



# OPPENHEIM HEALTHY AGING CAMPUS

## ACTIVITIES FOR SENIORS 60+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Craft with Deb 11am	<b>4</b>	<b>5</b> New Year's resolutions with Amy 11am	<b>6</b>	<b>7</b> Arts for caregivers 10am
<b>10</b> Fall Prevention & Winter Safety with Griswold 11am  Paint & Sip  1pm \$8/person	<b>11</b>	<b>12</b> Fashion from the past with Lack. Historical Society 11am	<b>13</b>	<b>14</b> Arts for caregivers 10am
<b>17</b> <b><u>CLOSED</u></b>	<b>18</b> Meet the Social Worker 9:30am  Movie: The Pink Panther 2pm	<b>19</b> Fruit Smoothies with Amy 11am	<b>20</b> Art Therapy with the Wright Center 10am	<b>21</b> Arts for caregivers 10am
<b>24</b> BeHeard, BeHealthy Discussion Group 9:30am  *Bingo moved to 10:30*	<b>25</b>	<b>26</b> The Wiggler's Club Sing, Dance & Laugh 11am  	<b>27</b>	<b>28</b> Arts for caregivers 10am
<b>31</b>	<b>FITNESS</b> Yoga Tues 5pm, Mon 9am Beginner Tai Chi Weds 10am Int/Adv Tai Chi Tues 6:30pm Strength & Balance Mon, Thurs 10am Arthritis Chair Exercises (AFEP) Fri 10am			

# January

**GRAB & GO LUNCH**  
 Mon-Fri 11:30-12:30  
 Must be reserved 24  
 hours in advance!

**BINGO SCHEDULE**  
 Mon 10am\*  
 Weds 10am & 1:30pm  
 Thurs 11:30am  
 \*1/24 Bingo @ 10:30am

**BE HEARD,  
BE HEALTHY**

An opportunity to  
share what matters  
to you in order to  
get healthy

Monday the 24th at  
9:30am

OPPENHEIM HEALTHY  
 AGING CAMPUS  
 1004 Jackson Street  
 Scranton, PA 18504  
 570-961-1592

- **Arts for Life/Arts for Caregivers:** Work with professional artists in this interactive artistic experience. No experience needed. Call 570-346-6203 x111 to register. Lunch provided for Friday class. Held on 3rd floor. Offered Wednesdays and Fridays for the first 3 weeks of December.
- **Fridays 10am:** Arthritis Foundation Exercise Program (AFEP): An evidence based, low impact exercise program with an educational component. Includes stretching, meditation, and a full-body exercise.
- **1/3 Craft with Deb:** Embrace your inner artist! Join Deb from Geisinger to create a wind catcher.
- **1/5 New Year's Resolutions with Amy:** Ring in 2022 by setting some goals for this new year!
- **1/10 Fall Prevention & Winter Safety with Griswold:** Join Griswold Homecare to learn about staying safe this winter.
- **1/10 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. For log-in information, contact sbodnar@uncnepa.org. RSVP to Amy.
- **1/12 Fashion from the past with Lack. Historical Society:** Learn, see, and actually touch clothing and fashion from the past!
- **1/18 Meet The Social Worker:** Terilynn Brechtel visits the Healthy Aging Campus to answer questions about mental health, and offer support and resources.
- **1/18 Movie: The Pink Panther:** A 2006 Comedy/Mystery with Steve Martin as inspector Jacques Clouseau. The movie will be on the third floor of Oppenheim Center.
- **1/19 Fruit Smoothies with Amy:** A dose of essential nutrients and a delicious treat all in one!
- **1/20 Art Therapy 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. RSVP to Amy.
- **1/24 BeHeard, BeHealthy Discussion Group:** There are a lot of barriers that can make it hard to stay healthy--things like costs, provider networks, and access to other resources like housing, food, and transportation. Often, decisions that affect our community's health are made without including the voices of people who will be directly impacted. Please join us for a conversation to share what is more important to you and your community in order to get and stay healthy.
- **1/26 The Wiggler's Club Sing, Dance & Laugh:** A "feel good" hour of singing and dancing. Join us on the last Wednesday of every month!