

SENIOR COMMUNITY CENTERS CALENDAR FOR APRIL 29TH - MAY 3RD

	MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	
<p>Dunmore Senior Community Center 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <hr/> <p>Fallbrook Senior Community Center 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr/> <p>Hillside Senior Community Center 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr/> <p>Jefferson Township Senior Community Center 570-904-4480 487 Cortez Rd. Jefferson Twp., PA 18436</p> <hr/> <p>Mid Valley Senior Community Center 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr/> <p>Scranton Senior Community Center 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr/> <p>Taylor Senior Community Center 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr/> <p>Throop Senior Community Center 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p>Dunmore 10:30 AM - Knitting 1 PM - Oil Painting</p> <p>Fallbrook 9 AM - ROAM 10 AM - BIG BINGO 10 AM - Body Strong 11 AM - Healthy Steps in Motion 11AM - Smoothie Bar 12 PM - Chair Yoga</p> <p>Hillside 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 9:30 AM - Bingo 12 PM - Needle Craft 12:30 PM - Bridge 1:45 PM - Chair Yoga</p> <p>Mid Valley 9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12:30 PM - Line Dancing 2 PM - Pinochle Club</p> <p>Scranton 9 AM - Yoga 10 AM & 12 PM - Bingo 10 AM - Strength and Balance 11 AM - Chair Yoga 11 AM - Hearts & Minds Yin Yoga</p> <p>Taylor 1 PM - Cards</p> <p>Throop 12 PM - Lunch & Games</p>	<p>Dunmore 11:30 AM - Yoga</p> <p>Fallbrook 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 1 PM - Mahjong</p> <p>Hillside 9 AM - Yoga 10 AM - Koffee Klatch 10:05 AM - Tai Chi 11:30 AM - Oil Painting 12 PM - Scrabble & Bridge 12 PM - Calligraphy 1:30 PM - Oil Painting</p> <p>Scranton 10 AM - Arthritis Chair Exercise 10:30 AM - Bingo 5 PM - Yoga 6:30 PM - Tai Chi</p> <p>Taylor 1 PM - Cards</p> <p>Throop 9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p>Dunmore 11 AM - Bingo</p> <p>Fallbrook 9 AM - Tech Tutoring 9:30 AM - Diabetes, Nutrition, & Hydration Program 10 AM - Bingo 11 AM - Acrylic Painting 1 PM - Golf Simulator</p> <p>Hillside 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 12 PM - Pinochle, Board Games, Table Ping Pong</p> <p>Jefferson 9 AM - Quilting 9:30 AM - Chair Yoga 11:30 AM - Painting 1 PM - Meditation</p> <p>Mid Valley 9 AM - Ballroom Dancing 10 AM - Strength Training 11 AM - Chair Exercise 12 PM - Breathe and Flow 1 PM - Mat Yoga 2 PM - Chair Yoga</p> <p>Scranton 10 AM & 12 PM - Bingo 10 AM - Beginner Tai Chi 11 AM - Lets Make Smoothies</p> <p>Taylor 1 PM - Cards</p> <p>Throop 12 PM - Lunch & Games</p>	<p>Dunmore 9:30 AM - Pickleball 11:30 AM - Yoga 2:15 PM - Exercise</p> <p>Fallbrook 9 AM - The Stitching Zone 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 1 PM - Golf Simulator</p> <p>Hillside 9 AM - Mat Yoga 10:05 AM - Tai Chi 11:30 AM - Chair Volleyball 12:30 PM - Bridge 1 PM - Dance & Movement 1:30 PM - Chair Yoga</p> <p>Scranton 8:45 AM - Yoga 10 AM - Strength & Balance 11:30 AM - Bingo</p> <p>Throop 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p>Dunmore 1 PM - Mahjong</p> <p>Fallbrook 10 AM - Body Strong 10 AM - Bingo 11 AM - Breathe & Flow 11 AM - Cinco De Mayo Party 12:15 PM - Spring Craft</p> <p>Hillside 12 PM - Film Friday 12:30 PM - Chess 12:30 PM - Mahjong 1 PM - KenDucky Derby</p> <p>Scranton 10 AM - Arts for Caregivers 10 AM - Healthy Steps in Motion 10:30 AM - Bingo 12 PM - Noon Happy Hour & Karaoke</p>	<p>Meals are available for pick up at each center. Contact your center for more details</p> <hr/> <p>Activities Offered Daily: Billiards, Treadmills, Exercise Bikes, 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 align="center">KENDUCKY DERBY</p> <p>Hillside - Friday, May 3rd: Sign up for this fun play on the Kentucky Derby! Participants will each receive a "duck" to race while enjoying mocktails and finger food. Wear a fun Derby hat if you wish! Call the office at 570-586-8996</p>		