



# OPPENHEIM HEALTHY AGING CAMPUS

ACTIVITIES FOR SENIORS 60+ FREE OF CHARGE UNLESS OTHERWISE INDICATED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2  
**Bingo 9:30am**  
**Dance Party w/ EJ the DJ 10:30am**  
**Ashes & Blessing 11am**  
*No 12pm bingo*

3  
**Mobility & Fall Prevention with Lack. College OT students 10am**

4

**Arts for caregivers 10am**

7

**St. Paddy's Day craft with Deb 10am**  
**Paint & Sip \$8/person 1pm**

8

9  
**Assistive Technology with Heather from UCP of NEPA 11am**

10

11

**Arts for caregivers 10am**

14

**Nutrition Talk & Smoothie Sampling with Amy 11am**

15

**Meet the Social Worker 9am**

16  
**Holi Festival of Colors Party 11am**  
  
*No 12pm bingo*



17  
**St. Paddy's Day covered dish 9:30am**  
**WEAR GREEN**

18

**Arts for caregivers 10am**

21

**TOWN HALL MEETING 11am**

22

23  
*Spa Day*  
**Hair and Nails by CTC 11am**  


24

**SILVERS Series: Getting Around 1pm \*virtual\***

25

**Arts for caregivers 10am**

28

29

30

31  
**Art Therapy with Alison from the Wright Center 10am**

OPPENHEIM HEALTHY AGING CAMPUS  
1004 Jackson Street  
Scranton, PA 18504  
570-961-1592

# March

## GRAB & GO LUNCH

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

## BINGO SCHEDULE

Mon 10am  
Weds 10am & 12pm  
Thurs 11:30am

## WALK WITH YOUR FUTURE DOCTOR

Meet the GCSOM med students on the Lack. Heritage Trail at Olive St. 9am on 3/26

## FITNESS

**Mon:** Yoga 9am, Strength & Balance 10am

**Tues:** Int/Adv. TaiChi 6:30pm, Yoga 5pm

**Weds:** Beg. TaiChi 10am

**Thurs:** Yoga 8:45am, Strength & Balance 10am

**Fri:** Arthritis Chair Exercises (AFEP) 10am

- **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. Offered Wednesdays and Fridays.
- **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.
- **3/2 Dance Party with EJ the DJ:** Dancing, fun, and snacks.
- **3/2 Ashes & Blessing:** Ashes and a blessing will be given by a Deacon from St. Pat's Cathedral.
- **3/3 Mobility & Fall prevention with Lackawanna College OT students:** Join the Lackawanna College occupational therapy students for an educational session on mobility and fall prevention.
- **3/7 St. Paddy's Day craft with Deb:** Embrace your inner artist and create a St. Patty's day keepsake.
- **3/7 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 Amy.
- **3/9 Assistive Technology Presentation with Heather from UCP of NEPA:** Join Heather from UCP to learn about FREE assistive technology programs and devices for hearing & vision impairment.
- **3/14 Nutrition Talk and Smoothie Sampling with Amy:** Join Amy to talk about nutrition and sample delicious smoothies.
- **3/15 Meet The Social Worker:** Terilynn Brechtel visits the Healthy Aging Campus to answer questions about mental health, and offer support and resources.
- **3/16 Holi Festival of Colors Party:** Holi is a Hindu celebration of colors, love, spring and the triumph of good over evil. Join us to celebrate with food, dancing and music!
- **3/17 St. Paddy's Day Covered Dish:** Wear green and bring a dish to share with friends. RSVP to Amy.
- **3/21 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.
- **3/23 Spa Day Hair and Nails by Career Technical Center:** Join us for a relaxing day of self-care. Get your nails painted or a fresh haircut. No appointment needed.
- **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.
- **3/26 Walk with your future Doctor:** Get fit, healthy, and educated by taking a stroll with the GCSOM medical students! Meet at the Olive Street pavilion on the Lackawanna Heritage Trail at 9am. Attendees who mention this calendar get entered into a drawing to win a \$5 scratch-off!
- **3/31 Art Therapy 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.