

# OPPENHEIM HEALTHY AGING CAMPUS

## ACTIVITIES FOR SENIORS 60+

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <b>1</b> Sleep Deprivation Presentation with Griswold Home Care 11am<br><i>Yoga &amp; Strength cancelled</i>         | <b>2</b> Election Day!<br><i>Yoga &amp; Tai Chi cancelled</i>                | <b>3</b> "Living Presently" 11:15am<br>Arts for Life 1pm  | <b>4</b>   | <b>5</b> Arts for caregivers 10am   |
| <b>8</b> COVID booster clinic w/ DePietro's Pharmacy 10:30am<br><i>*RSVP with Amy*</i><br>Paint & Sip 1pm \$8/person | <b>9</b> Pop Up Chair Fitness Class by University of Scranton Students 10am  | <b>10</b> Meet the Social Worker 9:30am<br>"Living Presently" 11:15am   | <b>11</b>  Painting with the Wright Center 10am<br><i>*RSVP with Amy*</i> | <b>12</b> Arts for caregivers 10am  |
| <b>15</b> Sing-A-Long with Earnie 11am   | <b>16</b> Pop Up Chair Fitness Class by University of Scranton Students 10am | <b>17</b> Thanksgiving Covered Dish 11am<br><i>*RSVP with Amy*</i><br>Arts for Life 1pm   | <b>18</b>  | <b>19</b> Arts for caregivers 10am<br>Virtual Lunch & Learn: Alzheimer's Disease 12pm                         |
| <b>22</b>  | <b>23</b>  | <b>24</b> "Living Presently" 11:15am<br>Arts for Life 1pm   | <b>25</b>  <b>CLOSED</b>   | <b>26</b>  <b>CLOSED</b> |
| <b>29</b> Pet Therapy 9:30am<br>Physical Therapy Presentation by U of Scranton Students 11am                         | <b>30</b>  | <b>FITNESS</b><br>Yoga Tues 5pm, Mon 9am<br>Beginner Tai Chi Weds 10am<br>Int/Adv Tai Chi Tues 6:30pm<br>Strength & Balance Mon & Thurs 10am<br>Arthritis Chair Exercises (AFEP) Fri 10am<br>Enjoy a healthy smoothie after your workout!  |  |   |

# November

## GRAB & GO LUNCH

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

## BINGO

Mon 10am  
 Weds 10am & 1:30pm  
 Thurs 11:30pm

## Veterans Day Celebration

VNA Hospice visits campus on Weds.  
 11/10 for bingo, pizza, cake & a tribute

## 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

- **Fitness classes will be cancelled Monday (11/1) and Tuesday (11/2) in observance of Election Day. All other programs will continue as scheduled.**
- **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 2-6pm. Reminder: November 30th is the last day to use your Farmer's Market Vouchers**
- **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.**
- **11/1 Sleep Deprivation Presentation by Griswold Home Care: Understanding why it happens and how to prevent it.**
- **11/3, 11/10, 11/24 Living Presently: Learn tips from social work student Ashley Dunning on how to manage emotions, relieve stress, and live graciously in the moment.**
- **11/8 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. For information, contact sbodnar@uncnepa.org. RSVP to Amy.**
- **11/8 Covid booster vaccine Clinic with Depietro Pharmacy: Moderna, Pfizer, J & J available. Vaccine and Insurance cards needed. Register w/ Amy**
- **11/9, 11/16: Pop Up Fitness Class offered by University of Scranton Students focusing on upper and lower body strength.**
- **11/10 Meet The Social Worker: Terilynn Brechtel visits the Healthy Aging Campus to answer questions about mental health, and offer support and resources.**
- **11/10 VNA Veteran's Day Bingo & Pizza party! Join VNA Hospice in Honoring our veterans with Pizza, cake and a tribute. No RSVP necessary.**
- **11/11 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. RSVP to Amy.**
- **11/15 Sing-a-long with Ernie: Join us in an impromptu sing-a-long. No RSVP.**
- **11/17 Thanksgiving Covered Dish Lunch: 11am RSVP with Amy.**
- **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 Amy.**
- **11/29 Physical Therapy Presentation by University of Scranton Students: Leahy Clinic Physical Therapy Department shares about free healthcare services available to you**
- **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.**