Supported by United Neighborhood Centers



Old Forge Senior Community Center

Activities for seniors 60+ FREE, unless otherwise indicated

310 SOUTH MAIN STREET
OLD FORGE PA 18518
570-457-8852

Ongoing Weekly

Arthritis Foundation Chair Exercise
Thursdays 12:30pm

An evidence-based low-impact exercise program with an educational component to reduce pain, stiffness, and maintain mobility. Beginners are welcome! (In downstairs fitness room. Enter through the back door)

Mahjong Wednesdays 1pm-3pm

Stop in for this captivating, tile-based game of skill, strategy, and social connection originating from China. Prior playing experience is required.(Beginners group coming soon! Stay tuned)

Social Thursdays 12pm-3pm

Stop in for a cup of coffee, chat with friends, work on a puzzle or just relax. The center will be open for your enjoyment.

Special Classes & Presentations

***Tuesday 10/6 at 12:30 :*Healing Circle:** Share stories, offer mutual support, and foster emotional or physical well-being Sponsored by Traditional Home Healthcare

***Friday 10/9 9:30am: Slow Flow Vinyasa Yoga* Fitness:** Try this dynamic style of yoga with your instructor Becky Kameraski, that links body movement directly with the breath in a continuous flowing sequence. This will be a slowed down version that is beginner friendly. Please bring a towel or mat. (In downstairs fitness room. Enter through the back)

***Friday 10/9 12:30pm:* Pizza Party:** Stop in and try a tase of a local pizza! Each month we will be featuring a different local venue. Enjoy, Relax, meet new friends and neighbors!

***Thursday 10/15 at 10am:* Pumpkin Painting:** Come relax, get creative and paint a holiday pumpkin. Guided by Amanda Buchko from UNC. Sign up is required in advance at the center. Space is limited to 10.

***Friday 10/16 at 9:30am:* Pop up Yoga Class:** Join your instructor Mindy Hill for a pop-up yoga class. Please bring your own mat or towel. (In downstairs fitness room. Enter through the back door)

Friday 10/16, 10/23, 10/30 2:30pm: CDSMP (Chronic Disease Self-Management Program): This 6 week practical, evidence-based class description helps participants build everyday skills to manage chronic conditions, reduce pain, and improve their overall quality of life. This is a 6 week series.

***Tuesday 10/20 at 1pm:* Name That Tune Bingo & Mini Music Performance:** Join your host local musician Paul LaQuintano for a fun, interactive game that combines classic bingo with musical trivia to spark memories and joy. Paul will also be playing mini tunes between games for your musical enjoyment!

***Wednesday 10/21 at 12:30pm:* Blood Pressure Checks:** Stop in for a free blood pressure check from Traditional Home Healthcare

Friday 10/23 at 1pm Watercolor Class: Join your instructor Patricia Volpe to make a beautiful fall masterpiece. Sign up is required and class space is limited to 15.

***Thursday 10/29 11:30am:* Mindful Art Class:** Join your instructor Allison LaRussa from the Wright Center in a mindful and meaningful art class that is not only creative but relaxing. Please sign up at center. Maximum 20 participants.

Programs are funded, in part, under a contract with the Pennsylvania Department of Aging and the Lackawanna County Board of Commissioners through the Lackawanna County Area Agency on Aging