



# West Side Active Older Adult Community Center March 2020

**Daily Activities**  
**Monday**  
 10:30-11:15-Strong, Fit & Flexible  
 6:15 PM—Yoga (second floor)

**Tuesday**  
 9:00 AM - 11:00 AM Bingo  
 6:00 PM Tai Chi (second floor)

**Wednesday**  
 9:00 AM-11:00 AM Bingo  
 10:30-11:15-Strong, Fit & Flexible  
 12:45 PM—3:00 PM Big Bingo  
 5:15-6:00— Strong, Fit & Flexible

**Thursday**  
 9:00 AM—11:00 AM Bingo  
 5:30-6:30— Barre 360

**Friday**  
 9:00 AM - Pinochle  
 10 AM—11 AM Wii Wheel of Fortune

**TIPS**  
 Telehealth Intervention  
 Program for Seniors  
 (Blood Pressure, Oxygen Level &  
 Weight)  
 Wednesday  
 10:30 AM—12:00 PM

Mon	Tue	Wed	Thu	Fri
2. Arthritis Foundation Exercise Program (AFEP) 10:00	3. Lunch Slump Exercise 12:35 PM	4. American Red Cross Home and Fire Safety Program 11:00	5. Howard McIntosh Lackawanna County Area Agency on Aging	6. Lackawanna College Occupational Therapy Students 10:00 Food Distribution Ice Cream Sundaes Available After Lunch \$1
9. Monthly Council Meeting 10:00 AM  Monthly Birthday Party	10. Lunch Slump Exercise 12:35 PM	11. Geisinger Health Plan St. Patrick's Day Craft 10:30 Site Council Meeting 11:45	12.  Brain Games	13. Lackawanna College Occupational Therapy Students 10:00 LIFE Geisinger Blood Pressure Screening 10:00  Ice Cream Sundaes Available After Lunch \$1
16. Arthritis Foundation Exercise Program (AFEP) 9:30  Lackawanna Health & Rehab-Benefits of Healthy Eating-10:30	17. Happy St. Patrick's Day!!   Lunch Slump Exercise-12:35	18. It's a Party! Come celebrate St. Patrick's Day & the first day of spring! Entertainment by: Jim Cerminaro 10:30 Pet Therapy	19. Happy First Day of Spring!    Brain Games	20. Lackawanna College Occupational Therapy Students 10:00  Food Distribution Ice Cream Sundaes Available After Lunch \$1
23. Arthritis Foundation Exercise Program (AFEP) 10:00 VNA Hospice Laughter is the Best Medicine 11:00	24. Lunch Slump Exercise 12:35 PM	25. United Healthcare Presentation and Bingo 10:30 AM	26. Walmart Shopping Trip  Brain Games	27. Lackawanna College Occupational Therapy Students 10:00  Ice Cream Sundaes Available After Lunch—\$1
30. Arthritis Foundation Exercise Program (AFEP) 10:00	31. Lunch Slump Exercise 12:35 PM			

West Side Active Adult  
Community Center  
1004 Jackson Street  
Scranton, PA 18504  
570-961-1592, ext. 101