

# SENIOR COMMUNITY CENTERS CALENDAR FOR SEPTEMBER 25TH - 29TH

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	
<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 11 AM - Sketching 1 PM - Oil Painting</p> <p><b>Fallbrook</b> 10 AM - BIG BINGO 10 AM - Body Strong 11 AM - Smoothie Bar 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 12:30 PM - Needle Craft 1 PM - Bridge</p> <p><b>Mid Valley</b> 9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12:30 PM - Line Dancing 1:30 PM - Hospice Presentation 2 PM - Walking Club</p> <p><b>Scranton</b> 9 AM - Yoga 10 AM - Bingo 10 AM - Strength &amp; Balance 11 AM - Chair Yoga 11 AM - Hearts &amp; Minds YMCA</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 - Golf Simulator 1 PM - Mahjong</p> <p><b>Hillside</b> 9 AM - Mat Yoga 10 AM - Kaffeeklatsch 10:05 AM - Tai Chi 11:30 AM - Oil Painting 12 PM - Scrabble 12 PM - Bridge 1:30 PM - Oil Painting</p> <p><b>Scranton</b> 10 AM - Healthy Steps in Motion 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 1 PM - Pinochle</p> <p><b>Fallbrook</b> 9 AM - Tech Tutoring 10:30 AM - Bingo 12 PM - Pinochle 1 PM - Golf Simulator</p> <p><b>Hillside</b> 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 12 PM - Pinochle</p> <p><b>Jefferson</b> 8:30 AM - Coffee &amp; Socialization 10:30 AM - Crafts with Eileen 11:30 AM - Painting 2 PM - Chair Yoga</p> <p><b>Mid Valley</b> 10 AM - Strength Training 11 AM - Chair Exercise 12 PM - Breathe &amp; 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 - The Prevalence of Bullying Presentation</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 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 12:30 PM - Painting 1 PM - Farmer's Market 1 PM - Golf Simulator</p> <p><b>Hillside</b> 9 AM - Mat Yoga 10:05 AM - Tai Chi 12 PM - Bridge 12 PM - Calligraphy 1:30 PM - Chair Yoga</p> <p><b>Scranton</b> 8:45 AM - Yoga 10 AM - Strength &amp; Balance 11:30 AM - Bingo</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 11:30 AM - Craft</p> <p><b>Hillside</b> 8:45 AM, 9:45 AM, 10:45 AM - Forever Young Exercise 12 PM - Film Friday 1 PM - Mahjong 1:30 PM - Chess Lessons</p> <p><b>Scranton</b> 10 AM - Arthritis Chair Exercise 10 AM - Arts for Caregivers 10:30 AM - Bingo</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 LackawannaAging.org or our Facebook for our weekly schedule and the latest news</b></p>
				<p><b>PURSE BINGO AT DUNMORE</b> Designer Purse Bingo will be held on Sunday, October 1st at 1 PM at the Dunmore Senior Community Center. Tickets \$25 in advance, \$30 at the door -- all proceeds benefit the center!</p> 		