






MID VALLEY SATELLITE CAMPUS

ACTIVITIES FOR SENIORS 60+ FREE OF CHARGE UNLESS OTHERWISE INDICATED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 FITNESS  Mon: Yoga 10am, Tai Chi 11am Weds: Chair Exercise 11am, Breathe and Flow class 12pm Open exercise equipment available Mon & Weds		1 Wreath making w/ The Wright Center 1pm Walking Club 2pm	2 Carbondale Farmers Market 2-6pm	3
6 Blood Pressure screening 12pm Line Dancing 1pm Cornhole 2pm Senior Wellness pres. w/ CIP Rehab 2:30pm	7	8 Art Therapy w/ the Wright Center 1pm Walking Club 2pm	9 Carbondale Farmers Market 2-6pm	10 Friday in the Park: Aylesworth 10am
13 Telespond Senior Services 12pm Line Dancing 1pm Cornhole Tournament 2pm	14	15 Bingo w/ Geisinger 12pm Breathe & Flow 1pm* Walking Club 2pm	16 Carbondale Farmers Market 2-6pm	17
20 LIFT Begins! 9am  Line Dancing 1pm Paint & Sip \$8/person 2pm	21	22 LIFT 9am  Pet Therapy all day! *NO CHAIR CLASS* Walking Club 2pm	23 Carbondale Farmers Market 2-6pm	24
27 LIFT 9am Line Dancing 1pm Cornhole Tournament 2pm	28	29 LIFT 9am Smoothies 1pm  Walking Club 2pm	30 Carbondale Farmers Market 2-6pm	



GRAB & GO LUNCH

Weekly meals Mon 11am
 Must be reserved by Wednesday prior

NEW Fitness Classes!

Breathe and Flow: low impact for flexibility, balance, & strength
 Wednesdays 12pm
 *6/15 class is at 1pm

LIFT: 8-week strength training class offered by Penn State Extension
 Mons & Weds 9am
 beginning 6/20
 MUST PRE-REGISTER

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

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

- **New class on Wednesdays! Breathe and flow –** Come try this new class which will focus on tai chi movements. This is a low-impact class, yet active, and will help to improve flexibility, balance, and muscle strength. To increase your energy, stamina, and overall feeling of well-being, give this class a try!
- **NEW LIFT Strength Training Class starting 6/20:** An 8-week strength training program with a nutritional component. Led by trained instructors from Penn State Extension. Exercises geared to increase strength and flexibility and improve balance. Pre-registration is required. To register, visit <https://extension.psu.edu/lift> or call 1-877-345-0691.
- **Wednesday Chair Exercise 11am:** Stay fit, strong, and flexible with our effective and challenging chair exercise class. Newcomers welcome! No RSVP necessary. ****no chair exercise on 6/22****
- **Mon & Weds from 8:30am-4:30pm:** Our doors are open! Get fit and use our exercise equipment & socialize with friends. No RSVP necessary.
- **Walking Club Wednesdays at 2pm:** Get outside, get moving and soak up some vitamin D! Meet at the Mid Valley Healthy Aging Satellite Campus at 2pm to join the walk. Weather Permitting.
- **6/6 Blood Pressure Screenings** offered by Traditional Home Health
- **6/6 Senior Wellness pres. w/ CIP Rehab:** Join us for an interactive exercise presentation.
- **6/8 Art Therapy w/ the Wright Center:** The Wright Center will teach you how to find relaxation and self-expression in a mindful art activity.
- **6/10 Friday in the Park: Aylesworth Park:** Activities and lunch will be available at parks throughout Lackawanna County. 10am-1pm weekly. Call 570-963-6710 ext 1450 to RSVP and reserve a lunch. Attendees can go directly to the park; Shared Ride available.
- **6/13 Telespond Senior Services:** Listen and learn about Telespond Senior Services lunch provided!
- **6/20 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.
- **6/22 Pet Therapy** all day: Benefits of interacting with a dog include lowered heart rate and blood pressure, reduced stress, improved balance and memory, and lowered depression and anxiety. Come pet Leo, our certified therapy dog, and experience the benefits yourself!
- **6/29 Celebrate Independence Day** a bit early with a red, white and blue smoothie!