

# SENIOR COMMUNITY CENTERS CALENDAR FOR DEC. 4TH - 8TH

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	
<p><b>Dunmore Senior Community Center</b> 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <hr/> <p><b>Fallbrook Senior Community Center</b> 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr/> <p><b>Hillside Senior Community Center</b> 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr/> <p><b>Jefferson Township Senior Community Center</b> 570-904-4480 487 Cortez Rd. Jefferson Twp., PA 18436</p> <hr/> <p><b>Mid Valley Senior Community Center</b> 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr/> <p><b>Scranton Senior Community Center</b> 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr/> <p><b>Taylor Senior Community Center</b> 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr/> <p><b>Throop Senior Community Center</b> 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p><b>Dunmore</b> 10:30 AM - Knitting 12 PM - Sketching 1 PM - Oil Painting</p> <p><b>Fallbrook</b> 9 AM - ROAM 10 AM - Body Strong 11 AM - Smoothie Bar 11:30 AM - Weis Nutrition Pres. 12 PM - Gentle Flow Yoga</p> <p><b>Hillside</b> 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 9 AM - Bingo 9:30 AM - Intro. to Technology 12:30 PM - Needle Craft 12:30 PM - Bridge</p> <p><b>Mid Valley</b> 9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12 PM - BP Screening 12:30 PM - Line Dancing 2 PM - Christmas Platter Craft</p> <p><b>Scranton</b> 9 AM - Yoga 10 AM &amp; 12 PM - Bingo 11 AM - Christmas Plates Craft 11 AM - ROAM 10 AM - Strength &amp; Balance</p> <p><b>Taylor</b> 1 PM - Cards</p> <p><b>Throop</b> 12 PM - Lunch &amp; Games</p>	<p><b>Dunmore</b> 11:30 AM - Yoga</p> <p><b>Fallbrook</b> 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Holiday Bow Making 12 PM - Golf Simulator 1 PM - Mahjong</p> <p><b>Hillside</b> 9 AM - Mat Yoga 10:05 AM - Tai Chi 11:30 AM - Oil Painting 12 PM - Scrabble, Bridge 1:30 PM - Oil Painting</p> <p><b>Scranton</b> 10:30 AM - Bingo 5 PM - Mat Yoga 6:30 PM - Int.- Adv. Tai Chi</p> <p><b>Taylor</b> 1 PM - Cards</p> <p><b>Throop</b> 9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p><b>Dunmore</b> 11 AM - Bingo</p> <p><b>Fallbrook</b> 9 AM - Tech Tutoring 10 AM - Bingo 11 AM - Arts for Life 1 PM - Golf Simulator 2 PM - Line Dancing</p> <p><b>Hillside</b> 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 12 PM - Pinochle 12:30 PM - Board Games</p> <p><b>Jefferson</b> 8:30 AM - Coffee &amp; Chats 10:30 AM - Crafts with Eileen 11:30 AM - Painting 1 PM - Holiday Decorating &amp; Tradition Potluck Sharing</p> <p><b>Mid Valley</b> 9 AM - Coffee &amp; Conversation 10 AM - Strength Training 11 AM - Chair Exercise 12 PM - Breathe and Flow 1 PM - Mat Yoga 2 PM - Chair Yoga</p> <p><b>Scranton</b> 10 AM &amp; 12 PM - Bingo 10 AM - Beginner Tai Chi 10 AM - Intro. to Backgammon 11 AM - Meditation</p> <p><b>Taylor</b> 1 PM - Cards</p> <p><b>Throop</b> 12 PM - Meal Pick-Up</p>	<p><b>Dunmore</b> 11:30 AM - Yoga</p> <p><b>Fallbrook</b> 9 AM - Yahtzee 11:30 AM - Mat Yoga 11:30 AM - Holiday Gift Tag Making 1 PM - Canasta 1 PM - Golf Simulator 1 PM - Farmer's Market</p> <p><b>Hillside</b> 9 AM - Mat Yoga 10:05 AM - Tai Chi 11:30 AM - Dance &amp; Movement 12 PM - Calligraphy Card Making 12:30 PM - Bridge</p> <p><b>Scranton</b> 8:45 AM - Yoga 10 AM - Strength &amp; Balance 11:30 AM - Bingo</p> <p><b>Taylor</b> 1 PM - Medicare Presentation</p> <p><b>Throop</b> 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p><b>Dunmore</b> 1 PM - Mahjong</p> <p><b>Fallbrook</b> 10 AM - Body Strong 10 AM - Bingo 11 AM - Breathe &amp; Flow 2 PM - Book Club 2 PM - Winter Porch Pot Making</p> <p><b>Hillside</b> 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 12 PM - Tales Traditions &amp; Tastes of the Season 1 PM - Film Friday</p> <p><b>Mid Valley</b> 1 PM - Senior Food Box Pick Up</p> <p><b>Scranton</b> 10 AM - Arthritis Chair Exercise 10 AM - Arts for Caregivers</p>	<p><b>Meals are available for pick up at each center. Contact your center for more details</b></p> <hr/> <p><b>Activities Offered Daily: Billiards, Treadmills, Exercise Bikes, Wii, Cards, iPads, Puzzles, Board Games</b></p> <hr/> <p><b>Visit our website at <a href="http://LackawannaAging.org">LackawannaAging.org</a> or our Facebook for our weekly schedule and the latest news</b></p>
<p><b>HOLIDAY TROLLEY RIDES AND TREE FESTIVAL</b></p> <p>The Electric City Trolley Museum is running a special holiday trolley with Mrs. Claus this Monday, 12/4, for \$10. Rides run every hour from 9:30 am - 1:30 pm. Museum admission included -- plus see all of the school decorated trees! Call 570-963-6590 to reserve your spot!</p>						