

REGISTRATION

Name: _____

Address: _____

Phone: _____

Email: _____

Program(s): _____

Yes, I would like the included meal:

Material Fees (if applicable): _____

Name on Credit Card: _____

Credit Card No.: _____

Exp. Date: _____ CVV: _____

If paying by check, please make payable to
United Neighborhood Centers of NEPA

**Please send form and
payment (if applicable) to:**

United Neighborhood Centers
777 Keystone Industrial Park Road
Throop, PA 18512

Or contact Laurie Fleming at (570) 346-0759,
ext. 211 or lfleming@uncnepa.org.

CENTERS

Carbondale Active Older Adult Center
66 North Church Street
Carbondale, PA 18407
(570) 282-6167

Mid Valley Active Older Adult Center
310 Church Street
Jessup, PA 18434
(570) 489-4415

South Side Active Older Adult Center
425 Alder Street
Scranton, PA 18505
(570) 346-2487

**West Side Active Older Adult Center/
Oppenheim Center for the Arts**
1004 Jackson Street
Scranton, PA 18504
(570) 961-1592

There is no charge for classes
unless a materials fee is indicated.
Donations are greatly appreciated
to help support UNC's Active Older
Adult Programs and Services.



www.uncnepa.org

AGING WELL

LIFE AT 55 PLUS



Fall 2019 Program Guide



Building a Stronger Community,
One Neighbor at a Time

PROGRAMS

MEDICARE 101

Presented by: Highmark Inc.

Are you approaching age 65? Get the facts about Medicare enrollment and your coverage choices. Choose between two different sessions. Light fare included. No charge.

Lunch & Learn: Tuesday, Oct. 8, 12:00-1:30 pm, Carbondale YMCA, 82 N. Main Street, Carbondale

Dine & Discover - Tuesday, Oct. 8, 5:30-7:00 pm, Mid Valley Active Older Adult Community Center, 310 Church Street, Jessup

AGING MASTERY PROGRAM (AMP)

Presented by: National Council on Aging

As life expectancy has dramatically increased over the past 50 years, many people find themselves unprepared for this increased longevity. In this six-week course, learn sustainable behaviors that will help improve health, strengthen financial security, enhance well-being, increase self-sufficiency, and maintain connectedness to your community as you age. Light fare included.

Time: Wednesdays, Oct. 9 - Nov. 13, 5:00-7:00 pm

Location: Mid Valley Active Older Adult Community Center, 310 Church Street, Jessup

Materials Fee: \$50 for manual

CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

Presented by: UNC Peer Educators

Funded by: Self-Management Resource Center

This six-week course teaches skills for living a healthy lifestyle while managing or caring for someone living with chronic pain. *Living a Healthy Life with Chronic Conditions*, a pain management workbook and CD, is included. If you need help with transportation, please contact us for possible assistance. Light fare included. No charge.

Time: Tuesdays, Oct. 8 - Nov. 12, 5:00-7:00 pm

Location: Mid Valley Active Older Adult Community Center, 310 Church Street, Jessup

SOUP'S ON!

Presented by: Local Chefs

Get ready for the cooler weather with new healthy soup recipes! Learn tips and techniques from local chefs as you create a different mouthwatering soup each week.

Time: Mondays, Oct. 14 - Nov. 4, 5:00-7:00 pm

Location: Oppenheim Center for the Arts, 2nd Floor Kitchen, 1004 Jackson Street, Scranton

Materials Fee: \$25

BEGINNER TAP DANCING

Presented by: Amy Hlavaty Belcher, Arabesque Academy of Dancing

Do you love tap dancing, or have you always wanted to try it? Join us! Don't have tap shoes? No worries! We have taps that can be strapped onto your sneakers or other comfortable shoes. One size fits all.

Time: Thursdays, beginning Oct. 17 (no class the second Thursday of every month), 6:30-7:15 pm

Location: Oppenheim Center for the Arts, 2nd Floor Fitness Center, 1004 Jackson Street, Scranton

Material Fees: \$28 for taps, if needed

STRONG, FIT & FLEXIBLE

Presented by: The Training Loft LLC

Build strength, balance, and flexibility in this fitness class using resistance bands, balls, and light weights. All fitness levels welcome!

Time: Wednesdays, 5:15-6:00 pm, ongoing

Location: Oppenheim Center for the Arts, 2nd Floor Fitness Center, 1004 Jackson Street, Scranton

LUNCH SLUMP

Presented by: Lisa Schmidt

30 minutes of stretching to get you through the afternoon hours.

Time: Tuesdays, 12:45-1:15 pm, ongoing

Location: Oppenheim Center for the Arts, 2nd Floor Fitness Center, 1004 Jackson Street, Scranton

BARRE CLASS

Presented by: Amy Hlavaty Belcher, Arabesque Academy of Dancing

Relieve stored stress and gently get in shape in this stretching and toning class.

Time: Thursdays, 5:30-6:15 pm, ongoing (no class second Thursday of every month)

Location: Oppenheim Center for the Arts, 2nd Floor Fitness Center, 1004 Jackson Street, Scranton

TAI CHI

Presented by: Rick Schmoyer

Exercise your body and mind in this Chinese martial arts class. Available at two different locations and times.

Time: Mondays, 1:00-2:00 pm, ongoing

Location: Mid Valley Active Older Adult Community Center, 310 Church Street, Jessup

Time: Tuesdays, 6:00-7:00 pm, ongoing

Location: Oppenheim Center for the Arts, 2nd Floor Fitness Center, 1004 Jackson Street, Scranton

YOGA

Presented by: Rick Schmoyer

Become more fit and flexible with this yoga class for all fitness levels.

Time: Tuesdays, 1:00-2:00 pm, ongoing

Location: Mid Valley Active Older Adult Community Center, 310 Church Street, Jessup

Time: Mondays, 6:15-7:00 pm, ongoing

Location: Oppenheim Center for the Arts, 2nd Floor Fitness Center, 1004 Jackson Street, Scranton

CHAIR YOGA

Presented by: Peggy Voyce

This yoga class utilizes chairs to help support you in simple yoga poses that will help you stretch and strengthen your body and mind. Classes available at all four Active Older Adult Community Centers. Contact the center closest to you for dates and times.