

MID VALLEY SATELLITE CAMPUS SEPTEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

FITNESS
Yoga Mondays 9am
Tai Chi Mondays 10am
Arthritis Chair Exercise Tuesdays 10am
ENJOY A HEALTHY SMOOTHIE
AFTER YOUR WORKOUT!

6 CLOSED

LABOR DAY



13 Computer and phone assistance offered by Lackawanna College 12:00pm

20 "Exercise your brain!" 11am
Paint & Sip
2pm
\$8/person

27 **Smoothies**
11am



7 **Coffee & Chat**
10:45am
"No Sew"
Blanket Making
10:45-11:30am

14 **Coffee & Chat**
10:45am
"No Sew"
Blanket Making
10:45-11:30am

21 **Coffee & Chat**
10:45am
"No Sew"
Blanket Making
10:45-11:30am

28 **Coffee & Chat**
10:45am
"No Sew"
Blanket Making
10:45-11:30am

1

8

15

22

29

2

International Bacon Day!

9 **Carbondale Farmers Market Opening Day**
2-6pm

16 **Virtual Happy Hour**
6:30PM

23

30

3

Fridays in the Park: Merli Sarnoski

10

Fridays in the Park: McDade Park

17

Fridays in the Park: Aylesworth Park

24

Fridays in the Park: Covington

GRAB & GO LUNCH

Weekly meals Mon 11am
Must be reserved by Wednesday prior

WALKING CLUBS

Thursdays 3pm
@ Mellow Park in Jessup
Wednesdays 9am
@ Carbondale Heritage Trail

LINE DANCING

Mondays at 1pm

CARBONDALE FARMERS MARKET

Every Thursday starting September 9th 2-6pm

Mid Valley Healthy Aging Satellite Site
310 Church Street, Jessup
570-489-4415



Come chat & socialize with us over coffee, every Tuesday morning!

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

Tuesdays 10am- Arthritis Class- mediation, stretching and a light full body exercise.

Tuesdays 10:45- No Sew Blanket making class. Great gifts for birthdays and holidays. Materials required. Call 570 489 4415 for information.

Walking Club - Join us for a half-hour walk. Thursdays 3:00pm at Mellow Park in Peckville (meet in the parking lot by the tennis courts) and Wednesdays 9:00 am at Carbondale Heritage Trail.

9/13 Tech Assistance: Bring in your phone, tablet, or computer to ask all of your burning questions on how to use these devices.

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

9/20 "Spirit Art" Sip and Paint: No Skills needed! Just a fun social event while creating a personal master piece. Bring a friend and beverage of your choice \$8.00 over 60/ \$20 under 60. Reservations required. By calling 570 489 4415.

9/20 "Exercise Your Brain" Griswold HomeCare presents tips and exercises to sharpen your mind and memory.

9/27- Smoothies- Stop by and enjoy a healthy refreshing smoothie. While you are here, learn more about the Mid Valley Healthy Aging Campus.

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.**