

Carbondale Active Older Adult Community Center March 2020



DAILY EVENTS

Tuesday & Thursday
9:30 a.m. - 11:30 a.m.

TIPS

**Telehealth Intervention
Program for Seniors**

on Tuesdays
10:00 - 11:30 a.m.

Small Group Activities:

Cards
Billards
Board Games
IPads

Wii Bowling
Shuffleboard
11:30 a.m. - 12 Noon

Congregate Meal
12:00 p.m.- 1 p.m.

Bingo

**Arthritis Foundation Exercise
Program-Thursdays at 12:15**

66 North Church Street
Carbondale, PA 18407
570-282-6167

Nancy Brown, Manager

Mon	Tuesday	Wednesday	Thursday	Fri
	3 Lackawanna Health & Rehab Benefits of Eating Healthy 10:30		5. Cawley Physical Therapy 10:45 Monthly Birthday	
	10. Big Bingo 10:00		12. Geisinger Health Plan St. Patrick's Day Craft 10:30 Senior Food Boxes	
	17. Peggy Voyce Chair Yoga 9:45 American Red Cross Safety Presentation 11:00		19. Pet Therapy 9:30-10:00 Mid Valley Manor Root Beer Floats 11:00 Howard McIntosh	
	24. NEPA Memory Center 10:00 Council Meeting After Lunch	*Bring in an old 8x10 picture frame for our April Craft Project.	26. United Healthcare Bingo 10:30 Site council Mtg-12:00	
	31. VNA Hospice Laughter is the Best Medicine-10:15 Forest City Nursing & Rehab Bingo 11:00			