

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Circuit training* 9 – 9:45 a.m.</p> <p>Strength & stretch* 3 – 3:45 p.m. Limit 5 participants</p>	<p>2</p> <p>Walking group Kirby park track 9:30 – 10 a.m. Limit 10 participants</p> <p>Circuit training* 12:30 – 1:15 p.m. Limit 5 participants</p>	<p>3</p> <p>Circuit training* 9 – 9:45 a.m. Limit 5 participants</p>	<p>4</p> <p>Walking group Kirby park track 9:30 – 10 a.m. Limit 10 participants</p> <p>Circuit training* 12:30 – 1:15 p.m. Limit 5 participants</p>	<p>5</p> <p>Circuit training* 9 – 9:45 a.m.</p> <p>Strength & stretch* 3 – 3:45 p.m. Limit 5 participants</p>
<p>8</p> <p>Circuit training* 9 – 9:45 a.m.</p> <p>Strength & stretch* 3 – 3:45 p.m. Limit 5 participants</p>	<p>9</p> <p>Walking group Kirby park track 9:30 – 10 a.m. Limit 10 participants</p> <p>Circuit training* 12:30 – 1:15 p.m. Limit 5 participants</p>	<p>10</p> <p>Circuit training* 9 – 9:45 a.m. Limit 5 participants</p>	<p>11</p> <p>Walking group Kirby park track 9:30 – 10 a.m. Limit 10 participants</p> <p>Circuit training* 12:30 – 1:15 p.m. Limit 5 participants</p>	<p>12</p> <p>Circuit training* 9 – 9:45 a.m.</p> <p>Strength & stretch* 3 – 3:45 p.m. Limit 5 participants</p>
<p>15</p> <p>Circuit training* 9 – 9:45 a.m.</p> <p>Virtual healthy eating 1:30 – 2:30 p.m.</p> <p>Strength & stretch* 3 – 3:45 p.m. Limit 5 participants</p>	<p>16</p> <p>Walking group Kirby park track 9:30 – 10 a.m. Limit 10 participants</p> <p>Circuit training* 12:30 – 1:15 p.m. Limit 5 participants</p>	<p>17</p> <p>Circuit training* 9 – 9:45 a.m. Limit 5 participants</p> <p>Memory lane in clinic ++ 9 a.m. – 4 p.m.</p>	<p>18</p> <p>Walking group Kirby park track 9:30 – 10 a.m. Limit 10 participants</p> <p>Virtual Picnic ++ 12 – 1 p.m.</p> <p>Circuit training* 12:30 – 1:15 p.m. Limit 5 participants</p>	<p>19</p> <p>Circuit training* 9 – 9:45 a.m.</p> <p>Strength & stretch* 3 – 3:45 p.m. Limit 5 participants</p>

Social Activities marked with (+) designated as IN CLINIC are limited to 1 participant, 2 if a couple sharing a household. – Please sign up with front desk staff or wellness coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>Circuit training* 8 – 8:30 a.m.</p> <p>Virtual healthy eating 1:30 – 2:30 p.m.</p> <p>Strength & stretch* 3:30 – 4:00 p.m. Limit 5 participants</p>	<p>23</p> <p>Walking group Kirby park track 8 – 8:30 a.m. Limit 10 participants</p> <p>National Gardening Week – Q Tip Flowers++ 12, 1, 2, and 3 p.m.</p>	<p>24</p> <p>Virtual healthy eating 1:30 – 2:30 p.m.</p> <p>Circuit training* 3:30 – 4:00 p.m. Limit 5 participants</p>	<p>25</p> <p>Walking group Kirby park track 8 – 8:30 a.m. Limit 10 participants</p> <p>Global Beatles Day Musical via Skype 12 p.m.</p>	<p>26</p> <p>Circuit training* 8 – 8:30 a.m.</p> <p>Strength & stretch* 3:30 – 4:00 p.m. Limit 5 participants</p>
<p>29</p> <p>No exercise classes</p> <p>World Social Media Day in clinic ++ 9 a.m. – 4 p.m.</p>	<p>30</p> <p>Walking group Kirby park track* 9:30 – 10 a.m. Limit 10 participants</p> <p>Circuit training* 12:30 – 1:15 p.m. Limit 5 participants</p>	<p>1</p>	<p>2</p>	<p>3</p>

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Event Information

What you need to know:

- The community room will remain closed in June for exercise, health education classes and social events.
- Patients must complete an outdoor exercise waiver in order to participate, masking is also recommended.
- Class size is limited in order to maintain social distance. **Registration is required for all events.** Please call us at 570-714-3050 or sign-up at the clinic to get on the class list.
- Loyalty cards will be given to all participants. Get a stamp for every 30 min of exercise. Once 10 sessions are completed, return your card for a chance to win a limited edition 65-Forward umbrella!
- (*) indicates class will be held outdoors at the 65 Forward Clinic – Kingston
- (++) indicates social activity.

Exercise Class Descriptions:

- **Circuit Training** – 45-minute exercise class that includes cardio and strength exercise stations to improve strength, cardiovascular fitness and agility. Beginner to intermediate level.
- **Virtual Healthy Eating class** – Pam Charney, RD will be hosting educational nutrition classes over skype – please call to register
- **Memory Lane++** – Pull up a chair and chat with our program director to review current events and reminisce about your favorite year! Registration required.
- **Strength and Stretch** – 45-minute exercise class that includes light resistance training and stretching to improve strength and flexibility. Beginner to intermediate level.
- **National Gardening Week ++** – Come join us as we make Q Tip Flowers. Registration is required.
- **World Social Media Day++** – Come join us for a tech savvy series to discuss popular social networks and other ways to connect via the internet. Registration is required.
- **Chair Yoga** – 45-minute exercise class to improve strength, flexibility, and reduce overall stress, all while sitting on a chair! This class is designed for beginners.
- **National Picnic Day** – Pack a snack & meet us on Skype for a virtual picnic! Registration required.
- **Musical Bingo Beatles Edition via Skype** – Join us on Skype as we play musical bingo to celebrate the Beatles! Registration required.