

# SENIOR COMMUNITY CENTERS CALENDAR FOR NOV. 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 style="border-top: 1px dashed #000;"/> <p><b>Fallbrook Senior Community Center</b> 570-580-9765 185 Fallbrook St. Carbondale, PA 18407</p> <hr style="border-top: 1px dashed #000;"/> <p><b>Hillside Senior Community Center</b> 570-586-8996 1151 Winola Rd. Clarks Summit, PA 18411</p> <hr style="border-top: 1px dashed #000;"/> <p><b>Mid Valley Senior Community Center</b> 570-489-4415 310 Church St. Jessup, PA 18434</p> <hr style="border-top: 1px dashed #000;"/> <p><b>North Pocono Senior Community Center</b> 570-843-6485 6 John J. Michaels Drive, Covington Twp., PA 18444</p> <hr style="border-top: 1px dashed #000;"/> <p><b>Scranton Senior Community Center</b> 570-961-1592 1004 Jackson St. Scranton, PA 18504</p> <hr style="border-top: 1px dashed #000;"/> <p><b>Taylor Senior Community Center</b> 570-562-0400 700 South Main St. Taylor, PA 18517</p> <hr style="border-top: 1px dashed #000;"/> <p><b>Throop Senior Community Center</b> 570-383-7906 500 Sanderson St. Throop, PA 18512</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>9:30 AM - Pickleball 10:30 AM - Knitting 1 PM - Oil Painting</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>10 AM - Body Strong 10 AM - BIG Bingo 11 AM - Healthy Steps in Motion 12 PM - Chair Yoga 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u></p> <p>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 style="text-align: center;"><u>Mid Valley</u></p> <p>9 AM - Strength Training 10 AM - Yoga 11 AM - Tai Chi 12:30 PM - Line Dancing 2 PM - Pinochle Club 2 PM - Ukulele Club 2 PM - Live Performance!</p> <p style="text-align: center;"><u>North Pocono</u></p> <p>10 AM - Pinochle Tournament 10 AM - Quilting</p> <p style="text-align: center;"><u>Scranton</u></p> <p>9 AM - Yoga 10 AM - Strength &amp; Balance 10 AM &amp; 12 PM - Bingo 11 AM - Thanksgiving Dinner Party</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>12 PM - Lunch &amp; Games</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>1:30 AM - Yoga 12:30 PM - Exercise</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - BP Screenings 10 AM - Arthritis Chair Exercise 10 AM - Bingo 1 PM - Golf Simulator 1 PM - Mahjong</p> <p style="text-align: center;"><u>Hillside</u></p> <p>9 AM - Yoga 10 AM - Koffee Klatch 10:05 AM - Tai Chi 11:30 AM - Oil Painting 12 PM - Scrabble, Chess, &amp; Bridge 1:30 PM - Oil Painting</p> <p style="text-align: center;"><u>North Pocono</u></p> <p>10 AM - Cards</p> <p style="text-align: center;"><u>Scranton</u></p> <p>10 AM - Arthritis Chair Exercise 10:30 AM - Bingo 5 PM - Yoga 6:30 PM - Tai Chi</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>11 AM - Halloween Bingo</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>9 AM - Tech Tutoring 10 AM - Bingo 12:15 PM - PSU Nutrition Program 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u></p> <p>8:45 AM, 9:45 AM, &amp; 10:45 AM - Forever Young Exercise 12 PM - Ping Pong, Pinochle, &amp; Board Games</p> <p style="text-align: center;"><u>Mid Valley</u></p> <p>10 AM - Thanksgiving Brunch 12 PM - Chair Yoga 1 PM - Mat Yoga</p> <p style="text-align: center;"><u>North Pocono</u></p> <p>10 AM - Bingo</p> <p style="text-align: center;"><u>Scranton</u></p> <p>10AM &amp; 12 PM - Bingo 10 AM - Beginner Tai Chi</p> <p style="text-align: center;"><u>Taylor</u></p> <p>1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u></p> <p>12 PM - Lunch &amp; Games</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Hillside</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Scranton</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Throop</u></p> <p>CLOSED</p>	<p style="text-align: center;"><u>Dunmore</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Fallbrook</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Hillside</u></p> <p>CLOSED</p> <p style="text-align: center;"><u>Scranton</u></p> <p>CLOSED</p>	<p style="text-align: center;"><b>Meals are available for pick up at each center. Contact your center for more details</b></p> <hr style="border-top: 1px dashed #000;"/> <p style="text-align: center;"><b>Activities Offered Daily:</b> <b>Billiards, Treadmills, Exercise Bikes, Wii, Cards, iPads, Puzzles, Board Games</b></p> <hr style="border-top: 1px dashed #000;"/> <p style="text-align: center;"><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>
						