

Healthy Aging Campus Calendar for September 26th-30th

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

26
Hillside— Bingo 9:30 AM/Exercise Class 9:30 & 10:30 AM/Needle Craft 12:30 PM

Oppenheim— Yoga 9 AM/Strength & Balance 10 AM/Bingo 10 AM/Krina Presents Indian Documentary 10 AM

Fallbrook— Healthy Steps in Motion 10 AM/BIG BINGO 10:30 AM/Gentle Flow Yoga 12PM

Mid Valley— Strength Training 9 AM/Yoga 10 AM/Tai Chi 11 AM/Line Dancing 12:30 PM/No Sew Blankets 2 PM

Dunmore—Knitting 10:30 AM/Oil Painting 12:30 PM

Taylor—Cards 1 PM

Throop—Meal pick up only

Tuesday

27
Hillside— ***Senior Open House 9AM—12:30*** Yoga 9 AM/Tai Chi 10:15 AM/Bridge 12 PM/Scrabble 12 PM/Oil Painting 12:30 PM

Oppenheim— Walking Club 10 AM/ADV Tai Chi 6:30 PM

Fallbrook—***Senior Open House 9AM—12:30*** Arthritis Chair Exercise 10 AM/Bingo 11 AM/Mahjong 1 PM

Taylor—Cards 1 PM

Wednesday

28
Hillside—Exercise Class 9:30 & 10:30 AM/Sewing 11:30 AM/Dominos 12:30 PM/Mahjong 12:30

Oppenheim— Beginner Tai Chi 10 AM/Bingo 10 AM & 12 PM/Lack. College Bird Presentation 11 AM

Fallbrook— Tech Help 9 AM/Bingo 10 AM/Pickleball Practice 12 PM/Arthritis Chair Exercise 1:30 PM

Mid Valley— Coffee & Cards, Tea & Treats 10 AM/Chair Exercise 11 AM/Breathe & Flow 12 PM/Walking Club 2:30 PM

Dunmore— Coffee Klatch 1 PM

Taylor—Meal pick up only

Jefferson— Bingo & Puzzles 9 AM/Chair Yoga 2 PM

Thursday

29
Hillside— Yoga 9 AM/Tai Chi 10:15 AM/Bridge 12 PM/Mahjong 12:30 PM/Chair Yoga 1:30 PM

Oppenheim— ***Senior Open House 9AM—12:30*** Yoga 8:45 AM/Healthy Steps in Motion 10 AM/Strength & Balance 10 AM/Calligraphy 10 AM/Posture and Body Mechanics Rehab 10 AM/Bingo 11:30 AM

Fallbrook— Fidget Blanket Project 9 AM/Chair Yoga 10 AM/Mat Yoga 11 AM/Smoothies 11 AM

Dunmore— Yoga 11:30 AM

Mid Valley— Carbondale Farmers Market 2 PM

Friday

30
Hillside— Ask the Social Worker 10 AM/Film Fridays “Thor Love and Thunder” 12 PM/Mahjong 12:30 PM

Oppenheim— Arthritis Chair Exercise 10AM/Arts for Caregivers 10 AM

Fallbrook— Indoor Walking Workout 10 AM/Flow and Breathe 11 AM

Dunmore— Mahjong 1 PM