## OPPENHEIM HEALTHY AGING CAMPUS
### ACTIVITIES FOR SENIORS 60+

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</table>
| **FITNESS**  
Yoga Tues 5pm, Mon 9am  
Beginner Tai Chi Weds 10am  
Int/Adv Tai Chi Tues 6:30pm  
Strength & Balance Mon, Thurs 10am  
Arthritis Chair Exercises (AFEP) Fri 10am  
Enjoy a healthy smoothie after your workout! | **1**  
Arts for Life 1pm | **2**  
Meet the Social Worker 9am | **3**  
Arts for caregivers 10am |
| **6**  
Holiday Craft with Deb 11am | **7**  
Arts for Life 1pm | **8**  
Arts for Life 1pm | **9**  
Bingo with Open Systems Health Care 11:30am |
| **10**  
Arts for caregivers 10am | **11**  
Arts for caregivers 10am | **12**  
Arts for caregivers 10am | **13**  
Bingo 9:30  
CHRISTMAS PARTY & LUNCH WITH EJ THE DJ 10:30AM |
| **14**  
Bingo 9:30  
CHRISTMAS PARTY & LUNCH WITH EJ THE DJ 10:30AM | **15**  
Meditation presentation with Lack. Co. 10am  
Arts for Life 1pm (final class) | **16**  
Art Therapy with the Wright Center 10am | **17**  
Arts for caregivers 10am |
| **18**  
Arts for caregivers 10am | **19**  
Arts for caregivers 10am | **20**  
Christmas Cookie Swap 11am | **21**  
Christmas Movie: The Holiday 12pm |
| **22**  
The Wiggler's Club Sing, Dance & Laugh 11am | **23**  
The Wiggler's Club Sing, Dance & Laugh 11am | **24**  
Closed | **25**  
Closed |
| **26**  
The Wiggler's Club Sing, Dance & Laugh 11am | **27**  
The Wiggler's Club Sing, Dance & Laugh 11am | **28**  
The Wiggler's Club Sing, Dance & Laugh 11am | **29**  
The Wiggler's Club Sing, Dance & Laugh 11am |
| **30**  
The Wiggler's Club Sing, Dance & Laugh 11am | **31**  
Closed | **32**  
Closed | **33**  
Closed |

### GRAB & GO LUNCH
Mon-Fri 11:30-12:30  
Must be reserved 24 hours in advance!

### BINGO SCHEDULE
Mon 10am*  
Weds 10am & 1:30pm  
Thurs 11:30am  
*12/13 at 9:30 am

### PET THERAPY WITH LEO
Enjoy the benefits of Pet Therapy  
Monday, 12/20 at 9am
• **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 for the first 3 weeks of December.

• **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.

• **12/2 Meet The Social Worker:** Terilynn Brechtel visits the Healthy Aging Campus to answer questions about mental health, and offer support and resources.

• **12/6 Holiday Craft with Geisinger:** Join Deb from Geisinger Community for a holiday ornament craft.

• **12/13 Christmas Party with EJ the DJ:** Join us for a day of celebration! Bingo at 9:30, and dancing with EJ the DJ at 10:30. Come enjoy snacks and a $5 secret Santa exchange if interested in participating! Festivities will include a special covered dish lunch after dancing. Please RSVP to Amy 570-961-1592 ext. 104.

• **12/15 Meditation presentation with Lack. Co. Drug & Alcohol Prevention:** Learn how to meditate to calm the mind.

• **12/16 Art Therapy w/ 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.

• **12/20 Pet Therapy:** Benefits of interacting with a dog include lowered heart rate and blood pressure, reduced stress, improved balance and memory, and lowered depression and anxiety. Come pet Leo, our certified therapy dog, and experience the benefits yourself!

• **12/20 Christmas Cookie Swap:** Bring a dozen, take a dozen!

• **12/21 Christmas Movie:** The Holiday (PG-13): Two women in troubled relationships swap homes in each other’s countries over the Christmas holiday where they each meet a local man and fall in love. Starring Kate Winslet, Cameron Diaz, Jude Law, Jack Black. 3rd Floor. *Refreshments provided*

• **12/27 Home Health Care Professional Presentation on Seasonal Affective Disorder:** Come and learn about seasonal affective disorder and strategies for holding off those winter blues.

• **12/29 The Wiggler's Club Sing, Dance & Laugh:** A new healthy and fun way to get active and let loose. Join us on the last Wednesday of every month!