

# MAY, Older Americans Month

## Falls Active Adult Center

2813 Sullivan's Trail, Exeter Township

Twila Watkins – Director

570-388-2623

**Daily Activities:** Cards, Games and Puzzles

Brain Games 3 X wk. for healthy mental acuity

**Weekly Activities:** Mondays: Craft Club, 10 a.m. to 12 p.m.

Tuesdays: Men's Coffee Club, 10 a.m. – 12 p.m.

## May 2022 Activities

**Mon., May 2, 10 a.m. Craft Club meets to work on “Ugly Quilts” (Sleeping Bags for those in need)**

**Mon., May 2, 10:30 a.m. Book Club “The Last House on the Street”, by Diane Chamberlain**

**Tues., May 3, CENTER CLOSED**

**Thurs., May 5, Honoring all mothers. Bring a guest. [Any Guest that has never been to the Center and the member will receive a ticket for a free lunch.](#)**

**Mon., May 9, 10a.m.to 1 p.m. Open House. Come for a tour and receive a FREE gift.**

**Wed., May 11, Lunch & Learn at 12:15 p.m. Lois Elick, RN, BSN, PA. Dept. of Health, will discuss “ Ticks and Tick Bearing Diseases”**

Mon. May 16, 10 a.m. Origami class taught by Atsuko McHale  
Thurs., May 19, Lunch & Learn at 12:15 p.m. Mary Reeves, LSW  
from “The Gardens at Tunkhannock, will discuss “ How to  
Protect Against Skin Cancer”

Mon. May 23, Picnic at Hock Memorial Park in Falls 9:30 a.m. to  
1:30 p.m. Come enjoy outside activities as well as brain games



Wed. May 25, Lunch & Learn at 12:15 p.m. Rachael Wydra , RN,  
BSN, PA. Dept. of Health will discuss “Ways to Deal with Loss”

Anyone wishing to join us for a meal at noon for a suggested donation of \$2 for  
those 60 and over should RSVP to Twila by 12:30 p.m. the day before.

The center is open from 9:30 a.m. - 1:30 p.m. Mon. thru Fri. It is located on SR 92  
in Falls, Exeter Township.

We will collect seasonal clothing for those in need.

### **Future Book Club selections:**

May 2, 2022 “The Last House on the Street’ by Diane Chamberlain

June 6, 2022 “The Children’s Blizzard” by Melaine Benjamin

July 11, 2022 “The River of Doubt” by Candice Millard

Aug 1, 2022 “Abraham Lincoln– A man of Faith and Courage” by  
Joe Wheeler

**\*\*PLEASE STAY AT HOME IF YOU ARE SICK\*\***