

# MID VALLEY SATELLITE CAMPUS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## FITNESS

**Monday:** Yoga 9am, Tai Chi 10am, Open Exercise Equipment 2-4pm

**Tuesday:** Arthritis Chair Exercise 10am

Enjoy a healthy smoothie after your workout! 

**1**

**One Last Friday in the Park: Merli Sarnoski**

**4**

**Line Dancing 1pm**

**5**

**Coffee & Chat 10:45am**

**"No Sew" Blanket Making 10:45-11:30am**

**6**

**7**

**Carbondale Farmers Market 2-6pm**

**8**

**11**

**TOWN HALL MEETING HELD AT FALLBROOK 11AM**

**Line Dancing 1pm**

**12**

**Coffee & Chat 10:45am**

**"No Sew" Blanket Making 10:45-11:30am**

**13**

**14**

**Carbondale Farmers Market 2-6pm**

**15**

**Afternoon at the movies: "Poms" 2-4pm**

**Open Exercise Equipment 2-4pm**

**18**

**Sip & Paint 2pm \$8/person**

**Line Dancing 1pm**

**19**

**Coffee & Chat 10:45am**

**"No Sew" Blanket Making 10:45-11:30am**

**20**

**Fallbrook Oktoberfest Mixer 4-6pm** 

**21**

**Carbondale Farmers Market 2-6pm**

**22**

**25 PA MEDI (formerly APPRISE) open enrollment 11am Sign up w/ Jodi**

**Line Dancing 1pm**

**26**

**National Pumpkin Day! Coffee & Chat 10:45am**

**"No Sew" Blanket Making 10:45-11:30am**

**27**

**28**

**Carbondale Farmers Market 2-6pm**

**29**

**Afternoon Social & Cards 2-4pm**

**Open Exercise Equipment 2-4pm**

# OCTOBER

## 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

## NEW CLASS: INTRO TO MICROSOFT WORD AT LACKAWANNA COLLEGE

Sign up to participate in a 3-session class 9-11am 10/8, 10/15, 10/22

Limited to 8 students  
COLTS shared ride transportation provided

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

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

The Carbondale Farmers Market is open every Thursday! Shop local vendors every Thursday from 2pm-6pm. Reminder: November 30th is the last day to use your Farmer's Market Vouchers

**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.

**Open exercise equipment:** Come workout with the exercise equipment from 2-4pm on Mondays. Exercise equipment will also be available for use on the following Fridays: 10/15 and 10/29.

**Intro to Microsoft Word 10/8, 10/15, 10/22:** Sign up to participate in this 3-session class at Lackawanna College on using Microsoft Word. Class is limited to 8 students. Students may park vehicles at Mid Valley Center and will be picked up and dropped off by Colts Shared Ride. Call Jodi to register and snag your spot!

**Tuesdays 10am-** Arthritis Class- meditation, 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.

**10/1 Fridays in the Park:** Activities and lunch will be available. 10am-1pm. Call 570-963-6710 ext 1450 to RSVP and reserve a lunch. Attendees can go directly to the park; Shared Ride available. 10/1 Merli Sarnoski will be the last Friday in the Park of this season.

**10/11 Town Hall Meeting held at Fallbrook:** Seniors, family members, and caregivers are invited to join the first Town Hall Meeting to offer feedback, ask questions, and network with peers while discussing Lackawanna County Healthy Aging Campus programs. Meetings will be held on a quarterly basis and are open to the public. Located at Fallbrook Healthy Aging Campus. Questions? Call Nancy (570)580-9765.

**10/15 Afternoon at the movies:** Join us for "Poms" (PG-13, 2019, Comedy/Dance). When Martha moves into a retirement community hoping to keep to herself, she meets a very sociable and insistent neighbor. Together, they learn that it is never too late to follow your dreams, even when the odds are not in your favor.

**10/18 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.

**10/20 Fallbrook Oktoberfest Mixer: Guten Tag!** Join us 4-6pm at the Fallbrook Healthy Aging Campus! Sample some fall favorites and visit our Build Your Own Bratwurst station. Bring your favorite beer or wine to share with friends. Suggested donation \$3; RSVP to Nancy Brown (570-580-9765).

**10/25 PA MEDI (formerly APPRISE) open enrollment:** Untied Way counselors will be taking appointments to help you navigate the insurance choices that are right for you. Please call 570-489-4415 for more information.

**10/29 Social and Cards:** Ready for a fun way to socialize? Bring your cards, games and friends to the Mid Valley Healthy Aging Campus from 2:00-4:00pm.