

SENIOR COMMUNITY CENTERS ACTIVITY CALENDAR FOR MAY 19TH - 23RD

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	
<p>Dunmore Senior Community Center 570-207-2662 1414 Monroe Ave. Dunmore, PA 18509</p> <p>Fallbrook Senior Community Center 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <p>Hillside Senior Community Center 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <p>Mid Valley Senior Community Center 570-489-4415 310 Church St. Jessup, PA 18434</p> <p>North Pocono Senior Community Center 570-843-6485 6 John J. Michaels Drive, Covington Twp., PA 18444</p> <p>Scranton Senior Community Center 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <p>Taylor Senior Community Center 570-562-0400 700 South Main St. Taylor, PA 18517</p> <p>Throop Senior Community Center 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p><u>Dunmore</u> 9:30 AM - Pickleball 10:30 AM - Knitting 1 PM - Oil Painting</p> <p><u>Fallbrook</u> 10 AM - Big Bingo 10 AM - Body Strong 11 AM - Healthy Steps in Motion 12 PM - Chair Yoga 12:30 PM - BUNCO!</p> <p><u>Hillside</u> 8:45 AM, 9:45 AM, &amp; 10:45 AM - Forever Young Exercise 9:30 AM - Monday Funday Bingo 12 PM - Needle Craft 12:30 PM - Bridge 2 PM - Chair Yoga</p> <p><u>Mid Valley</u> 9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12:15 PM - Line Dancing 2 PM - Ukulele Club/Mahjong 3 PM - Pinochle Club</p> <p><u>North Pocono</u> 10 AM - Cards</p> <p><del><u>Scranton</u> 9 AM - Chair Yoga 9:30 AM - Healthcare Navigator 10 AM - Prize Bingo 10 AM - Chair Strength &amp; Balance</del></p> <p><u>Taylor</u> 1 PM - Cards</p> <p><u>Throop</u> 11 AM - Senior Fitness 12 PM - Lunch &amp; Games</p>	<p><u>Dunmore</u> 1:30 PM - Yoga 12:30 PM - Exercise</p> <p><u>Fallbrook</u> 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 1 PM - Mahjong</p> <p><u>Hillside</u> 9 AM - Yoga 10 AM - Koffee Klatch 10:05 AM - Tai Chi 11:30 AM - Oil Painting 12 PM - Healthcare Navigator 12 PM - Pinochle, Chess, &amp; Bridge 1:30 PM - Oil Painting</p> <p><u>North Pocono</u> 10 AM - Dominoes</p> <p><u>Scranton</u> 10:30 AM - Bingo</p> <p><u>Taylor</u> 1 PM - Cards</p> <p><u>Throop</u> 9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p><u>Dunmore</u> 10:30 AM - Bingo</p> <p><u>Fallbrook</u> 9 AM - Tech Tutoring 9 AM - Healthcare Navigator 10 AM - Bingo 10:30 AM - Painting Class 12 PM - Memorial Day Party 1 PM - Golf Simulator</p> <p><u>Hillside</u> 8:45 AM, 9:45 AM, &amp; 10:45 AM - Forever Young Exercise 12 PM - Chess &amp; Pinochle 12 PM - Bunco!</p> <p><u>Mid Valley</u> 10 AM - Strength Training 11 AM - Arthritis Exercise 12 PM - Crafting 1:00 PM - Dutch Art 2:30 PM - Nutrition Education 4 PM - Better Breathers Club</p> <p><u>North Pocono</u> 10 AM - Pinochle Tournament</p> <p><u>Scranton</u> 9 AM - Healing Circle 10 AM - Bingo 11 AM - Joe Barrassé Singing Your Favorites</p> <p><u>Taylor</u> 12 PM - Lunch 1 PM - Cards</p> <p><u>Throop</u> 11 AM - Senior Fitness 12 PM - Lunch &amp; Games</p>	<p><u>Dunmore</u> 9:30 AM - Pickleball</p> <p><u>Fallbrook</u> 9 AM - Crochet Class 9:30 AM - Koffee Klatch 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 11:30 AM - Smoothies 12:30 PM - Painting Class 1 PM - Canasta 1 PM - Golf Simulator</p> <p><u>Hillside</u> 9 AM - Mat Yoga 10:05 AM - Tai Chi 10 AM - Grief Peer Support 12:30 PM - Bridge 1:30 PM - Chair Yoga</p> <p><u>Scranton</u> 9 AM - Chair Yoga 10 AM - Strength &amp; Balance 10 &amp; 11 AM - Bingo</p> <p><u>Throop</u> 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p><u>Dunmore</u> 1:00 PM - Mahjong</p> <p><u>Fallbrook</u> 10 AM - Body Strong 10 AM - Bingo 12:30 PM - Book Club</p> <p><u>Hillside</u> 11:30 AM - Medication Disposal Presentation 12 PM - Chess Lessons 12 PM - Mahjong 12 PM - Pinochle</p> <p><u>Scranton</u> 10 AM - Arts for Caregivers 10:30 AM - Bingo</p> <p><u>Throop</u> 10:30 AM - Senior Fitness</p>	<p>Meals are available for pick up at each center. Contact your center for more details</p> <p>Visit our website at <a href="http://LackawannaAging.org">LackawannaAging.org</a> or our Facebook for our weekly schedule and the latest news</p> <p>The Senior Community Centers are funded, in-part, by the Lackawanna County Area Agency on Aging</p>

HEALTH NAVIGATORS

Hillside SCC - 5/20 at 12 PM  
Fallbrook SCC - 5/21 at 9 AM

UNC's Health Navigators will be onsite to discuss your health concerns and questions along with depression screenings and the resources you need to stay in a healthy state of mind.

