

SENIOR COMMUNITY CENTERS CALENDAR FOR DECEMBER 2ND - 6TH

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	
<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>Mid Valley Senior Community Center 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr/> <p>North Pocono Senior Community Center 570-843-6485 6 John J. Michaels Drive, Covington Twp., PA 18444</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 9:30 AM - Pickleball 10:30 AM - Knitting 1 PM - Oil Painting</p> <p>Fallbrook 10 AM - Body Strong 10 AM - Monday Funday Bingo 11 AM - Healthy Steps in Motion 12 PM - Chair Yoga 1 PM - Golf Simulator</p> <p>Hillside 8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise 9:30 AM - Monday Funday Bingo 11:30 AM - Cookie Walk & Swap 12 PM - Needle Craft 12:30 PM - Bridge 2 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 2 PM - Ukulele Club 3 PM - Prize Bingo</p> <p>North Pocono 10 AM - Quilting</p> <p>Scranton 9 AM - Yoga 10 AM - The "Mending Cafe" 10 AM & 12 PM - Bingo 10 AM - Strength & Balance</p> <p>Taylor 1 PM - Cards</p> <p>Throop 12 PM - Lunch & Games</p>	<p>Dunmore 1:30 AM - Yoga 12:30 PM - Exercise</p> <p>Fallbrook 10 AM - Bingo 10 AM - Arthritis Chair Exercise 1 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, Chess, & Bridge 1:30 PM - Oil Painting</p> <p>North Pocono 10 AM - Cards</p> <p>Scranton 10 AM - Arthritis Chair Exercise 10:30 AM - Bingo 11 AM - Wendy's Baked Potato Bar 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 10 AM - Bingo 11:30 AM - Mindful Art Making 12 PM - PSU Nutrition Class 1 PM - Golf Simulator</p> <p>Hillside 8:45 AM, 9:45 AM, & 10:45 AM - Forever Young Exercise 11 AM - Board Games & Bingo 11:45 AM - Bathroom Safety 12 PM - Pinochle 12:30 PM - Line Dancing</p> <p>Mid Valley 10 AM - Strength Training 11 AM - Crafting 11 AM - Arthritis Exercise</p> <p>North Pocono 10 AM - Bingo</p> <p>Scranton 10AM & 12 PM - Bingo 10 AM - Beginner Tai Chi 11 AM - Snow Candle Craft</p> <p>Taylor 1 PM - Cards</p> <p>Throop 11 AM - Senior Fitness 12 PM - Lunch & Games</p>	<p>Dunmore 9:30 AM - Pickleball</p> <p>Fallbrook 9 AM - Crochet Class 9:15 AM - Spa Day 9:30 AM - Koffee Klatch 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 1 PM - Canasta 1 PM - Golf Simulator</p> <p>Hillside 9 AM - Mat Yoga 10:05 AM - Tai Chi 11 AM - Bereavement Support 12:30 PM - Bridge 1:30 PM - Chair Yoga</p> <p>Scranton 9 AM - Chair Yoga 10 AM - Strength & Balance 10:45 AM - PSU Nutritional Series 11:30 AM - Bingo</p> <p>Throop 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p>Dunmore 1:00 PM - Mahjong</p> <p>Fallbrook 10 AM - Body Strong 10 AM - Bingo</p> <p>Hillside 11 AM - ZumbaTube 11 AM - Board Games & Bingo 12:30 PM - Chess 12:30 PM - Mahjong 1 PM - Wine Tasting & Trivia</p> <p>Scranton 10 AM - Arts for Caregivers 10 AM - Healthy Steps in Motion 10:30 AM - Bingo 12 PM - Game Show Friday</p> <p>Throop 10:30 AM - Senior Fitness</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 Lackawanna Aging.org or our Facebook for our weekly schedule and the latest news</p>
<p>BETTER BREATHERS CLUB Mid Valley SCC, 2nd Wednesday of each month at 4 PM -- If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining this support group. Led by an American Lung Association Facilitator.</p>						