

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>No Fitness Classes</b>	<b>2</b> <b>No Fitness Classes</b> Christmas Ornament Wall Decorations 2:30 – 3:30 p.m.	<b>3</b> <b>No Fitness Classes</b> Bird Feed and Bird Trivia 10:30 – 11:30 a.m.	<b>4</b> Equipped with Exercise 2 – 2:30 p.m. Cards for Nursing Home Residents 2:30 – 3:30 p.m. Telemed Class 10:30 – 11:30 a.m. <b>Gym closed 2 – 2:30 p.m.</b>
<b>7</b> Equipped with Exercise 2 – 2:30 p.m. Snowman Wineglass 2:30 – 3:30 p.m. <b>Gym closed 2 – 2:30 p.m.</b>	<b>8</b> Move and Stretch 10 – 10:30 a.m. <b>Gym closed 10 – 10:30 a.m.</b>	<b>9</b> Equipped with Exercise 2 – 2:30 p.m. Telemed Class 2:30 – 3:30 p.m. <b>Gym closed 2 – 2:30 p.m.</b>	<b>10</b> Move and Stretch 10 – 10:30 a.m. Holiday Jeopardy 10:30 – 11:30 a.m. <b>Gym closed 10 – 10:30 a.m.</b>	<b>11</b> Equipped with Exercise 2 – 2:30 p.m. <b>Gym closed 2 – 2:30 p.m.</b>
<b>14</b> Equipped with Exercise 2 – 2:30 p.m. Telemed Class 2:30 – 3:30 p.m. <b>Gym closed 2 – 2:30 p.m.</b>	<b>15</b> Move and Stretch 10 – 10:30 a.m. Cards for Nursing Home Residents 10:30 – 11:30 a.m. <b>Gym closed 10 – 10:30 a.m.</b>	<b>16</b> Equipped with Exercise 2 – 2:30 p.m. <b>Gym closed 2 – 2:30 p.m.</b>	<b>17</b> Christmas Ornament Wall Decorations 10:30 – 11:30 a.m. <b>Gym closed 10 – 10:30 a.m.</b>	<b>18</b> <b>No Fitness Classes</b>

Group Fitness Classes have a limit of 8 participants. The gym is closed during Group Fitness Classes. Sign up at front desk or with the Wellness Coordinator. Calendar subject to change.

30 Baldwin Blvd, Shamokin Dam  
PA 17876

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>21</b></p> <p><b>Equipped with Exercise</b> 2 – 2:30 p.m.</p> <p><b>Bird Feed and Bird Trivia</b> 2:30 – 3:30 p.m.</p> <p><b>Gym closed</b> 2 – 2:30 p.m.</p>	<p><b>22</b></p> <p><b>Move and Stretch</b> 10 – 10:30 a.m.</p> <p><b>Telemed Class</b> 10:30 – 11:30 a.m.</p> <p><b>Gym closed</b> 10 – 10:30 a.m.</p>	<p><b>23</b></p> <p><b>Equipped with Exercise</b> 2 – 2:30 p.m.</p> <p><b>Holiday Mingle &amp; Jingle</b> 2:30 – 3:30 p.m.</p> <p><b>Gym closed</b> 2 – 4 p.m.</p>	<p><b>24</b></p> <p><b>Move and Stretch</b> 10 – 10:30 a.m.</p> <p><b>Holiday Mingle &amp; Jingle</b> 10:30 – 11:30 a.m.</p> <p><b>Gym closed</b> 10 a.m. – 12 p.m.</p>	<p><b>25</b></p> <p><b>Christmas Day</b> <b>Clinic Closed</b></p>
<p><b>28</b></p> <p><b>Equipped with Exercise</b> 2 – 2:30 p.m.</p> <p><b>Gym closed</b> 2 – 2:30 p.m.</p>	<p><b>29</b></p> <p><b>Move and Stretch</b> 10 – 10:30 a.m.</p> <p><b>Snowman Wine Glass</b> 10:30 – 11:30 a.m.</p> <p><b>Gym closed</b> 10 – 10:30 a.m.</p>	<p><b>30</b></p> <p><b>Equipped with Exercise</b> 2 – 2:30 p.m.</p> <p><b>Holiday Jeopardy</b> 2:30-3:30 p.m.</p> <p><b>Gym closed</b> 2 – 2:30 p.m.</p>	<p><b>31</b></p> <p><b>Move and Stretch</b> 10 – 10:30 a.m.</p> <p><b>Telemed Class</b> 10:30 – 11:30 a.m.</p> <p><b>Gym closed</b> 10 – 10:30 a.m.</p>	<p><b>1</b></p> <p><b>New Year's Day!</b> <b>Clinic Closed</b></p>

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# Event Information

## What you need to know:

- **Registration is required.** Class size is limited for both group fitness and social activities in order to maintain social distance; masking is also recommended. Please call 570-884-7970 or sign-up at the clinic to get on the class list.
- Patients must complete a fitness assessment and exercise waiver in order to participate in exercise activities. To schedule a fitness assessment please call 570-884-7962.

## Class Descriptions:

- **Equipped with Exercise**- 30- minute exercise class that involves exercising with weight and fusion balls. Allowing patients to improve their endurance and build strength. Beginner to intermediate class.
- **Move and Stretch**- 30-minute exercise class that will allow you to move your body in a way that feels good. There will also be stretching, and core exercises involved. This class is meant to help you recover from the workout the day before. Beginner to intermediate class.
- **Christmas Ornament Wall Decoration**- Come join us in creating a beautiful ornament to hang on your front door or wall. Supplies included!
- **Cards for Nursing Home Residents**- Help us brighten the day of nursing home residents. We will write Holiday cards for nursing home residents which will be delivered by Lacey to a local facility.
- **Snowman Wineglass**- Join us in making a beautiful snowman decoration out of a wineglass!
- **DIY Bird Feed and Trivia** – Make sure your birds are fed throughout the winter with a simple DIY birdfeeder! Plus, we will learn all about the birds of Pennsylvania!
- **Holiday Mingle and Jingle** – Celebrate the holidays with us here at 65Forward! Sign ups are required. Please sign up at the front desk or with the social activities coordinator.

**Program Coordinator: Lacey Diltz**

**Wellness Coordinator: Abbey Inch**