

# SENIOR COMMUNITY CENTERS CALENDAR FOR SEPTEMBER 9TH - 13TH

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	
<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> 10:30 AM - Knitting 1 PM - Oil Painting</p> <p style="text-align: center;"><u>Fallbrook</u> 10 AM - Body Strong 10 AM - Funday Monday Bingo 11 AM - Healthy Steps in Motion 12 PM - Chair Yoga 12:30 PM - BUNCO</p> <p style="text-align: center;"><u>Hillside</u> 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> 9 AM - Strength Training 11 AM - Tai Chi 12 PM - BP Screenings 12:30 PM - Line Dancing 2 PM - Pinochle Club</p> <p style="text-align: center;"><u>North Pocono</u> 10 AM - Cards 11 AM - Farmer's Market Bus Trip</p> <p style="text-align: center;"><u>Scranton</u> 9 AM - Yoga 10 AM &amp; 12 PM - Bingo 10 AM - Strength &amp; Balance 11 AM - What Steps to Take Before 911 Comes</p> <p style="text-align: center;"><u>Taylor</u> 1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u> 12 PM - Lunch &amp; Games</p>	<p style="text-align: center;"><u>Dunmore</u> 11:30 AM - Yoga</p> <p style="text-align: center;"><u>Fallbrook</u> 10 AM - Bingo 10 AM - Arthritis Chair Exercise 12 PM - Golf Simulator 1 PM - Mahjong</p> <p style="text-align: center;"><u>Hillside</u> 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> 10 AM - Dominoes</p> <p style="text-align: center;"><u>Scranton</u> 10 AM - Arthritis Chair Exercise 10 AM - Flu Vaccinations 10:30 AM - Bingo 6:30 PM - Tai Chi</p> <p style="text-align: center;"><u>Taylor</u> 1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u> 9 AM - Geri-Fit Exercise 10 AM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u> 11 AM - Bingo</p> <p style="text-align: center;"><u>Fallbrook</u> 9 AM - Tech Tutoring 9:30 AM - BP Screenings 10 AM - Bingo 12 PM - Fall Crafting 1 PM - Mahjong 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u> 12 PM - Ping Pong, Pinochle, &amp; Board Games 12 PM - BUNCO! 12 PM - Sign Language for Beginners</p> <p style="text-align: center;"><u>Mid Valley</u> 9 AM - Music Appreciation &amp; Coffee 10 AM - Strength Training 11 AM - Crafting 12 PM - Chair Yoga 1 PM - Mat Yoga 2 PM - Breathe &amp; Flow</p> <p style="text-align: center;"><u>North Pocono</u> 10 AM - Pinochle</p> <p style="text-align: center;"><u>Scranton</u> 9 AM - Line Dancing 9 AM - Meet Your Healthcare Navigator 10 AM &amp; 12 PM - Bingo 11 AM - Chair Volleyball</p> <p style="text-align: center;"><u>Taylor</u> 1 PM - Cards</p> <p style="text-align: center;"><u>Throop</u> 12 PM - Lunch &amp; Games</p>	<p style="text-align: center;"><u>Dunmore</u> 11:30 AM - Yoga 2:15 PM - Exercise</p> <p style="text-align: center;"><u>Fallbrook</u> 9:30 AM - Koffee Klatch 10 AM - The Stitching Zone 10:30 AM - Chair Yoga 11:30 AM - Mat Yoga 1 PM - Canasta 1 PM - Golf Simulator</p> <p style="text-align: center;"><u>Hillside</u> 9 AM - Mat Yoga 10:05 AM - Tai Chi 11:15 AM - Meditation 12:30 PM - Bridge 1:30 PM - Chair Yoga</p> <p style="text-align: center;"><u>Scranton</u> 9 AM - Yoga 10 AM - Strength &amp; Balance 11 AM - Barre Fitness Class 11:30 AM - Bingo</p> <p style="text-align: center;"><u>Throop</u> 10 AM - Geri-Fit Exercise 1 PM - Yoga</p>	<p style="text-align: center;"><u>Dunmore</u> 1 PM - Mahjong</p> <p style="text-align: center;"><u>Fallbrook</u> 10 AM - Body Strong 10 AM - Bingo 11 AM - Breathe &amp; Flow 12 PM - Crafting with Barbara</p> <p style="text-align: center;"><u>Hillside</u> 12 PM - Friday Movie Matinee 12:30 PM - Chess 12:30 PM - Mahjong 3:15 PM - Arthritis Foundation Exercise Program</p> <p style="text-align: center;"><u>Scranton</u> 10 AM - Arts for Caregivers 10 AM - Healthy Steps in Motion 10:30 AM - Bingo 12 PM - Noon Happy Hour &amp; Karaoke</p>	<p><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><b>Activities Offered Daily: Billiards, Treadmills, Exercise Bikes, Wii, Cards, iPads, Puzzles, Board Games</b></p> <hr style="border-top: 1px dashed #000;"/> <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>
<p style="font-size: 1.2em; color: #4F81BD; margin: 0;"><b>JOINT SENIOR EXPO</b></p> <p style="margin: 0;"><b>Friday, September 13th at the Marketplace at Steamtown</b> : Your local state legislators and the Lackawanna County Area Agency on Aging are hosting a senior expo on 9/13 at the Marketplace at Steamtown from 11 - 2. Visit with over 70 vendors, plus free parking and lunch (while supplies last).</p>						