

OPPENHEIM HEALTHY AGING CAMPUS

ACTIVITIES FOR SENIORS 60+ FREE OF CHARGE UNLESS OTHERWISE INDICATED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FITNESS

CHANGES TO MON & WEDS SCHEDULE IN JUNE

Mon: Yoga 9am, Strength & Balance 10am

Tues: Int/Adv. TaiChi 6:30pm

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

Fri: Arthritis Chair Exercises (AFEP) 10am

1
Arts For Life
1pm

2
Penn State
Nutritional
Series 10am

3
Friday in the
Park: McDade
10am
Arts for
caregivers 10am

6
Craft w/ Deb
11am

7

8
Brain Games &
Brain Health for
Alzheimer's
Awareness
Month 11am
Arts For Life 1pm

9
Amy's
walking club
9:30am

10
Friday in the
Park:
Aylesworth 10am
Arts for
caregivers 10am

13
Paint & Sip
\$8/person 1pm
BYOB


14

15
Father's Day
Breakfast
RSVP to Amy
11am
Arts For Life
1pm

16
Penn State
Nutritional
Series 10am

17
Arts for
caregivers
10am


20
Make Indian
food with Krina
11am

21
Meet the
Social Worker
9:30am

22
Fruit & Veggie
Making and
Nutrition Talk
10am
Arts For Life 1pm

23
Penn State
Nutritional
Series 10am

24
Arts for
caregivers
10am

27

Pickleball
Instruction 11am
2nd floor gym

28

29
Art Therapy
w/ The Wright
Center 11am
Arts For Life
1pm

30
Penn State
Nutritional
Series 10am

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



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 GCSOM med students
on the Heritage Trail at
Olive St. 9am on Sat. 6/25



Join us Thursdays at
10am for an exciting
new Penn State
Nutritional Series with
weekly nutritional topics
and demonstrations
No class 6/9

- **Thursdays at 10am: Join us for the Penn State Nutrition Series.** A four-week series with nutritional topics and demonstrations.
- **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.
- **6/6 Craft with Deb:** Embrace your inner artist and create a centerpiece for our Father's Day Party.
- **6/8 Brain Games & Brain Health for Alzheimer's Awareness Month:** Come join in some games and learn about keeping your brain healthy with age.
- **6/9 Amy's Walking Club:** Meet at OHAC for a walk with Amy. All speeds are welcome!
- **6/13 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.
- **6/15 Father's Day Breakfast:** Dress up and join us for food, Ej the DJ, and a selfie station! Five-dollar donation to attend. RSVP to Amy. Bingo to follow at 12:00.
- **6/20 Make Indian food with Krina & Oppenheim Family:** Join Krina, U of S student, who will come once a month and do presentations, celebrations, art projects and other educative activities. This month she will be joined by a family at the Oppenheim Center to make Indian cuisine.
- **6/21 Meet the Social Worker:** Terilynn Brechtel visits the Healthy Aging Campus to answer questions about mental health, and offer support and resources.
- **6/25 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!
- **6/27 Pickleball with Amy:** Meet on the 2nd floor to learn and play. A great way to get moving and enjoy a new sport.
- **6/29 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.