



OUTDOOR & ACTIVE OLDER ADULTS

**JOIN OAOA**

FREE FUN PROGRAMS FOR OLDER ADULTS



**Lackawanna**  
*County*

Commissioners  
Bill Gaughan • Matt McGloin • Chris Chermak

## The Greenhouse Project OAOA 2024-2025 CALENDAR

SESSION DATE(s)	EVENT & LOCATION	START TIME
<b>July 12</b> Friday	<b>Pottery as Meditation with Experience Pottery</b> At The Greenhouse Project, Scranton	<b>3:00 pm and</b> 6:30 pm
<b>July 24</b> Wednesday	<b>Guided Nature Walk w/ Naturalist Jane Frye</b> Lackawanna River Trail (Laurel Street, Archbald)	<b>10:00 am</b>
<b>August 10</b> Saturday	<b>Level 1 Kayak (Rain date from July)</b> Lackawanna State Park, North Abington Twp.	<b>1:00 pm</b>
<b>August 21</b> Wednesday	<b>Learn to Kayak - (For True Beginners ONLY)</b> Lackawanna State Park, North Abington Twp.	<b>5:30 pm</b>
<b>August 31</b> Saturday	<b>Guided Nature Walk w/ Naturalist Jane Frye</b> Lackawanna River Trail (7th Ave, Scranton)	<b>10:00 am</b>
<b>Sept 7</b> Saturday	<b>Kayak - Level 1 Kayak (Some Experience Needed)</b> Lackawanna State Park, North Abington Twp.	<b>3:00 pm</b>
<b>Sept 8</b> Sunday	<b>Meditation for Grief with Breathe and Prosper</b> At the Greenhouse Project, Scranton	<b>10:00 am</b>
<b>Sept 10- Oct 1</b> 4 Tues Evenings	<b>Healing Through Somatic Movement</b> At The Greenhouse Project, Scranton	<b>5:00 pm</b>
<b>Sept 16- Oct 7</b> 4 Mondays	<b>Pound IT- Drumming for Joy- Fitness with Edna</b> EHealth Studio, Dunmore	<b>4:30 pm</b>
<b>Sept 19</b> Thursday	<b>Labyrinth Walk - Autumnal Equinox Meditation</b> Covenant Presbyterian Church, Scranton	<b>6:30 pm</b>
<b>Sept 21</b> Saturday	<b>DIY Dynamic Autumn Deck Pots</b> At The Greenhouse Project, Scranton	<b>11:00 am</b>
<b>Sept 22</b> Sunday	<b>Guided Nature Walk w/ Naturalist Jane Frye</b> Jefferson Township Recreational Trail (Mt. Cobb)	<b>11:30 am</b>
<b>Oct/Nov</b> 4 days	<b>Group Singing Lessons</b> TBD	<b>TBD</b>
<b>Oct 23</b> Wednesday	<b>Guided Nature Walk w/ Naturalist Jane Frye</b> Lackawanna State Park, North Abington Twp.	<b>10:00 am</b>
<b>Oct 30-Nov 21</b> 4 Wednesdays	<b>Learn to Play Pickleball (Evening Sessions)</b> Birchwood Tennis & Fitness Club, Clarks Summit	<b>5:00 pm</b>
<b>Nov 9th</b> Saturday	<b>Holiday Card making at the WORKSHOP</b> The Workshop, Scranton	<b>3:00 pm</b>
<b>Dec 7</b> Saturday	<b>Meet The Growers and Swag Workshop</b> Spring Hills Farm, North Abington Township	<b>2:00 pm</b>
<b>Dec 8</b> Sunday	<b>Sound Healing with Steve Werner</b> At The Greenhouse Project, Scranton	<b>11:00 am</b>

**The Greenhouse Project - 200 Arthur Ave. Scranton PA**  
[www.scrantongreenhouse.org](http://www.scrantongreenhouse.org)

## The Greenhouse Project OAOA 2023-2024 CALENDAR (*continued*)

<b>SESSION DATE(s)</b>	<b>EVENT &amp; LOCATION</b>	<b>START TIME</b>
<b>Jan 3- Feb 27 2025</b> <i>Tuesdays</i>	Yoga for Healing with Mindy Hill <i>Throop Civic Center, Throop</i>	11:00 am
<b>March 2 2025</b> <i>Sunday</i>	Mindful Art Journaling Your Way <i>AFA Gallery, Penn Ave, Scranton</i>	2:00 pm
<b>TBD</b> <i>Sunday</i>	Sound Healing <i>AFA Gallery, Penn Ave, Scranton</i>	TBD
<b>March 2025</b> <i>Saturday</i>	Meet The Growers - Private Guided Farm Tour <i>Burke's Maple Farm, Fell Township</i>	3:00 pm
<b>March 2025</b> <i>4 Wednesdays</i>	Yoga with Mindy <i>The Greenhouse Project, Scranton</i>	TBD
<b>Mar TBD</b> <i>4 Wednesdays</i>	Learn to Play Pickleball (Evening Sessions) <i>Birchwood Tennis &amp; Fitness Club, Clarks Summit</i>	5:00 pm
<b>April TBD, 2025</b> <i>4 Mondays</i>	Build Balance & Strength at The Barre <i>Steamtown Yoga &amp; Barre, Bogart Place, Scranton</i>	4:00 pm
<b>April 2025</b> <i>Thursday</i>	Creative Class <i>At The Greenhouse Project, Scranton</i>	5:30 pm
<b>April , 2025</b>	D.I.Y. All About Bees - Talk & Honey Tasting <i>At The Greenhouse Project, Scranton</i>	6:00 pm
<b>May 2, 2025</b> <i>Thursday</i>	Labyrinth Walk - Meditation for Spring Clearing <i>Covenant Presbyterian Church, Scranton</i>	6:30 pm
<b>May</b> <i>Saturday</i>	Meet The Growers - Private Guided Farm Tour	TBD
<b>May 2025</b> <i>Thursday</i>	D.I.Y. <i>At The Greenhouse Project, Scranton</i>	TBD
<b>May 2025</b> <i>Saturday</i>	Guided Nature Walk w/ Naturalist Jane Frye	10:00 am
<b>June 2025</b> <i>Thursday</i>	Learn to Kayak - (For True Beginners ONLY) <i>Lackawanna State Park, North Abington Twp.</i>	10:00 am
<b>June 2025</b> <i>Friday</i>	Kayak - Level 1 Kayak (Some Experience Needed) <i>Lackawanna State Park, North Abington Twp.</i>	TBD
<b>June 2025</b> <i>Thursday</i>	Guided Nature Walk w/ Naturalist Jane Frye	10:00 am

**Additional dates may be added. For Info or To Register: [Programs@ScrantonGreenhouse.org](mailto:Programs@ScrantonGreenhouse.org)**