

FALLBROOK HEALTHY AGING CAMPUS

ACTIVITIES FOR SENIORS 60+

November

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

VISIT THE FARMERS MARKET THURSDAYS 2-6PM

Open Enrollment Counseling

Join PA Medi (formerly APPRISE) Wednesday, 11/10 9:30-1:30pm
Appointment needed

Get technology assistance with a Carbondale Public Librarian at Fallbrook Tuesdays at 1pm (beginning 11/9)

FALLBROOK HEALTHY AGING CAMPUS
185 FALLBROOK STREET
CARBONDALE, PA 18407
(570) 580-9765

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Mindfulness
10am

2
Election Day!
Bingo 11am

3
Bingo 10am
Presentation on Senior Scams by Home Health Care professionals 12:30pm

4
"No sew" blankets 9am

5
Thanksgiving Potluck & Bingo 10am
Movie: The Theory of Everything 12pm

8
Art with Donna 10am
Bingo with GHG Homecare 11:15am

9
COVID booster clinic w/ DePietro's Pharmacy 10am
RSVP with Nancy
Bingo 11am

10
Bingo 10am
Blood Pressure Screenings with Life Geisinger 11:30 am
Paint & Sip 1pm \$8/person

11 
"No sew" blankets 9am
Nutrition Class offered by Penn State 12pm

12
Ice Cream Sundaes and Bingo 10am
Movie: Philomena 12pm

15
Bingo with the VNA 10am

16
Bingo 11am
Thanksgiving Craft offered by Geisinger Health Plan 12:30

17
Bingo 10am

18
Painting with the Wright Center 11am
Nutrition Class offered by Penn State 12pm

19
Yahtzee 9:30am
12pm Virtual Lunch & Learn: Alzheimer's Disease

22 
Pet Therapy & Meet the Social Worker 9:30am
Big Bingo 10am

23
Bingo 11am

24
Bingo 10am

25


CLOSED

26

CLOSED

29
Nutrition Class offered by Penn State 11am

30
Bingo 11am

FITNESS
Monday: Gentle Flow Yoga 12pm
Tuesday: Arthritis Chair Exercise (AFEP) 10am
Wednesday: Arthritis Chair Exercise (AFEP) 1:30pm
Thursday: Chair Yoga 10am, Mat Yoga 11am
Enjoy a healthy smoothie after your workout! 

- **The Carbondale Farmers Market is open! Shop local vendors every Thursday from 2-6pm. Reminder: November 30th is the last day to use your Farmer's Market Vouchers**
- **Walking Club: Join us for a half-hour walk. Thursdays 3:00pm at Mellow Park in Peckville (meet in the parking lot by the tennis courts) and Wednesdays 9:00 am at Carbondale Heritage Trail.**
- **Tuesdays 10am/Wednesdays 1:30pm: Arthritis Foundation Exercise Program (AFEP): An evidence based, low impact exercise program with an educational component. Includes stretching, meditation, and a full-body exercise.**
- **Thursdays at 9am: No Sew Blanket making class. Great gifts for birthdays and holidays. Materials required. Call (570) 580-9765**
- **Fridays at 12pm: Featuring movies: (11/5) The Theory of Everything (PG-13, 2014, Romance/Drama), (11/12) Philomena (PG-13, 2013, Drama/Comedy).**
- **11/1 Mindfulness: Join Nancy in a space of kindness, patience, and relaxation.**
- **11/5 Thanksgiving Potluck: Bring a fall-inspired dish to share with friends after playing some bingo. RSVP with Nancy.**
- **11/8 Art with Donna: Come make a festive centerpiece for your holiday table.**
- **11/9 Covid booster vaccine Clinic with Depietro Pharmacy: Moderna, Pfizer, J & J available. Vaccine and Insurance cards needed. RSVP with Nancy by Friday, November 5th.**
- **11/9, 11/16, 11/23, 11/30 Technology Assistance With the Carbondale Public Library: A librarian from the Carbondale Public Library will be available to help answer technology questions and will offer assistance with computers, smart phones, and tablets. Walk-ins will be accepted on a first-come first-serve basis.**
- **11/10 Blood Pressure Screenings Offered by Life Geisinger: Blood pressures will be taken by Maria Hastie of Life Geisinger**
- **11/10 PA Medi (formerly APPRISE) Open Enrollment Counseling: Untied Way counselors will be taking appointments to help you navigate the insurance choices that are right for you. Call 570-580-9765**
- **11/10 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 Nancy**
- **11/11, 11/18, 11/29 Nutrition class offered by Penn State Extension: Learn tips on preparing healthy meals, snacks and kitchen safety tips. Snacks and prizes will be awarded along with a certificate of completion.**
- **11/15 Bingo with the VNA: Join us for Bingo with the VNA. Prizes for winners!**
- **11/18 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.**
- **11/19 Virtual Lunch & Learn: Alzheimer's Disease: Join us to learn about Alzheimer's resources, the difference between Alzheimer's and Dementia, and risk factors and stages of the disease. Watch on campus or attend virtually from home. Register with Nancy.**
- **11/22 Meet the Social Worker: Sarah Bodnar visits the Healthy Aging Campus to answer questions about mental health, and offer support and resources.**
- **11/22 BIG Bingo: We ramp up the stakes for big winnings.**