

# OPPENHEIM HEALTHY AGING CAMPUS **SEPTEMBER**

Monday

Tuesday

Wednesday

Thursday

Friday

 **FITNESS**   
**Strength & Balance Mon & Thurs 10am**  
**Int/Adv Tai Chi Tuesdays 6:30**  
**Yoga Tuesdays 5pm**  
**Beginner Tai Chi Weds 10am**  
**Arthritis Chair Exercises Fri 10am**



**6** **CLOSED**  
**LABOR DAY**  
**7**

**1**  
**Arts For Life**  
**1pm**

**2**  
**International**  
**Bacon Day!**

**3** **Fridays in the**  
**Park: Merli**  
**Sarnoski**  
**"The Last Letter**  
**from Your Lover"**  
**Movie 2pm**

**8**  
**Arts For Life**  
**1pm**  
**NEW: Card**  
**Players**   
**Club 2:30pm**



**9**  
**Meet the Social**  
**Worker 10am**

**10**  
**Fridays in the**  
**Park: McDade**  
**Park**  
**Tea & Treat Time**  
**2:00pm**

**13** **Paint & Sip**   
**1pm**  
**\$8/person**  
**Pop-Up Class:**  
**Chair Yoga with**  
**Peggy 10am**

**14**

**15**  
**Arts For Life**  
**1pm**  
**Card Players**  
**Club 2:30 pm**

**16**   
**Ice Cream**  
**Social**  
**11:30am**  
**Virtual Happy**  
**Hour 6:30PM** 

**17**  
**Fridays in the**  
**Park:**  
**Aylesworth**  
**Park**

**20**  
**Gambling**  
**Addiction**  
**Presentation by**  
**Lackawanna**  
**County 10am**

**21**

**22**  
**Meet the Med**  
**Students 11am**  
**Card Players**  
**Club 2:30 pm**

**23**  
**Landscape**  
**Painting**  
**10:30am**

**24**  
**Fridays in the**  
**Park: Covington**  
**Fall Art Project**  
**with Jodi 2pm**

**27**   
**"Paint & Plant"**  
**Flower Pot Art**  
**offered by**  
**Geisinger 10am**

**28**

**29**  
**\*Covered Dish**  
**Luncheon\***  
**11am**  
**Card Players**  
**Club 2:30pm**

**30**  
**"Exercise your**  
**brain!" 11am**

## GRAB & GO LUNCH

Mon-Fri 11:30-12:30  
 Must be reserved 24  
 hours in advance!

## WALK WITH YOUR FUTURE DOCTOR

Saturday 9/25 Olive St  
 Heritage Trail 9am


## BINGO

Wednesdays at 10am  
 and 1:30pm  
 Thursdays at 12pm

## **CARBONDALE** **FARMERS** **MARKET**

Every Thursday starting  
 September 9th 2-6pm

## **Art for Caregivers**

 Fridays 10AM  
 Lunch Provided

**Oppenheim Healthy Aging Campus**  
**1004 Jackson Street**  
**Scranton, PA 18504**  
**570-961-1592**

- **Starting the 9th, the Carbondale Farmers Market is open every week! Shop local vendors every Thursday from 2pm-6pm.**
- **Card Players Club Wednesdays 2:30pm:** This club begins 9/8 and is held weekly. Join friends in playing card games such as Poker, Pinochle, Bridge, and others! Bring your nickels and dimes if you'd like to try your luck at some winnings!
- **9/3 Afternoon Movie:** Join us for "The Last Letter from Your Lover:" After finding a trove of love letters from 1965, a reporter sets out to solve the mystery of a secret affair .
- **9/9 Meet The Social Worker:** Terilynn Brechtel visits the Healthy Aging Campus to answer questions about mental health, and offer support and resources.
- **9/10 Tea & Treat Time:** Stop by with friends and enjoy time to chat and listen to music while sipping from a selection of teas and treats
- **9/13 Paint & Sip:** Learn step-by-step how to create your own painting masterpieces! No skills or experience necessary. Cost is \$8 per person 60 & over (under 60 \$20 per person). Bring your favorite wine or bubbly to sip while you create! You can also attend via Zoom from the comfort of your own home. For information, contact sbodnar@uncnepa.org.
- **9/16 Virtual Happy Hour:** Join friends in sipping your favorite drink & swapping stories. For log-in information, contact sbodnar@uncnepa.org.
- **9/22:** Medical students from Geisinger Commonwealth School of Medicine will tell you about their monthly walking club (see 9/25 Walk With Future Doctor)
- **9/23 Painting Landscapes:** Allison LaRussa from The Wright Center will teach you how to find relaxation and self-expression in this mindful art activity.
- **9/24: Fall Art Project** Enjoy an art class with Jodi
- **9/25 Walk With Your Future Doctor:** Get fit, healthy, and educated by taking a stroll with the GCSOM medical students! Meet at the Olive Street pavilion on the Lackawanna Heritage Trail at 9am. Attendees who mention this calendar get entered into a drawing to win a \$5 scratch-off!
- **9/29 Covered Dish Luncheon:** RSVP at Oppenheim Healthy Aging Campus
- **9/30 "Exercise Your Brain"** Griswold HomeCare presents tips and exercises to sharpen your mind and memory.
- **Arts for Life/Arts for Caregivers:** Work with professional artists in this creative and interactive artistic experience. All skill levels, no experience needed. Call 570-346-6203 x111 to register. Lunch provided for Friday class. Held on 3rd floor.
- **Fridays in the Park:** Activities and lunch will be available at parks 10am-1pm. Call 570-963-6710 ext 1450 to RSVP and reserve a lunch. Attendees can go directly to the park; Shared Ride available.**9/3 Merli Sarnoski; 9/10 McDade; 9/17 Aylesworth; 9/24 Covington.**