM - Yoga

FRIDAY 22

Dunmore
1:00 PM - Mahjong

Fallbrook
10 AM - Body Strong
10 AM - Bingo
11 AM - Breathe & Flow
12:15 PM - Cooking Demonstration
12:30 PM - Book Club

Hillside
12:30 PM - Chess
12:30 PM - Mahjong
3 PM - Wine Tasting & Trivia

Scranton
10 AM - Arts for Caregivers
10 AM - Healthy Steps in Motion
10:30 AM - Bingo
12 PM - Game Show Competition

Meals are available for pick up at each center. Contact your center for more details

Activities Offered Daily: Billiards, Treadmills, Exercise Bikes, Wii, Cards, iPads, Puzzles, Board Games

Visit our website at LackawannaAging.org or our Facebook for our weekly schedule and the latest news

SENIOR COMMUNITY CENTER MEALS

Some Senior Community Centers offer lighter fare meals, hot meals, or frozen meals for the week. Meals can be eaten in the center or taken home for you to enjoy, once you complete a nutrition assessment! Call your center to learn more.