

# OPPENHEIM HEALTHY AGING CAMPUS

Monday

Tuesday


Wednesday

Thursday

Friday

## FITNESS

Arthritis Chair Exercises Fri 10am  
 Yoga Tues 5pm, Mon 9am  
 Strength & Balance Mon & Thurs 10am  
 Beginner Tai Chi Weds 10am & Int/Adv Tai Chi  
 Tues 6:30pm

Enjoy a healthy  
 smoothie after  
 your workout! 

**1** Fridays in the  
 Park: Merli  
 Sarnoski  
 Arts for  
 caregivers 10am


**4**  
 Cawley  
 Chiropractic:  
 Lower Back Pain  
 10am

**5**

**6**  
 Card Players  
 Club 2:30 pm

**7**  
 TIME CHANGE:  
 \*BINGO 11AM\*  
 TOWN HALL  
 MEETING  
 12PM

**8**  
 Arts for  
 caregivers  
 10am  
 Tea & Treats  
 2:00pm

**11**  
 Paint & Sip   
 1pm \$8/person  
 Bingo, Apple  
 Cider and Donuts  
 with the Wright  
 Center 10am

**12**

**13**  
 Flu Vaccine Clinic  
 with Depietro's  
 pharmacy 11am  
 Card Players  
 Club 2:30 pm

**14** Meet the  
 Social  
 Worker 9am  
 Arts & Crafts  
 with Geisinger  
 10:30am


**15**  
 Arts for  
 caregivers  
 10am

**18**

**19**  
  
 Pet Therapy  
 9am  


**20**  
 Card Players  
 Club 2:30 pm  
 Fallbrook  
 Oktoberfest  
 Mixer   
 4-6pm

**21**

**22** Arts for  
 caregivers  
 10am  
 Trivia Cocktail  
 Hour 4pm 

**25**

**26**  
 National  
 Pumpkin Day!  


**27**  
 Halloween  
 Costume Party:  
 Prizes & Snacks  
 11am  
 Card Players  
 Club 2:30pm

**28**  
 Pumpkin  
 Painting with  
 Open Systems  
 Healthcare  
 10am

**29**  
 Arts for  
 caregivers  
 10am

# OCTOBER

## GRAB & GO LUNCH

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

## NEW BINGO TIMES

Mon 10am  
 Weds 10am & 1:30pm  
 Thurs 11:30pm\*  
 \*10/7 Bingo @ 11am

## ARTS FOR LIFE

Wednesdays at 1pm

## PHOTOGRAPHY & POETRY

Join UNC's youth dept. for  
 beginner classes  
 Photography: Mon, Tues,  
 Thurs @ 4pm, 2nd floor  
 Poetry: Fri @ 4pm, 3rd  
 floor  
 \*RSVP with Amy\*

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

- **Join UNC's youth Dept. for beginner Photography and Poetry classes. Photography: Mon, Tues, and Thurs at 4pm, 3rd floor, Cameras provided. Poetry: Fri at 4pm, 2nd floor. Please sign up w/ Amy!**
- **The Carbondale Farmers Market is open! Shop local vendors every Thursday from 2pm-6pm. Reminder: November 30th is the last day to use your Farmer's Market Vouchers**
- **Card Players Club Wednesdays 2:30pm:** 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!
- **10/4 Cawley Chiropractic** educates on lower back pain
- **10/7 Town Hall Meeting 12pm:** 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.
- **10/8 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
- **10/11 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.
- **10/13 Flu Vaccine Clinic:** Prescription insurance card needed.
- **10/14 Meet The Social Worker:** Terilynn Brechtel visits the Healthy Aging Campus to answer questions about mental health, and offer support and resources.
- **10/14 Arts & Crafts with Geisinger:** Join us to create a Fall-themed art project!
- **10/20 Fallbrook Oktoberfest Mixer:** Guten Tag! Join us 4-6pm at the Fallbrook Healthy Aging Campus! 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).
- **10/22 Trivia Cocktail Hour:** Are you full of useless knowledge? Join us for trivia and cocktail hour. Guests may "BYOB"--bring your favorite alcoholic beverage if desired—snacks and PRIZES will be offered! Please RSVP to Amy 570-961-1592.
- **10/27 Halloween Costume Party:** Prizes & Snacks- Come dressed in your best costume. Prizes awarded! No RSVP.
- **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.
- **One Last Friday 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.