



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
July 12	Pottery as Meditation with Experience Pottery	3:00 pm and
Friday	At The Greenhouse Project, Scranton	6:30 pm
July 24	Guided Nature Walk w/ Naturalist Jane Frye	10:00 am
Wednesday	Lackawanna River Trail (Laurel Street, Archbald)	
August 10	Level 1 Kayak (Rain date from July)	1:00 pm
Saturday	Lackawanna State Park, North Abington Twp.	
August 21	Learn to Kayak - (For True Beginners ONLY)	5:30 pm
Wednesday	Lackawanna State Park, North Abington Twp.	
August 31	Guided Nature Walk w/ Naturalist Jane Frye	10:00 am
Saturday	Lackawanna River Trail (7th Ave, Scranton)	
Sept 7	Kayak - Level 1 Kayak (Some Experience Needed)	3:00 pm
Saturday	Lackawanna State Park, North Abington Twp.	
Sept 8	Meditation for Grief with Breathe and Prosper	10:00 am
Sunday	At the Greenhouse Project, Scranton	
Sept 10- Oct 1	Healing Through Somatic Movement	5:00 pm
4 Tues Evenings	At The Greenhouse Project, Scranton	
Sept 16- Oct 7	PoundFit- Drumming for Joy	4:30 pm
4 Mondays	EHealth Studio, Dunmore	
Sept 19	Labyrinth Walk - Autumnal Equinox Meditation	6:30 pm
Thursday	Covenant Presbyterian Church, Scranton	
Sept 16th	DIY Fall Flower Power Pots	11:00 am
Monday	At The Greenhouse Project, Scranton	
Sept 22	Guided Nature Walk w/ Naturalist Jane Frye	11:30 am
Sunday	Jefferson Township Recreational Trail (Mt. Cobb)	
Oct 8- 29	Peaceful Path Yoga for Trauma and Recovery	5:00 pm
4 Tuesdays	At The Greenhouse Project, Scranton	
Oct 23	Guided Nature Walk w/ Naturalist Jane Frye	10:00 am
Wednesday	Lackawanna State Park, North Abington Twp.	
Oct 30-Nov 21	Learn to Play Pickleball (Evening Sessions)	5:00 pm
4 Wednesdays	Birchwood Tennis & Fitness Club, Clarks Summit	
Nov 9th	Holiday Card Making at the WORKSHOP	3:00 pm
Saturday	The Workshop, Scranton	
Dec 7	Meet The Growers and Swag Workshop	2:00 pm
Saturday	Spring Hills Farm, North Abington Township	
Dec 8	Sound Healing Meditation	11:00 am
Sunday	At The Greenhouse Project, Scranton	

The Greenhouse Project - 200 Arthur Ave. Scranton PA
www.scrantongreenhouse.org

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

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