



FALLBROOK HEALTHY AGING CAMPUS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


FITNESS

Monday: Gentle Flow Yoga 12pm

Tuesday: Arthritis Chair Exercise 10am

Wednesday: Arthritis Chair Exercise 1:30am

Thursday: Chair Yoga 10am, Mat Yoga 11am

Enjoy a healthy smoothie after your workout! 

1

One Last Friday in the Park:
Merli Sarnoski

4

Mindfulness
10am

5

Bingo 11am

6

Blood Pressure Screenings offered by Life Geisinger
11:30 am

7

"No sew" blankets 9am
Farmers Market 2-6pm

8

Fresh and Healthy Recipes 11am
Movie: "Agatha Christie's Crooked House" 12pm

11

Art with Donna 10am

TOWN HALL MEETING 11AM


12

Flu Vaccine Clinic with Depietro's pharmacy 10 am

Bingo 11am

13

Lack. Co. Office of Drug & Alcohol Gambling Presentation 12pm

Sip & Paint 1pm \$8/person 

14

"No sew" blankets 9am
Farmers Market 2-6pm

15

Yahtzee 9:30am

18


Bingo offered by GHG Home Care 10am

19

Bingo 11am
Fall craft with Geisinger 12:30pm

20

Cawley Physical Therapy 12:00
Foot & Ankle pain

Oktoberfest Mixer 4pm 

21

Painting with the Wright Center 11:15am
Farmers Market 2-6pm

22

Painting mini Pumpkins 10am
Movie: "The Witches of Eastwick" 12pm

25

BIG BINGO 10AM

26

National Pumpkin Day!
Wright Center Geriatric Presentation 12:30pm

27

Bingo 10am
Halloween Party
Costumes and snacks 11:30am

28

"No sew" blankets 9am
Farmers Market 2-6pm

29

OCTOBER

GRAB & GO LUNCH

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

WALKING CLUBS

Thursdays 3pm @ Mellow Park in Jessup
Wednesdays 9am @ Carbondale Heritage Trail

PA MEDI (formerly APPRISE) Open Enrollment Counseling

Thursday, 10/21
9:30-1:30am
Appointment needed

Fallbrook Healthy Aging Campus
185 Fallbrook Street
Carbondale, PA 18407
(570) 580-9765

The Carbondale Farmers Market is open every Thursday! Shop local vendors every Thursday from 2pm-6pm. Reminder: November 30th is the last day to use your Farmer's Market Vouchers

Thursdays at 9am: Learn how to make a cozy blanket—no sewing required!

Fridays at 12pm: Featuring movies: (10/8) Agatha Christie's Crooked House (PG-13, 2007, Mystery/Drama), (10/22) The Witches of Eastwick (R, 1987, Fantasy/Comedy)

10/1 Fridays in the Park: Activities and lunch will be available. 10am-1pm. Call 570-963-6710 ext 1450 to RSVP and reserve a lunch. Attendees can go directly to the park; Shared Ride available. 10/1 Merli Sarnoski will be the last Friday in the Park of this season.

10/4 Mindfulness: Join Nancy in a space of kindness, patience, and relaxation.

10/6 Blood Pressure Screenings Offered by Life Geisinger: Blood pressures will be taken by Maria Hastie of Life Geisinger

10/8 Fresh and Healthy Recipes: Learn about this week's new recipe - a crustless quiche with tomato and pesto for one or two!

10/11 Art with Donna: Donna will be getting everyone ready for the holidays with this candy cane wreath craft

10/11 Town Hall Meeting: Seniors, family members, and caregivers are invited to join the first Town Hall Meeting to offer feedback, ask questions, and network with peers while discussing Lackawanna County Healthy Aging Campus programs. Meetings will be held on a quarterly basis and are open to the public.

10/12 Flu Vaccine Clinic: Prescription insurance card needed.

10/13 Lack. Co. Drug & Alcohol Gambling presentation: What you should know about gambling and how to help someone who may have a problem

10/13 Paint & Sip: Learn step-by-step how to create your own painting masterpiece, ready to hang over the mantle at the end of the class! 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 log-in information, contact sbodnar@uncnepa.org.

10/19 Geisinger Health Plan joins us to create a Fall-themed art project!

10/20 Fallbrook Oktoberfest Mixer: Guten Tag! Join us 4-6pm! Sample some fall favorites and visit our Build Your Own Bratwurst station. Bring your favorite beer or wine to share with friends. Suggested donation \$3; RSVP to Nancy Brown (570-580-9765).

10/20 Cawley Physical Therapy educates on foot and ankle pain.

10/21 Painting with the Wright Center: Allison LaRussa from The Wright Center will teach you how to find relaxation and self-expression in this mindful art activity.

10/21 PA Medi Open Enrollment Counseling: Volunteer counselors from the United Way will be available to answer questions regarding Medicare options. Appointments are necessary. Call 570-580-9765

10/25 BIG Bingo: We ramp up the stakes for big winnings.

10/26 Wright Center Geriatric Presentation: Come and learn about the Wright Center's Geriatric Department and all that it has to offer.

10/27 Halloween Party: Come dressed in your best costume. Prizes awarded! No RSVP necessary.