

SENIOR COMMUNITY CENTERS CALENDAR FOR OCTOBER 7TH-11TH

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	
<p>Dunmore Senior Community Center 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Fallbrook Senior Community Center 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Hillside Senior Community Center 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Mid Valley Senior Community Center 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr style="border-top: 1px dashed #ccc;"/> <p>North Pocono Senior Community Center 570-843-6485 6 John J. Michaels Drive, Covington Twp., PA 18444</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Scranton Senior Community Center 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Taylor Senior Community Center 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Throop Senior Community Center 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>9:30 AM - Pickleball 10:30 AM - Knitting 1 PM - Oil Painting</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>10 AM - Body Strong 10 AM - Funday Monday Bingo 11 AM - Healthy Steps in Motion 12 PM - Chair Yoga</p> <p style="text-align: center;"><u>Hillside</u></p> <p>8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise</p> <p>9:30 AM - Monday Funday Bingo 12 PM - Needle Craft 12:30 PM - Bridge 2 PM - Chair Yoga</p> <p style="text-align: center;"><u>Mid Valley</u></p> <p>9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12:30 PM - Line Dancing 2 PM - Pinochle Club 2 PM - Ukulele Club</p> <p style="text-align: center;"><u>North Pocono</u></p> <p>10 AM - Cards 10 AM - Quilting</p> <p style="text-align: center;"><u>Scranton</u></p> <p>9 AM - Yoga 10 AM & 12 PM - Bingo 10 AM - Strength & Balance 10 AM - The Mending Cafe</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>12 PM - Lunch & Games</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>11:30 AM - Yoga 12:30 PM - Exercise</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9:30 AM - BP Screening 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 12:15 PM - Cooking Demonstration 1 PM - Mahjong</p> <p style="text-align: center;"><u>Hillside</u></p> <p>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</p> <p style="text-align: center;"><u>North Pocono</u></p> <p>10 AM - Dominoes</p> <p style="text-align: center;"><u>Scranton</u></p> <p>9:30 AM - BP Screenings 10 AM - Home Fire Prevention 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></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>11 AM - Bingo</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - Tech Tutoring 10 AM - Bingo 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u></p> <p>8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise 12 PM - Ping Pong, Pinochle, & Board Games 12 PM - Palliative Care Myths 12 PM - BUNCO</p> <p style="text-align: center;"><u>Mid Valley</u></p> <p>10 AM - Strength Training 11 AM - Crafting 12 PM - Chair Yoga 1 PM - Mat Yoga 2 PM - Breathe & Flow</p> <p style="text-align: center;"><u>North Pocono</u></p> <p>10 AM - Pinochle Tournament</p> <p style="text-align: center;"><u>Scranton</u></p> <p>10 AM & 12 PM - Bingo 10 AM - Beginner Tai Chi 11 AM - Chair Zumba</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>12 PM - Lunch & Games</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>11:30 AM - Yoga 2:15 PM - Exercise</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - Learn How to Crochet 9:30 AM - Koffee Klatch 10 AM - The Stitching Zone 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 1 PM - Canasta 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u></p> <p>9 AM - Mat Yoga 10 AM - Scrapbooking 10:05 AM - Tai Chi 12:30 PM - Bridge 1:30 PM - Chair Yoga</p> <p style="text-align: center;"><u>Scranton</u></p> <p>9 AM - Yoga 10 AM - Strength & Balance 11 AM - Barre Fitness Class 11:30 AM - Bingo</p> <p style="text-align: center;"><u>Throop</u></p> <p>10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>1:00 PM - Mahjong</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>10 AM - Body Strong 10 AM - Bingo 11 AM - Breathe & Flow 12 PM - Craft with Barbara</p> <p style="text-align: center;"><u>Hillside</u></p> <p>11 AM - Book Club 12 PM - Movie Matinee 12:30 PM - Chess 12:30 PM - Mahjong 3 PM - Hillside Singles Happy Hour</p> <p style="text-align: center;"><u>Mid Valley</u></p> <p>Monthly Food Box Pick Up</p> <p style="text-align: center;"><u>Scranton</u></p> <p>10 AM - Arts for Caregivers 10 AM - Healthy Steps in Motion 10:30 AM - Bingo 12 PM - Noon Happy Hour & Karaoke</p>	<p style="text-align: center;">Meals are available for pick up at each center. Contact your center for more details</p> <hr style="border-top: 1px dashed #ccc;"/> <p style="text-align: center;">Activities Offered Daily: Billiards, Treadmills, Exercise Bikes, Wii, Cards, iPads, Puzzles, Board Games</p> <hr style="border-top: 1px dashed #ccc;"/> <p style="text-align: center;">Visit our website at Lackawanna Aging.org or our Facebook for our weekly schedule and the latest news</p>
				<p style="font-size: 1.2em; color: #4a7ebb; margin: 0;">CHAIR ZUMBA</p> <p style="margin: 5px 0 0 0;">Wednesday, October 9th and Wednesday, October 23rd at Scranton: Fun and fitness combined taught by the University of Scranton Occupational Therapy Students. No Experience necessary.</p>		