

SENIOR COMMUNITY CENTERS ACTIVITY CALENDAR FOR OCTOBER 27TH - 31ST

M O N D A Y 2 7		T U E S D A Y 2 8		W E D N E S D A Y 2 9		T H U R S D A Y 3 0		F R I D A Y 3 1		Meals are available for pick up at each center. Contact your center for more details			
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		Dunmore 9:30 AM - Pickleball 10:30 AM - Knitting 1 PM - Oil Painting Fallbrook 10 AM - Body Strong 10 AM - BIG BINGO 11 AM - Healthy Steps in Motion 12 PM - Chair Yoga 12:30 PM - BUNCO! 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 1 PM - Orthopedic Presentation 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 2:30 PM - Ukulele Club 2:30 PM - Hospice Myths vs Facts North Pocono 10 AM - Cards Scranton <i>*Visit Your Healthcare Navigator*</i> 9 AM - Chair Yoga 10 AM - Chair Strength & Balance 10 AM & 12 PM - Bingo 11 AM - Fall Prevention Bingo 11 AM - Barre & Movement Taylor 1 PM - Cards Throop 11 AM - Senior Fitness 12 PM - Lunch & Games		Dunmore 11:30 AM - Yoga 12:20 PM - Exercise Fallbrook 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 12 PM - Medicare Presentation 1 PM - Mahjong Hillside 9 AM - Mat Yoga 10 AM - Koffee Klatch 10:05 AM - Tai Chi 11:30 AM - Oil Painting 12 PM - Pinochle, Chess, & Bridge 1:30 PM - Oil Painting North Pocono 10 AM - Dominoes Scranton 10 AM - Arthritis Chair Exercise 10:30 AM - Bingo 11 AM - Talking Nutrition 5 PM - Yoga 6:30 PM - Tai Chi Taylor 1 PM - Cards Throop 9 AM - Geri-Fit Exercise 10 AM - Yoga		Dunmore 10:30 AM - Bingo Fallbrook 9 AM - Tech Tutoring 10 AM - Bingo 11 AM - Halloween Costume Party 1 PM - Golf Simulator Hillside 8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise 12 PM - Chess & Pinochle 12:30 PM - Brain Healthy Lifestyle Presentation 2 PM - Arthritis Chair Exercise Mid Valley 10 AM - Strength Training 11 AM - Arthritis Exercise 12 PM - Crafting 1:30 PM - Chair Yoga 2:30 PM - Halloween Party North Pocono 10 AM - Bingo 11 AM - Halloween Party 2 PM - Yoga Scranton 9 AM - Healing Circle 10 AM & 12 PM - Bingo 10 AM - Beginner Tai Chi 11 AM - Pastries & Medicare Taylor 12 PM - Lunch 1 PM - Cards Throop 11 AM - Senior Fitness 12 PM - Lunch & Games		Dunmore 9:30 AM - Pickleball 11:30 AM - Yoga 12:20 PM - Exercise 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 - Grief Peer Support 10:05 AM - Tai Chi 12:30 PM - Bridge 1:30 PM - Chair Yoga Scranton 9 AM - Chair Yoga 10 AM - Chair Strength & Balance 10:30 AM - Bingo 12 PM - “Thrive on Thursday” Throop 9 AM - Geri-Fit Exercise 10 AM - Yoga		Dunmore 1:00 PM - Mahjong Fallbrook 10 AM - Body Strong 10 AM - Bingo Hillside 12 PM - Chess Lessons 12 PM - Mahjong 12 PM - Pinochle Scranton 10 AM - Low Impact Fitness 10 AM - Arts for Caregivers 10:30 AM - Bingo Throop 10:30 AM - Senior Fitness		Visit our website at Lackawanna Aging.org or our Facebook for our weekly schedule and the latest news	
						HALLOWEEN PARTIES 10/29 at the Fallbrook SCC @ 11 AM - Music by the Lounge Brothers. Bring your funniest, spookiest, craziest costume! 10/29 at the North Pocono SCC @ 11 AM - Join us for a spooky good time! 10/29 at the Mid Valley SCC @ 2:30 PM - Dress in your favorite costume and make your own cider!							
													
						The Senior Community Centers are funded, in-part, by the Lackawanna County Area Agency on Aging 							