



FALLBROOK HEALTHY AGING CAMPUS

ACTIVITIES FOR SENIORS 60+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 Health needs for Seniors with Lehigh Valley Health 12:15pm	6 "No sew" Blankets 9am	7 Bingo & Ice Cream 10am
10 Arts and Crafts with Donna 10am Bingo with the VNA 11am	11 Managing Your Meds with Lack. Co. 12pm	12 Blood Pressure Screenings with Life Geisinger 11:30 am Paint & Sip 1pm \$8/person	13 "No sew" Blankets 9am Painting with The Wright Center 11:30am	14 Bingo & Potluck 10am
17 <u>CLOSED</u>	18 Craft with Geisinger 12:30pm	19 Carbondale Public Library Genealogy Project 9:30am	20 "No sew" Blankets 9am	21 Bingo 10am Sight and Sounds production of Queen Esther 11:30am
24 BeHeard, BeHealthy Discussion Group 11:30am	25 Heart Health Presentation by HHCP 12pm	26	27 "No sew" Blankets 9am	28 Healthy Snack Day 10:30am
31 BIG BINGO 10AM National Hot Chocolate Day	FITNESS Mon: Gentle Flow Yoga 12pm Tues: Arthritis Chair Exercise 10am Weds: Arthritis Chair Exercise 1:30pm Thurs: Chair Yoga 10am, Mat Yoga 11am Enjoy a healthy smoothie after your workout! 			

January

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

BINGO TIMES
 Tuesdays at 11am
 Wednesdays at 10am

VISIT THE FARMERS MARKET THURSDAYS 2-6PM

Pet Therapy
Tuesday Jan 18th at 9am



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

- **The Carbondale Farmers Market is open! Shop local vendors every Thursday from 2-6pm.**
- **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 Blankets.** Great gifts for birthdays and holidays. Materials required. Call (570) 580-9765
- **1/5 Health needs for Seniors Lehigh Valley Health Network:** A Lehigh Valley Health Network Partner will be visiting to learn about the concerns and needs of our seniors' health.
- **1/10 Arts and Crafts with Donna:** Liven up your kitchen or bathroom with some newly decorated towels. Supplies provided.
- **1/11 Managing Your Meds with Lackawanna County:** Learn about managing your medications.
- **1/12 Blood Pressure Screenings Offered by Life Geisinger:** Blood pressures will be taken by Maria Hastie of Life Geisinger
- **1/12 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
- **1/12 Blood Pressure Screenings Offered by Life Geisinger:** Blood pressures will be taken by Maria Hastie of Life Geisinger
- **1/13 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.
- **1/18 Craft with Geisinger:** Embrace your inner artist and appreciate the beauty of the season with a wintery craft.
- **1/19 Carbondale Public Library Genealogy Project:** Jessica Pratt, Reference Librarian from the Carbondale Public Library will be discussing various online resources to help get you started researching your family history.
- **1/21 Sight and Sounds production of Queen Esther:** a story of bravery.
- **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.
- **1/25 Heart Health Presentation by Home Health Care Professionals (HHCP):** February, American Heart Month, is right around the corner and HHCP will be here to provide important information on heart health.
- **1/28:Healthy Snack Day:** Come and learn how to make banana bread energy balls. Full of healthy fats, fiber, carbohydrates and protein, this nutritious snack packs a healthy punch!
- **1/31 BIG Bingo:** We ramp up the stakes for big winnings.
- **1/31 National Hot Chocolate Day:** Come and warm up with a steaming mug of hot cocoa. Make it your own by adding different toppings.