



Stay Connected with Fall Classes

Free classes designed to inspire and connect while learning. Open and free to those 60 yrs. and older with pre-registration (and to younger with a donation). Open level small-group sessions are casual and uplifting. Sign up and connect to meet others! (Note: Must have access to a computer, tablet, or smart phone for Zoom Classes. (Any in-person class may change to Zoom if necessary.)

Exercise - Total Body Conditioning. Tuesdays at 6:00 PM via Zoom. Begins Sept. 1st

Yes, you can do this! This series of four classes will entail: a low impact, light intensity cardio component with full range of motion; a balance and strength component, using a chair for added stability. Focus will be placed on each muscle group and the balance between muscle groups. Class will finish with stretching. Each movement can be modified to your fitness level.

Exercise - Strength & Stability. Wednesdays at 11:00 PM via Zoom. Begins Sept. 2nd

A must-do class! This series of four classes will take you through warm ups and then on to building strength and stability with a wide range of exercises targeting each part of the body from top-bottom. We will use a chair, weights, and bands if you have them. You will use your own body weight for an easy way to incorporate this workout anywhere.

>> Instructor: Christine Fazzi (Professional Fitness Instructor)

Grief & Loss Support - Art for Grieving. Wednesdays at 5:30 PM at the Greenhouse pavillion. Begins Sept. 9th

A series of four art classes taught at the Greenhouse pavilion by local professional artist. Demonstrations, step-by-step instruction will be offered to explore an artistic process and develop techniques. Quiet the mind while you play with your hands. Instruction will be presented at a beginner level (open to all levels of previous art education) Various media will be used in class including: pencils, charcoal, paint, collage. Informal, light instruction.

>> Instructor: Michael Sorrentino (M.F.A.)

Guided Nature Walks - Sunday, Sept. 13, 10am Lackawanna State Park, Wallsville

Walk is 3 miles **moderate level** with some rocks and hills through open woods, fields, to stone walls, old foundation, and a lone pine grove on the Gardner Spencer Preserve. **>> Guide: Jane Frye**

Guided Nature Walk Sat. Sept. 19, 10am. Lackawanna River

Trail.

Olive Street Trailhead, Scranton. 2-3 mile mostly level, paved trail to find artwork on the trail, Easy level.

>> Guide: Jane Frye Information number during the week: Jane - 570-343-5144. Cell number for day of walk: Rob - 520-954-5759



Grief & Loss Support - Personal Writing for Grieving at park pavillion. Thursdays at 6:00 PM Begins Sept 24

This series of four carefully-guided writing exercises address the wide range of ways that grief is felt, and the endless ways we can express particular aspects of the process. Growing older gives us more and more reasons to grieve. Confidential and intimate, our writing will be a form of connection and mindfulness - a guided time of reflection and help finding the good, healing words. Open to all writing levels, a small-group sessions are casual and uplifting.

Creative Letter Writing- Dear You. Thursdays at 1:00 PM via Zoom. Begins October 1

A series of six specifically designed conversations which lead to an amazing set of letters "To The Lost And Found" - a series for all experience levels that will help you find what's been lost over a lifetime of hectic living while accumulating many unresolved griefs. A small-group class, Open to all writing levels. Sign up and connect to your highest, best writing self and meet others! (We will move to remote Zoom class if necessary.)

>> **Craig Czury, (M.F.A. - International Poet and Fulbright Professor)**

Casual Cooking with Pat & Kim. Wednesdays at 2 PM via Zoom. Begins Oct. 21st

A series of four cooking classes that teach inspiration rather than recipes. With casual and fun banter, Pat & Kim will teach you how to eat well without spending hours in the kitchen. Whether you're facing the challenges of cooking for 1-2 people or cooking in big batches – this class will help you succeed by keeping it simple and getting comfortable with winging it! Learn simple ideas while having fun with basic ingredients from your fridge and pantry.

>> **Instructors: Patricia Atkins (former owner of Patsel's Restaurant, Clarks Summit PA)
Kimberly Crafton (former owner of Summerhouse Grill, Montrose PA)**

Chair Yoga. Mondays at 10:00 AM via Zoom. Begins August 1st - Ongoing

Jump in! Chair yoga offers a full body experience for beginners to the experienced. In this class we will modify yoga poses so they can be done while seated in a chair.

Yoga You Can Do. Fridays at 10:00 AM via Zoom. Begins Aug. 1st - Ongoing

This class is taught at a slower pace incorporating gentle stretching and strengthening as well as focusing on balance, the breath and meditation. The participants will experience standing, forward folds, balancing, breath and meditation, kneeling, as well as seated, prone and supine floor work.

>> **Instructor Theresa Novak (T Novak Spiritual Quest) – Theresa will help you get started with Zoom, if needed.**

TO REGISTER FOR ANY CLASS - EMAIL: getGHPinfo@gmail.com or phone 570-963-6740.

New to Zoom? Don't worry. Your instructor will help you get connected! Some classes are in person. All Free for 60+ yrs.