






MID VALLEY SATELLITE CAMPUS

ACTIVITIES FOR SENIORS 60+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Line Dancing 1pm	2 Election Day! Coffee & Chat 10:45am "No Sew" Blanket Making 10:45-11:30am	3	4 Carbondale Farmers Market 2-6pm	5
8 Line Dancing 1pm	9 Coffee & Chat 10:45am "No Sew" Blanket Making 10:45-11:30am	10	11  Carbondale Farmers Market 2-6pm	12 Open Exercise Equipment 2-4pm
15 Line Dancing 1pm Paint & Sip 2pm \$8/person 	16 Coffee & Chat 10:45am "No Sew" Blanket Making 10:45-11:30am	17	18 Carbondale Farmers Market 2-6pm	19 Open Exercise Equipment 2-4pm
22 Line Dancing 1pm PA MEDI (formerly APPRISE) open enrollment 2pm Sign up w/ Jodi	23 Coffee & Chat 10:45am "No Sew" Blanket Making 10:45-11:30am	24	25  CLOSED	26  CLOSED
29 Line Dancing 1pm	30 Coffee & Chat 10:45am "No Sew" Blanket Making 10:45-11:30am	FITNESS Monday: Yoga 9am, Tai Chi 10am, Open Exercise Equipment 2-4pm Tuesday: Arthritis Chair Exercise (AFEP) 10am Friday: Arthritis Chair Exercise (AFEP) 2pm *beginning Friday 11/12 Enjoy a healthy smoothie after your workout! 		

November

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

NUTRITION CLASSES WITH PENN STATE

Monday the 1st, 8th, 15th,
& 22nd at 11am
Snacks, Prizes & a
certificate of completion
awarded

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! Shop local vendors every Thursday from 2-6pm. 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: 11/12, 11/19.

11/1, 11/8, 11/15, 11/22 Nutrition class offered by Penn State Extension: Learn tips on preparing healthy meals, snacks and kitchen safety tips. Snacks and prizes will be awarded along with a certificate of completion.

Tuesdays 10am/Fridays 2pm: Arthritis Foundation Exercise Program (AFEP): An evidence based, low impact exercise program with an educational component. Includes stretching, meditation, and a full-body exercise.

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

11/15 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. For log-in information, contact sbodnar@uncnepa.org. RSVP to Jodi 570-489-4415.

11/22 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.