



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 those 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. (In-person class may change to Zoom if necessary.)

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

This series of four carefully-guided writing exercises address the range of ways that grief is felt and expressed. 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, these small-group sessions are casual and uplifting. (We will move to remote Zoom class if necessary.)

Creative Letter Writing- Dear You. Thursdays at 1:00 PM via Zoom. Begins October 29th

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!

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

Exercise - Total Body Conditioning. Tuesdays at 6:00 PM via Zoom. Continuing thru October

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.

Exercise - Strength & Stability. Wednesdays at 11:00 AM via Zoom. Continuing thru October

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)

Guided Nature Walks - >> Guide: Jane Frye, Naturalist

Sunday, October 4, 10:00 am – Eales Preserve on Moosic Mountain, Mount Cobb.

3 miles MODERATE DIFFICULTY on the Conglomerate/Stonehenge Trails with rocks and roots. Directions: From YMCA in Dunmore: Turn right on Blakely Street. Immediately turn right onto I-81/84/380. Get into left lane. Take Carbondale left exit onto new Casey Highway (new Route 6) and go a few miles to Exit #1 Marshwood Road. At end of exit ramp, turn left and go 2.6 miles to Nature Conservancy Eales Preserve Trailhead Parking on left.



Lackawanna
County

Commissioners
Jerry Notarianni • Debi Domenick • Chris Chermak



Guided Nature Walks - Saturday, October 17, 10:00 am – Lake Scranton "Fall Foliage at its Best" – 2 to 3 miles flat and paved. *Directions: Meet at the PA American Water Company handicapped parking lot off of East Mountain Road, Scranton. For non-handicapped, park beside the Fire Station on the top of East Mountain Road and walk through the Lake Scranton Estates development to the handicapped parking lot. Please call for directions if you do not know how to get to this parking lot. We are not using the big lot on Route 307.*

Walk Information number during the week: Jane - 570-343-5144. Contact for day of walk: Rob - 520-954-5759

Please - Keep Safe Distance of 6 feet apart. Bring and wear masks in group or narrow sections and if people crowd, mask will be required. **NO PETS ON THE WALKS. THANKS. THESE ARE NOT INTERPRETIVE WALKS.**

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. 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. 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. Our instructor will help you get connected! Some classes are in person. All Free for 60+ yrs. Donations suggested for those under 60 yrs.