

FALLBROOK HEALTHY AGING CAMPUS

ACTIVITIES FOR SENIORS 60+ FREE OF CHARGE UNLESS OTHERWISE INDICATED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Bingo 11am	2 Bingo 10am Self-care Bingo 11am	3 "No sew" Blankets 9am Mobility & Fall Prevention with Lack. College OT students 10am	4 Bingo & Ice Cream 10am Exercise Video: Mind and Body 12pm
7 Arts and Crafts with Donna 10am	8 Bingo 11am	9 Bingo 10am Blood Pressure Screening by Life Geisinger 11:30 am Paint & Sip \$8/person 1pm	10 "No sew" Blankets 9am Painting with The Wright Center 11:30am	11 St. Patrick's Day Party 11am
14 <i>Spa Day</i> Hair and Nails by CTC 10am Craft w/ Geisinger 11:30am	15 Bingo 11am	16 Bingo 10am	17 "No sew" Blankets 9am Spring Craft Activity 11am	18 First Day of Spring Bingo & Potluck 10am Exercise Video: Band Strength 12pm
21	22 Bingo 11am	23 Bingo 10am TOWN HALL MEETING 11am	24 "No sew" Blankets 9am SILVERS Series: Getting Around 1pm *virtual*	25 Exercise Video: Tai Chi 12pm
28 BIG BINGO 10AM Majong 1:30pm	29	30 Bingo 10am	31 "No sew" Blankets 9am	

March

GRAB & GO LUNCH

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

COMPUTER HELP

Get personal tutoring from the Carb. Library
Wednesdays at 9am

VISIT THE FARMERS MARKET THURSDAYS
2-6PM

FITNESS

Mon: Gentle Flow Yoga 12pm

Tues: Arthritis Chair Ex. 10am

Weds: Arthritis Chair Ex. 1:30pm

Thurs: Chair Yoga 10am, Mat Yoga 11am

Enjoy a healthy smoothie after your workout!

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
- **Wednesdays at 9am:** One-on-one Computer Tutoring: A Librarian from the Carb. Public Library will be available to help answer technology questions and will offer assistance with computers, smartphones, and tablets. Walk-ins will be accepted on a first-come-first-serve basis.
- **3/2 Self-Care Bingo:** MSW Intern Ashley Dunning will lead the group in a therapeutic, creative twist on Bingo. Learn about ways to take care of yourself and cope with stress while marking your Bingo card for a chance to win a prize!
- **3/4 Exercise Video - Mind and Body:** A chair-based, band workout that includes coordination exercises for mind and body.
- **3/7 Arts and Crafts with Donna:** Come and make an Easter wreath with Donna. Please sign up at the center or call Nancy at 570-580-9765.
- **3/9 Blood Pressure Screenings Offered by Life Geisinger:** Blood pressures will be taken by Maria Hastie of Life Geisinger.
- **3/9 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
- **3/10 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.
- **3/11 St. Patrick's Day Party:** Music is provided by a DJ, refreshments will be served. RSVP w/ Nancy.
- **3/14: Craft w/ Geisinger:** A spring-themed art activity.
- **3/14 Spa Day Hair and Nails by CTC:** Come and enjoy a spa day at the center just in time for Valentine's Day. Enjoy a relaxing manicure and a haircut all free of charge. RSVP to Nancy in person or call 570-580-9765.
- **3/18 Exercise Video - Band Strength:** A seated dance-based movement class that focuses on posture while having some fun.
- **3/18 First Day of Spring Bingo and Potluck:** Bring your favorite dish and prepare for a fun time! RSVP with Nancy
- **3/23 Town Hall Meeting:** Seniors, family members, and caregivers are invited to join our quarterly Town Hall Meeting to offer feedback, ask questions, and network with peers while discussing Lackawanna County Healthy Aging Campus programs. Meetings are open to the public.
- **3/24 SILVER Series: Getting Around:** The LCAA presents Seniors are Involved, Liberated, Vigilant, Educated, Resourced, and Savvy. This week's session is about transportation resources. Laptops will be available for lending to attend the virtual session. RSVP to ejmdt@lackawannacounty.org.
- **2/25 Exercise Video - Tai Chi:** This workout focuses on strengthening your muscles needed for stronger balance.
- **2/28 BIG Bingo:** We ramp up the stakes for big winnings.
- **2/28 Majong:** Come and play this fun game of skill, strategy, and luck. An instructor will be here to walk you through the rules of the game.