



FALLBROOK HEALTHY AGING CAMPUS

ACTIVITIES FOR SENIORS 60+ FREE OF CHARGE UNLESS OTHERWISE INDICATED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FITNESS - NEW CLASS!!

Mon: Gentle Flow Yoga 12pm

Tues: Arthritis Chair Ex. 10am

Weds: *Healthy Steps in Motion 1:30pm*

Thurs: Chair Yoga 10am, Mat Yoga 11am

Fri: Flow and Breathe 11am

1
Intro to iPads
9am
Geisinger Craft
Activity
12:15pm

2
"No sew"
Blankets 9am

3

6
Majong 1pm
Senior Wellness
pres. w/ CIP
Rehab 11am

7
Open Pickleball
Practice
1:30-3pm

8 Intro to iPads
9am
Blood Pressure
Screening by
Life Geisinger
11:30 am
Paint & Sip
\$8/person 1pm

9 "No sew"
Blankets 9am
Painting with
The Wright
Center 12:30pm

10
Bingo & Ice
Cream 10am
Spring Craft
12pm



13
Arts and
Crafts w/
Donna 10am
Majong 1pm

14
Open Pickleball
Practice
1:30-3pm

15
Intro to iPads
9am

16
"No sew"
Blankets 9am

17
July 4th
Potluck &
Bingo 10am



20
Majong 1pm

21
Open Pickleball
Practice
1:30-3pm

22
Intro to iPads
9am
Make a
Suncatcher!
12:30pm

23
"No sew"
Blankets 9am

24
Friday in the
Park: Merli
Sarnoski 10am

27
BIG BINGO
10AM
Majong 1pm

28
Open Pickleball
Practice
1:30-3pm

29

Intro to iPads
9am
4th of July
party 11:30am

30
"No sew"
Blankets 9am



June

GRAB & GO LUNCH

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

BINGO

Tuesdays 11am
Wednesdays 10am

VISIT THE FARMERS
MARKET THURSDAYS
2-6PM
NOW OUTDOORS!

Want to improve your
strength, flexibility and
balance?



Join us Wednesdays at
1:30pm for Healthy Steps
in Motion, an 8-week
comprehensive, exercise-
focused, fall prevention
program.

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. Now outdoors!**
- **NEW Healthy Steps in Motion: Wednesdays at 1:30 pm. This is an 8-week comprehensive, exercise-focused, fall prevention program that will meet the needs of all fitness levels. Exercises will build strength, increase flexibility and improve balance.**
- **Majong Mondays: Come and play this fun game of skill, strategy, and luck.**
- **Open Pickleball Practice Tuesdays: Come learn to play pickleball! If you have your own racquet, please bring it. There are some available to borrow if you do not have one and would like to give it a try.**
- **Fridays 11am Flow and Breathe: This is a low-impact class, yet active, and will help to improve flexibility, balance, and muscle strength. To increase your energy, stamina, and overall feeling of well-being, give this class a try!**
- **Tuesdays 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.**
- **Thursdays at 9am: No Sew Blankets. Great gifts for birthdays and holidays. Materials required. Call (570) 580-9765**
- **6/1 Geisinger Craft Activity: Join us for a spring-themed craft.**
- **6/6 Senior Wellness pres. w/ CIP Rehab: Join us for an interactive exercise presentation.**
- **6/8 Blood Pressure Screenings Offered by Life Geisinger: Blood pressures will be taken by Maria Hastie of Life Geisinger.**
- **6/8 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**
- **6/9 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.**
- **6/13 Arts and Crafts with Donna: Come and make a seasonal keepsake. Please sign up at the center or call Nancy at 570-580-9765.**
- **6/17 4th of July themed Potluck and Bingo: Bring your favorite dish and prepare for a fun time! RSVP with Nancy**
- **6/22 Make a Suncatcher: Join us for an activity to welcome sunny days ahead. Materials provided**
- **6/24 Friday in the Park: Merli Sarnoski: Activities and lunch will be available at parks throughout Lackawanna County. 10am-1pm weekly. Call 570-963-6710 ext 1450 to RSVP and reserve a lunch. Attendees can go directly to the park; Shared Ride available.**
- **6/27 BIG Bingo: We ramp up the stakes for big winnings.**
- **6/29 4th of July Party: Join us in celebrating the 4th of July with some dancing!! Refreshments available.**