



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>	<b>Pottery as Meditation with Experience Pottery</b>	<b>3:00 pm and</b>
Friday	At The Greenhouse Project, Scranton	6:30 pm
<b>July 24</b>	<b>Guided Nature Walk w/ Naturalist Jane Frye</b>	<b>10:00 am</b>
Wednesday	Lackawanna River Trail (Laurel Street, Archbald)	
<b>August 10</b>	<b>Level 1 Kayak (Rain date from July)</b>	<b>1:00 pm</b>
Saturday	Lackawanna State Park, North Abington Twp.	
<b>August 21</b>	<b>Learn to Kayak - (For True Beginners ONLY)</b>	<b>5:30 pm</b>
Wednesday	Lackawanna State Park, North Abington Twp.	
<b>August 31</b>	<b>Guided Nature Walk w/ Naturalist Jane Frye</b>	<b>10:00 am</b>
Saturday	Lackawanna River Trail (7th Ave, Scranton)	
<b>Sept 7</b>	<b>Kayak - Level 1 Kayak (Some Experience Needed)</b>	<b>3:00 pm</b>
Saturday	Lackawanna State Park, North Abington Twp.	
<b>Sept 8</b>	<b>Meditation for Grief with Breathe and Prosper</b>	<b>10:00 am</b>
Sunday	At the Greenhouse Project, Scranton	
<b>Sept 10- Oct 1</b>	<b>Healing Through Somatic Movement</b>	<b>5:00 pm</b>
4 Tues Evenings	At The Greenhouse Project, Scranton	
<b>Sept 16- Oct 7</b>	<b>PoundFit- Drumming for Joy</b>	<b>4:30 pm</b>
4 Mondays	EHealth Studio, Dunmore	
<b>Sept 19</b>	<b>Labyrinth Walk - Autumnal Equinox Meditation</b>	<b>6:30 pm</b>
Thursday	Covenant Presbyterian Church, Scranton	
<b>Sept 16th</b>	<b>DIY Fall Flower Power Pots</b>	<b>11:00 am</b>
Monday	At The Greenhouse Project, Scranton	
<b>Sept 22</b>	<b>Guided Nature Walk w/ Naturalist Jane Frye</b>	<b>11:30 am</b>
Sunday	Jefferson Township Recreational Trail (Mt. Cobb)	
<b>Oct 8- 29</b>	<b>Peaceful Path Yoga for Trauma and Recovery</b>	<b>5:00 pm</b>
4 Tuesdays	At The Greenhouse Project, Scranton	
<b>Oct 23</b>	<b>Guided Nature Walk w/ Naturalist Jane Frye</b>	<b>10:00 am</b>
Wednesday	Lackawanna State Park, North Abington Twp.	
<b>Oct 30-Nov 21</b>	<b>Learn to Play Pickleball (Evening Sessions)</b>	<b>5:00 pm</b>
4 Wednesdays	Birchwood Tennis & Fitness Club, Clarks Summit	
<b>Nov 9th</b>	<b>Holiday Card Making at the WORKSHOP</b>	<b>3:00 pm</b>
Saturday	The Workshop, Scranton	
<b>Dec 7</b>	<b>Meet The Growers and Swag Workshop</b>	<b>2:00 pm</b>
Saturday	Spring Hills Farm, North Abington Township	
<b>Dec 8</b>	<b>Sound Healing Meditation</b>	<b>11:00 am</b>
Sunday	At The Greenhouse Project, Scranton	

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

## The Greenhouse Project OAOA 2024-2025 CALENDAR (*continued*)

<b>SESSION DATE(s)</b>	<b>EVENT &amp; LOCATION</b>	<b>START TIME</b>
<b>Jan 2- Feb 27 2025</b> <i>Thursdays</i>	Yoga for Healing with Mindy Hill <i>Throop Civic Center, Throop</i>	1:30 pm
<b>January 17 2025</b> <i>Friday</i>	Pottery Experience <i>Community Room, Nay Aug Park</i>	3:30 pm
<b>Feb 9 &amp; 16 2025</b> <i>2 Sundays</i>	Creative Reset- Mixed Media Painting <i>Downtown Scranton</i>	3:00 pm
<b>Feb 5-Feb 26 2025</b> <i>4 Wednesdays</i>	Gentle Slow Flow Yoga w/ Allison <i>Weston Field, Providence Road.</i>	5:00 pm
<b>Feb 21 &amp; 28 2025</b> <i>2 Fridays</i>	Mindful Menopause Management <i>Nay Aug Park Community Room</i>	5:00 pm
<b>March 2 2025</b> <i>Sunday</i>	Meet The Growers - Private Guided Farm Tour <i>Burke's Maple Farm, Fell Township</i>	3:00 pm
<b>Mar 20- Apr 10 2025</b> <i>4 Thursdays</i>	Yoga for Beginners with Mindy Hill <i>The Greenhouse Project, Scranton</i>	2:30 pm
<b>Mar 24- Apr 14 2025</b> <i>4 Mondays</i>	Build Balance & Strength at The Barre <i>Steamtown Yoga &amp; Barre, Scranton</i>	4:00 pm
<b>Mar 30 2025</b> <i>Saturday</i>	What a Story! - Workshop with Conor Kelly O'Brien <i>At The Greenhouse Project, Scranton</i>	3:00 pm
<b>April 8-30 2025</b> <i>4 Tuesdays</i>	Learn to Play Pickleball (Morning Sessions) <i>Birchwood Tennis &amp; Fitness Club, Clarks Summit</i>	11:00 am
<b>April 9-May 1 2025</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 10 2025</b> <i>Thursday</i>	Papermaking Workshop <i>At The Greenhouse Project, Scranton</i>	5:30 pm
<b>April 13 2025</b> <i>Sunday</i>	Jane Jacobs Center for the Living City Walk <i>Downtown Scranton</i>	3:00 pm
<b>May 2025</b> <i>Thursday</i>	D.I.Y. Home Garden: Native Perennials <i>At The Greenhouse Project, Scranton</i>	TBD
<b>May 21 2025</b> <i>Wednesday</i>	Guided Nature Walk w/ Naturalist Jane Frye <i>Peckville</i>	10:00 am
<b>June 12 2025</b> <i>Thursday</i>	D.I.Y. All About Bees - Talk & Honey Tasting <i>At The Greenhouse Project, Scranton</i>	6:00 pm
<b>June 7 2025</b> <i>Saturday</i>	Learn to Kayak - (For True Beginners ONLY) <i>Lackawanna State Park, North Abington Twp.</i>	3:00 pm
<b>June 20, 2025</b> <i>Friday</i>	Kayak - Level 1 Kayak (Some Experience Needed) <i>Lackawanna State Park, North Abington Twp.</i>	6:00 pm
<b>June 2025</b>	Guided Nature Walk w/ Naturalist Jane Frye	10:00 am
<b>June 28 2025</b> <i>Saturday</i>	Guided Bird Watch with LSP Tony Desantis <i>Lackawanna State Park, North Abington Twp.</i>	TBD

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