



OUTDOOR & ACTIVE OLDER ADULTS

JOIN OAOA

FREE FUN PROGRAMS FOR OLDER ADULTS



**AGE FRIENDLY
LACKAWANNA**

55+ and a resident of Lackawanna County? The below Outdoor & Active Older Adult programs are just for you! Registration is required! Register to attend by writing to programs@scrantongreenhouse.org.

SESSION DATE(s) EVENT & LOCATION START TIME

...ONGOING... <i>Tues / Thurs</i>	Move Your Body with Karen Ritter <i>The Greenhouse Project, Nay Aug Park</i>	10:00-11:00 am
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July 12 <i>Sunday</i>	Guided Nature Walk with Naturalist Jane Frye <i>Nay Aug Park, Scranton</i>	10:00am
August 8 <i>Saturday</i>	"Paddle Lackawanna" Group Sunset Kayak <i>Lackawanna State Park</i>	6:00-8:00pm
August 12 <i>Wednesday</i>	Guided Nature Walk with Naturalist Jane Frye <i>Staback Park, Archbald</i>	10:00am
September 10 <i>Thursday</i>	Trail Hike with DCNR Nature Expert <i>Lackawanna State Park</i>	5:30pm
September 16 <i>Wednesday</i>	Creative Reset: Meditative Mixed Media <i>Retro Cafe, Scranton</i>	5:00-7:00pm
September 19 <i>Saturday</i>	Guided Nature Walk with Naturalist Jane Frye <i>Jefferson Township Recreation Park, Mount Cobb</i>	10:00am
Sept 24, Oct 1,8,15 <i>Series - Wednesdays</i>	Learn to Play Pickleball <i>Birchwood Tennis & Fitness Club, Clarks Summit</i>	5:00-6:00pm
October 6 <i>Tuesday</i>	Yoga: Somatic Slow Down with Mindy Hill <i>The Greenhouse Project</i>	5:30pm
October 14 <i>Wednesday</i>	Guided Nature Walk with Naturalist Jane Frye <i>7th Avenue Trailhead, Lackawanna River Trail, Scranton</i>	10:00am
October 21 <i>Wednesday</i>	DIY Furniture Refresh with Woods & Company <i>The Greenhouse Project</i>	10:00-2:00pm
October 28 <i>Wednesday</i>	NEPA Philharmonic presents (Candle)LIT 360° Brass <i>Marywood Rotunda, Scranton</i>	6:00pm
November 15 <i>Sunday</i>	Yoga: From Grief to Gratitude with Mindy Hill <i>The Greenhouse Project</i>	12:00pm
December 5 <i>Saturday</i>	Yoga: Let Go and Begin Again with Mindy Hill <i>The Greenhouse Project</i>	10:00am
December 10 <i>Thursday</i>	NEPA Philharmonic presents <i>Holiday Magic</i> <i>Scranton Cultural Center, Scranton</i>	7:00pm
January 10,17,24,31 <i>Series - Sundays</i>	Learn to Play Pickleball <i>Birchwood Tennis & Fitness Club, Clarks Summit</i>	1:00-2:00pm
January 23 <i>Saturday</i>	Birds & Brew, Feeder Bird Watching <i>(Indoors) Lackawanna State Park</i>	9:00-11:00am

*Additional dates may be added or changed. For Info or To Register: Programs@ScrantonGreenhouse.org
Or visit our website: www.ScrantonGreenhouse.org Rev.10/11/26*