

# SENIOR COMMUNITY CENTERS ACTIVITY CALENDAR FOR JULY 21ST-25TH

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	
<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>Mid Valley Senior Community Center</b> 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr/> <p><b>North Pocono Senior Community Center</b> 570-843-6485 6 John J. Michaels Drive, Covington Twp., PA 18444</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><u><b>Dunmore</b></u> 9:30 AM - Pickleball 10:30 AM - Knitting 1 PM - Oil Painting</p> <p><u><b>Fallbrook</b></u> 10 AM - Body Strong 11 AM - Healthy Steps in Motion 12 PM - Chair Yoga</p> <p><u><b>Hillside</b></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><b>Mid Valley</b></u> 9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12:15 PM - Line Dancing 2 PM - Mahjong 2:30 PM - Ukulele Club 3 PM - Pinochle Club</p> <p><u><b>North Pocono</b></u> 10 AM - Pinochle Tournament</p> <p><u><b>Scranton</b></u> 9 AM - Chair Yoga 10 AM - Chair Strength &amp; Balance 10 AM &amp; 12 PM - Bingo 11 AM - Barre &amp; Movement 11 AM - Scranton Acting Lessons</p> <p><u><b>Taylor</b></u> 1 PM - Cards</p> <p><u><b>Throop</b></u> 11 AM - Senior Fitness 12 PM - Lunch &amp; Games</p>	<p><u><b>Dunmore</b></u> 1:30 PM - Yoga 12:30 PM - Exercise</p> <p><u><b>Fallbrook</b></u> 9:30 AM - Summer Hydration Presentation 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 1 PM - Mahjong</p> <p><u><b>Hillside</b></u> 9 AM - Yoga 10 AM - Koffee Klatch 10:05 AM - Tai Chi 11:30 AM - Oil Painting 12 PM - Pinochle, Chess, &amp; Bridge 1:30 PM - Oil Painting</p> <p><u><b>North Pocono</b></u> 10 AM - Dominoes</p> <p><u><b>Scranton</b></u> 10 AM - Ballroom Dance 10 AM - Arthritis Chair Exercise 10:30 AM - Bingo 5 PM - Yoga 6:30 PM - Tai Chi</p> <p><u><b>Taylor</b></u> 1 PM - Cards</p> <p><u><b>Throop</b></u> 9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p><u><b>Dunmore</b></u> 10:30 AM - Bingo</p> <p><u><b>Fallbrook</b></u> 9 AM - Tech Tutoring 10 AM - Bingo 1 PM - Golf Simulator</p> <p><u><b>Hillside</b></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><b>Mid Valley</b></u> 9 AM - Jazz Dance 10 AM - Strength Training 11 AM - Arthritis Exercise 12 PM - Crafting 2:30 PM - Chair Yoga</p> <p><u><b>North Pocono</b></u> 10 AM - Bingo</p> <p><u><b>Scranton</b></u> 9 AM - Healing Circle 10 AM &amp; 12 PM - Bingo 10 AM - Beginner Tai Chi 11 AM - Ice Cream Social</p> <p><u><b>Taylor</b></u> 12 PM - Lunch 1 PM - Cards</p> <p><u><b>Throop</b></u> 11 AM - Senior Fitness 12 PM - Lunch &amp; Games</p>	<p><u><b>Dunmore</b></u> 9:30 AM - Pickleball</p> <p><u><b>Fallbrook</b></u> 9 AM - Crochet Class 9:30 AM - Ballroom Dance 9:30 AM - Koffee Klatch 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 1 PM - Canasta 1 PM - Golf Simulator</p> <p><u><b>Hillside</b></u> 9 AM - Mat Yoga 10:05 AM - Tai Chi 10 AM - Grief Peer Support 11 AM - Penn State Nutrition 12:30 PM - Bridge 1:30 PM - Chair Yoga</p> <p><u><b>Scranton</b></u> 9 AM - Chair Yoga 10 AM - Chair Strength &amp; Balance 10 AM - Bowling Field Trip 11 AM - Bingo</p> <p><u><b>Throop</b></u> 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p><u><b>Dunmore</b></u> 1:00 PM - Mahjong</p> <p><u><b>Fallbrook</b></u> 10 AM - Body Strong 10 AM - Bingo 12 PM - Crafternoon</p> <p><u><b>Hillside</b></u> 12 PM - Chess Lessons 12 PM - Mahjong 12 PM - Pinochle 12 PM - Christmas in July Basket Raffle</p> <p><u><b>Scranton</b></u> 10 AM - Low Impact Fitness 10 AM - Arts for Caregivers 10:30 AM - Bingo</p> <p><u><b>Throop</b></u> 10:30 AM - Senior Fitness</p>	<p><b>Meals are available for pick up at each center. Contact your center for more details</b></p> <hr/> <p><b>Visit our website at <a href="http://LackawannaAging.org">Lackawanna Aging.org</a> or our Facebook for our weekly schedule and the latest news</b></p> <hr/> <p><b>The Senior Community Centers are funded, in-part, by the Lackawanna County Area Agency on Aging</b></p>
				<p><b>BASKET RAFFLE</b></p> <p>7/25 at Hillside SCC - Christmas in July Basket Raffle: Stop by for a holiday themed raffle and have a chance to win a basket!</p>		