

Starting the 9th, the Carbondale Farmers Market is open every week! Shop local vendors every Thursday from 2pm-6pm.

Thursdays at 9am: Learn how to make a cozy blanket—no sewing required!

Thursdays at 11:30am: Watch the Netflix series "The Toys That Made Us" about "America's greatest toy franchises, telling the stories of the rise, and sometimes fall, of the billion-dollar creations."

Fridays at 12pm: Featuring movies: Legally Blonde (PG-13, 2001, Romance/Comedy), Holiday in the Wild (PG-13, 2019, Comedy/Drama), The Kings Speech (R, 2010, History/Drama)

9/8 Paint & Sip: Learn step-by-step how to create your own painting masterpiece, ready to hang over the mantle at the end of the class! No skills or experience necessary. Cost is \$8 per person 60 & over (under 60 \$20 per person). Bring your favorite wine or bubbly to sip while you create! You can also attend via Zoom from the comfort of your own home. For log-in information, contact sbodnar@uncnepa.org.

9/9 Painting Landscapes: Allison LaRussa from The Wright Center will teach you how to find relaxation and self-expression in this mindful art activity.

9/10 Healthy Food Choices: Learn how to make some easy changes to achieve a healthy eating pattern

9/14 "Exercise Your Brain:" Griswold HomeCare presents tips and exercises to sharpen your mind and memory.

9/15 Meet The Social Worker: Sarah Bodnar visits the Healthy Aging Campus to answer questions about mental health, and offer support and resources.

9/15 Carbondale YMCA Presentation: Learn about the exciting programs related to fitness, health & wellness that the YMCA has. Seniors are eligible for discounted and free classes when they attend the Healthy Aging Campus!

9/16 Third Thursday Virtual Happy Hour: Join friends in sipping your favorite drink and swapping stories. For log-in information, contact sbodnar@uncnepa.org.

9/17 End of Summer Potluck Party: Bring your favorite dish to share with friends! Sign up with Nancy by September 15th.

9/20 Cawley Physical Therapy educates on lower back pain.

9/24 Art Project: We'll be using leaves from the surroundings at Fallbrook to create prints for framing!

9/27 BIG Bingo: We ramp up the stakes for big winnings.

Fridays in the Park: Activities and lunch will be available at parks throughout Lackawanna County. 10am-1pm weekly. Call 570-963-6710 ext 1450 to RSVP and reserve a lunch. Attendees can go directly to the park; Shared Ride available. 9/3 Merli Sarnoski; 9/10 McDade; 9/17 Aylesworth; 9/24 Covington.