

HEALTHY AGING CAMPUS CALENDAR FOR MAY 22ND - 26TH

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	
<p>Fallbrook Healthy Aging Campus 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr/> <p>Hillside Healthy Aging Campus 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr/> <p>Oppenheim Healthy Aging Campus 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr/> <p>Dunmore Senior Center 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <hr/> <p>Jefferson Township Senior Center 570-904-4480 487 Cortez Rd. Jefferson Twp., PA 18436</p> <hr/> <p>Mid Valley Senior Center 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr/> <p>Taylor Senior Center 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr/> <p>Throop Senior Center 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p>Fallbrook 10 AM - LIFT Strength Train. 10 AM - BIG BINGO 12 PM - Gentle Flow Yoga 1 PM - Oncology Yoga 1 PM - Trivia</p> <p>Hillside 8:45 AM - Exercise Class 9 AM - Bingo 9:45 AM - Exercise Class 10:45 AM - Exercise Class 12 PM - Pinochle 12:30 PM - Needle Craft 2 PM - Chair Yoga</p> <p>Oppenheim 9 AM - Yoga 10 AM - Strength & Balance 10 AM - Bingo 11 AM - Chair Yoga</p> <p>Dunmore 10:30 AM - Knitting 11 AM - Sketching 1 PM - Oil Painting</p> <p>Mid Valley 9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12:30 PM - Line Dancing 1:30 PM - Paint & Sip</p> <p>Taylor 1 PM - Cards</p> <p>Throop 12 PM - Lunch & Games</p>	<p>Fallbrook 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 1 PM - Mahjong</p> <p>Hillside 9 AM - Mat Yoga 10:05 AM - Tai Chi 12 PM - Scrabble 12 PM - Bridge 11:30 PM - Oil Painting 1:30 PM - Oil Painting</p> <p>Oppenheim 10 AM - Healthy Steps 5 PM - Mat Yoga 6:30 PM - Int.- Adv. Tai Chi</p> <p>Dunmore 11:30 AM - Yoga</p> <p>Taylor 1 PM - Cards</p> <p>Throop 9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p>Fallbrook 9 AM - Tech Tutoring 10:30 AM - Bingo 12 PM - Geisinger Craft 1 PM - Golf Simulator</p> <p>Hillside 8:45 AM - Exercise Class 9:45 AM - Exercise Class 10:45 AM - Exercise Class 11:45 AM - Walking Club 12:30 PM - Dominos & Mahjong 1 PM - Shuffleboard League</p> <p>Oppenheim 10 AM & 12 PM- Bingo 10 AM - Beginner Tai Chi 11 AM - WISE Wellness Program</p> <p>Dunmore 11 AM - Bingo 1 PM - Pinochle</p> <p>Jefferson 9 AM - Puzzles 10 AM - Crafts with Eileen 11:30 AM - Painting 12:30 PM - Patio Cookout 2 PM - Chair Yoga</p> <p>Mid Valley 10 AM - Strength Training 11 AM - Chair Exercise 12 PM - Breathe & Flow 1 PM - Mat Yoga 2 PM - Chair Yoga</p> <p>Taylor 1 PM - Cards</p> <p>Throop 12 PM - Meal Pick-Up</p>	<p>Fallbrook 9 AM - Yahtzee 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 11:30 AM - Craft with Mary 12:30 PM - Painting with the Wright Center 1 PM - Farmer's Market 1 PM - Golf Simulator</p> <p>Hillside 9 AM - Mat Yoga 10:05 AM - Tai Chi 12 PM - Calligraphy 12 PM - Bridge 1:30 PM - Chair Yoga</p> <p>Oppenheim 8:45 AM - Yoga 10 AM - Strength & Balance 10 AM - Society for Financial Awareness: Estate Planning 11:30 AM - Bingo</p> <p>Dunmore 11:30 AM - Yoga</p> <p>Throop 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p>Fallbrook 10 AM - Bingo 10 AM - LIFT Strength Train. 11 AM - Breathe & Flow 12 PM - Book Club</p> <p>Hillside 8:45 AM - Exercise Class 9:45 AM - Exercise Class 10:45 AM - Exercise Class 12 PM - Grill Day and Birthday Party!</p> <p>Oppenheim 10 AM - Arthritis Chair Exercise 10 AM - Arts for Caregivers</p> <p>Dunmore 1 PM - Mahjong</p>	<p>Meals are available for pick up at each center. Contact your center for more details</p> <hr/> <p>Activities Offered Daily: Billiards, Treadmill, Exercise Bike, Wii, Cards, iPads, Puzzles, Board Games</p> <hr/> <p>Visit our website at LackawannaAging.org or our Facebook for our weekly schedule and the latest news</p>
<p>PENNSYLVANIA'S 10-YEAR MASTER PLAN ON AGING AND DISABILITIES</p> <p>Share your input on Aging and Disability Services!</p> <ul style="list-style-type: none"> • THURSDAY, MAY 25TH AT 1:30 PM • THE DENAPLES CENTER AT THE UNIVERSITY OF SCRANTON 						