



New partnership with Lackawanna County Area Agency on Aging announced specifically for those 60+yrs. but open for all ages starting April 11th with beginner chair yoga and art in the greenhouse! Add us to your contacts list to receive announcements on exciting programs like: art, kayaking, fishing. Or follow us on Facebook or Instagram.



Lackawanna
County

COUNTY COMMISSIONERS
Patrick M. O'Malley • Jerry Notarianni
Lauren A. Cummings



CHAIR YOGA

Thursdays 1:30 PM
April 11 thru May 2nd

A beginner yoga class involves gentle standing and seated poses, supported by chairs that allow you to completely relax, and slowly and safely stretch. This gentle yoga aims to help one feel physical, mental and emotional relaxation for your body, reduce stress, release serotonin, improve flexibility, reduce pain and isolation. Surrounded by plants! 60 min. class. 4 classes perfect for beginners.

The Greenhouse Project

200 Arthur Ave
Scranton, PA
in Nay Aug Park

Parking adjacent to greenhouse, at meters, or in park lots

Free for those aged 60+ yrs. \$2 donation appreciated from those younger. Drop-ins welcome.

For more information email greenhouseprojectoffice@gmail.com

Class may be indoors or outside on patio, depending upon weather. Dress in layers. Please bring water, sunglasses, and a hat.



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ART IN THE GREENHOUSE

Thursdays 9:30 AM

April 11th, 18th, 25th, and May 2nd

Demonstrations, step-by-step instruction, and studio time will be offered to explore new artistic process and develop new techniques. Four one hour art classes taught by local professional artist, Michael Sorrentino. Using nature and plants, learn many of the fundamentals of art including the principles and elements of design. Instruction will be presented at a beginner level (open to all levels of art education). Various media will be used in class including pencils, charcoal, paint, and collage. New media/instruction each week.

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Free for those aged 60+ yrs. with pre-registration. To register call (570) 963-6740 or email greenhouseprojectoffice@gmail.com. We will need your name, age, and phone or email. Please arrive 10 minutes early to claim your seat. For those 59 yrs and under, a \$10 donation is appreciated. Drop-ins welcome if space is available. Limited to 16 per class.



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Flower Sales Starting April 13th

Hours Thursday - Monday 12-5 PM

Tulips, Daffodils, Hyacinths, Lilies, Hydrangea, Spring Mums
Brassicas, Lettuce, Kale, Collards & more.

[Upcoming Programs & Events: Visit our Calendar of Events](#)

- [NEW! Food. Health. Planet. The Connection! April 4th at U of S.](#)
- [Strength & Conditioning Series - Mondays 6pm \\$5 donation](#)
- [NEW! Thursday Beginner Chair Yoga- 1:30 pm.](#)
- **This Week:** [Gardening 101 Starting Tuesday April 2, 6pm and continues thru summer.](#)
- [NEW! NEPA Green Fair April 27th 9-3 PM](#)

All classes are suggested donation and open to all regardless of ability to pay.

The Greenhouse Project

200 Arthur Avenue • Scranton, Pennsylvania 18510 • www.ScrantonGreenhouse.org

a 501(c)(3) non-profit charity organization