

MID VALLEY SATELLITE CAMPUS

ACTIVITIES FOR SENIORS 60+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Line Dancing 1pm	4	5	6 Carbondale Farmers Market 2-6pm	7 Cards, Games, Open Exercise 2-4pm
10 Line Dancing 1pm	11	12	13 Carbondale Farmers Market 2-6pm	14 Cards, Games, Open Exercise 2-4pm
17 <u>CLOSED</u>	18 "No Sew" Blankets 10:45-11:30am Arts & Crafts with Geisinger 11:00am	19	20 Carbondale Farmers Market 2-6pm	21 Cards, Games, Open Exercise 2-4pm
24 Line Dancing 1pm Paint & Sip \$8/person 2pm	25 "No Sew" Blankets 10:45-11:30am	26	27 Carbondale Farmers Market 2-6pm	28 Cards, Games, Open Exercise 2-4pm
31 Line Dancing 1pm	FITNESS Mon: Yoga 9am, Tai Chi 10am Tues: Chair Exercise 10am Fri: Exercise equipment available 2-4pm			

January

GRAB & GO LUNCH

Weekly meals Mon 11am
Must be reserved by
Wednesday prior

VISIT THE
CARBONDALE
FARMERS MARKET
THURSDAYS 2-6PM

Pet Therapy

2-4pm

**Fridays the
14th & 21st**



MID VALLEY HEALTHY
AGING SATELLITE SITE
310 CHURCH STREET, JESSUP
570-489-4415

The Carbondale Farmers Market is open! Shop local vendors every Thursday from 2-6pm.

- **Tuesday Chair Exercise 10am:** Stay fit, strong, and flexible with our effective and challenging chair exercise class. Newcomers welcome! No RSVP necessary.
- **Tuesdays the 18th & 25th 10:45am:** No Sew Blanket-making class. Great gifts for birthdays and holidays. Materials required. Call 570-489-4415 for information.
- **Fridays from 2pm-4pm:** Our doors are open! Get fit and use our exercise equipment, socialize with friends over cards & games, or get some Pet Therapy in with the therapy dog, Leo. No RSVP necessary, see you then!
- **Tuesday 1/18 Arts & Crafts:** Join friends and representatives from the Geisinger Community for a light-hearted & fun craft activity.
- **1/24 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 Sarah 570-489-4415.