

Healthy Aging Campus Calendar for Jan. 30th - Feb. 3rd

Fallbrook
Healthy Aging Campus
570-580-9765
185 Fallbrook St.
Carbondale, PA 18407

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

Dunmore
Senior Center
570-207-2662
1414 Monroe Ave.
Dunmore, PA 18509

Jefferson Township
Senior Center
570-904-4480
487 Cortez Rd.
Jefferson Twp., PA 18436

Mid Valley
Senior Center
570-489-4415
310 Church St.
Jessup, PA 18434

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

Monday 30

Fallbrook

9 AM - ROAM
10 AM - BIG BINGO
12 PM - Gentle Flow Yoga
1 PM - Oncology Yoga

Hillside

8:45 AM - ROAM
9:30 AM - Bingo
9:30 AM - Exercise Class
10:30 AM - Exercise Class
12 PM - Pinochle
12:30 PM - Needle Craft
2 PM - Chair Yoga

Oppenheim

9 AM - ROAM
9 AM - Yoga
10 AM - Strength & Balance
10 AM - Bingo
10 AM - Spa Day

Dunmore

10:30 - Knitting
12:30 - Oil Painting

Mid Valley

9 AM - Strength Training
10 AM - Yoga
11 AM - Tai Chi
12:30 PM - Line Dancing
1:30 PM - Ice Cream Social
2 PM - Basket Raffle

Taylor

1 PM - Cards

Throop

Meal Pick Up Only

Tuesday 31

Fallbrook

10 AM - Arthritis Chair Exercise
10 AM - Bingo
1 PM - Mahjong

Hillside

9 AM - Mat Yoga
10:05 AM - Tai Chi
12 PM - Scrabble
12 PM - Bridge
12:30 PM - Oil Painting

Oppenheim

10 AM - Healthy Steps in Motion
11 AM - Gratitude Journaling
5 PM - Mat Yoga
6:30 PM - Int.- Adv. Tai Chi

Taylor

1 PM - Cards



Wednesday 1

Fallbrook

9 AM - Tech Tutoring
10 AM - Bingo
12:15 PM - Medicine Safety with Amerihealth
1 PM - Golf Simulator

Hillside

9:30 AM - Exercise Class
10:30 AM - Exercise Class
11:30 AM - Party Plan Mtg.
12 PM - Pinochle
12:30 PM - Dominos
12:30 PM - Mahjong

Oppenheim

10 AM - Bingo
10 AM - Beginner Tai Chi
10 AM - George Rittenhouse Dance Party
12 PM - Bingo

Dunmore

1 PM - Coffee Klatch

Jefferson

9 AM - Puzzles
10 AM - Crafts with Eileen
11:30 AM - Painting
2 PM - Chair Yoga

Mid Valley

10 AM - Strength Training
11 AM - Chair Exercise
12 PM - Breathe & Flow
1 PM - Mat Yoga
2 PM - Chair Yoga
2 PM - Wine Glass Painting

Taylor

1 PM - Cards

Thursday 2

Fallbrook

9 AM - No-Sew Blankets
10:30 AM - Chair Yoga
11:30 AM - Mat Yoga
1 PM - Farmer's Market

Hillside

9 AM - Mat Yoga
10:05 AM - Tai Chi
11:45 AM - Oncology Yoga
12 PM - Bridge
1:30 PM - Chair Yoga

Oppenheim

8:45 AM - Yoga
10 AM - Strength & Balance
11:30 AM - Bingo

Dunmore

11:30 AM - Yoga



Friday 3

Fallbrook

10 AM - Bingo & Hot Chocolate Bar
11 AM - Flow and Breathe Demo
11 AM - Emily's Cooking Demo
12 PM - Cornhole

Hillside

12 PM - Film Friday
12 PM - Pinochle
12:30 PM - Mahjong

Oppenheim

10 AM - Arthritis Chair Exercise
10 AM - Arts for Caregivers

Dunmore

1 PM - Mahjong



Meals are available for pick up at each center.
Contact your center for more details

Activities Offered Daily:
Billiards, Treadmill, Exercise Bike, Wii, Cards, iPads, Puzzles, Board Games

Visit our website at LackawannaAging.org or our Facebook for our weekly schedule and the latest news

