SENIOR COMMUNITY CENTERS ACTIVITY CALENDAR FOR SEPTEMBER 8TH-12TH

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

Fallbrook Senior Community Center
570-580-9765
185 Fallbrook St.
Carbondale, PA 18407

Hillside Senior Community Center
570-586-8996
1151 Winola Rd.
Clarks Summit, PA 18411

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

North Pocono Senior Community Center
570-843-6485
6 John J. Michaels Drive,
Covington Twp., PA 18444

Scranton Senior Community Center
570-961-1592
1004 Jackson St.
Scranton, PA 18504

Taylor Senior Community Center
570-562-0400
700 South Main St.
Taylor, PA 18517

Throop Senior Community Center
570-383-7906
500 Sanderson St.
Throop, PA 18512

MONDAY 8

Dunmore
CLOSED

Fallbrook
10 AM - Body Strong
10 AM - Monday Funday BINGO
11 AM - Healthy Steps in Motion
12:30 PM - BUNCO!

Hillside
8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise
9:30 AM - Monday Funday Bingo
12 PM - Needle Craft
12:30 PM - Bridge
2 PM - Chair Yoga

Mid Valley
9 AM - Strength Training
10 AM - Yoga
11 AM - Tai Chi
12 PM - BP Screening
12:15 PM - Line Dancing
2 PM - Mahjong
2:30 PM - Ukulele Club
3 PM - Pinochle Club

North Pocono
10 AM - Cards

Scranton
9 AM - Chair Yoga
10 AM - Chair Strength & Balance
10 AM & 12 PM - Bingo
11 AM - Barre & Movement
11 AM - Ice Cream Truck

Taylor
1 PM - Cards

Throop
11 AM - Senior Fitness
12 PM - Lunch & Games

TUESDAY 9

Dunmore
1:30 PM - Yoga
12:30 PM - Exercise

Fallbrook
10 AM - Bingo
10 AM - Arthritis Chair Exercise
12 PM - Golf Simulator
12 PM - Penn State Nutrition
1 PM - Mahjong

Hillside
Bake Sale for Alzheimer's Walk
9 AM - Mat Yoga
10 AM - Koffee Klatch
10:05 AM - Tai Chi
11:30 AM & 1:30 PM- Oil Painting
12 PM - Pinochle, Chess, & Bridge

North Pocono
10 AM - Dominoes

Scranton
10 AM - Arthritis Chair Exercise
10:30 AM - Bingo
5 PM - Yoga
6:30 PM - Tai Chi

Taylor
1 PM - Cards

Throop
9 AM - Geri-Fit Exercise
10 AM - Yoga

WEDNESDAY 10

Dunmore
10:30 AM - Bingo

Fallbrook
9 AM - Tech Tutoring
9:30 AM - Visit Your Healthcare Navigator
9:30 AM - BP Screenings
10 AM - Bingo
1 PM - Golf Simulator

Hillside
8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise
12 PM - Chess & Pinochle
12 PM - BUNCO!
2 PM - Arthritis Chair Exercise

Mid Valley
10 AM - Strength Training
11 AM - Arthritis Exercise
12 PM - Crafting
1:30 PM - Chair Yoga
2:30 PM - Presentation by PRO Rehab

North Pocono
10 AM - Pinochle Tournamnet

Scranton
9 AM - Healing Circle
10 AM & 12 PM - Bingo
10 AM - Beginner Tai Chi
11 AM - Show & Tell

Taylor
12 PM - Lunch
1 PM - Cards

Throop
11 AM - Senior Fitness
12 PM - Lunch & Games

THURSDAY 11

Dunmore
9:30 AM - Pickleball

Fallbrook
9 AM - Crochet Class
9:30 AM - Koffee Klatch
10:30 AM - Chair Yoga
11:30 AM - Mat Yoga
1 PM - Canasta
1 PM - Golf Simulator

Hillside
9 AM - Mat Yoga
10 AM - Grief Peer Support
10:05 AM - Tai Chi
12:30 PM - Bridge
1:30 PM - Chair Yoga

Scranton
9 AM - Chair Yoga
10 AM - Cognitive Fitness
10 AM - Chair Strength & Balance
11 AM - Bingo

Throop
10 AM - Geri-Fit Exercise
1 PM - Yoga

FRIDAY 12

Dunmore
1:00 PM - Mahjong

Fallbrook
10 AM - Body Strong
10 AM - Bingo
11:45 AM - Uke "n" Sing

Hillside
12 PM - Chess Lessons
12 PM - Mahjong
12 PM - Pinochle
1 PM - Pool & Karaoke

Scranton
10 AM - Low Impact Fitness
10 AM - Arts for Caregivers
10:30 AM - Bingo

Throop
10:30 AM - Senior Fitness

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

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

The Senior Community Centers are funded, in-part, by the Lackawanna County Area Agency on Aging

POOL & KARAOKE

Hillside SCC 9/12 - Fun will be in the center with the new event! Stop in for a game of pool and sing a song at Karaoke! No singing experience required! (And no judgement)