

# MID VALLEY SATELLITE CAMPUS

ACTIVITIES FOR SENIORS 60+ FREE OF CHARGE UNLESS OTHERWISE INDICATED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <i>World Compliment Day!</i> <i>Say something nice to someone!</i>	<b>2</b>	<b>3</b> Carbondale Farmers Market 2-6pm	<b>4</b> Open Exercise 2-4pm
<b>7</b> Line Dancing 1pm	<b>8</b> 	<b>9</b>	<b>10</b> Carbondale Farmers Market 2-6pm	<b>11</b> Art Class with Geisinger 1:30pm  Open Exercise 2-4pm
<b>14</b> <i>Leprechaun Shakes 12pm</i> Line Dancing 1pm	<b>15</b>	<b>16</b>	<b>17</b>  Carbondale Farmers Market 2-6pm	<b>18</b> Open Exercise 2-4pm
<b>21</b> Line Dancing 1pm Paint & Sip \$8/person 2pm	<b>22</b> *Free Mini-Manicures & Haircuts* 10am	<b>23</b>	<b>24</b> Carbondale Farmers Market 2-6pm SILVERS Series: Getting Around 1pm *virtual*	<b>25</b> Open Exercise 2-4pm
<b>28</b> Line Dancing 1pm	<b>29</b>	<b>30</b>	<b>31</b> Carbondale Farmers Market 2-6pm	MID VALLEY HEALTHY AGING SATELLITE SITE 310 CHURCH STREET, JESSUP 570-489-4415

# March

## GRAB & GO LUNCH

Weekly meals Mon 11am  
Must be reserved by Wednesday prior

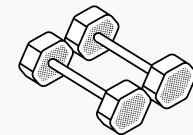


## FITNESS

Mon: Yoga 10am,  
Tai Chi 11am

Tues: Chair Exercise 10am\*  
*\*no class 2/22*

Fri: Exercise equipment available 2-4pm



*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.
- **Fridays from 2pm-4pm:** Our doors are open! Get fit and use our exercise equipment & socialize with friends. No RSVP necessary, see you then!
- **Friday 3/8 Art Class:** Join friends and representatives from the Geisinger Community for a light-hearted & fun craft activity.
- **Monday 3/14:** Come and enjoy a special treat to celebrate St. Patrick's Day!
- **3/21 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 Deborah 570-489-4415.
- **3/22 Mini Manis & Haircuts:** Pamper yourself with a spa day offered by senior students of Career Technology. Sign-up at Mid Valley in advance of 3/22. No cost for services!
- **3/24 SILVER Series:** Getting Around: The LCAAA presents **S**eniors are **I**nvolved, **L**iberated, **V**igilant, **E**ducated, **R**esourced, and **S**avvy. This week's session is about transportation resources. Laptops will be available for lending to attend the virtual session. RSVP to ejmdt@lackawannacounty.org