

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p>	<p>2</p> <p>Outdoor Chair Yoga* 10:30 – 11:30 a.m.</p>	<p>3</p> <p>Group Strength via Skype 11 – 11:45 a.m.</p>	<p>4</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p>	<p>5</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p>
<p>8</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p>	<p>9</p> <p>Outdoor Chair Yoga* 10:30 – 11:30 a.m.</p> <p>Chronic Disease Self-Management – Skype (Session 1) 1 – 3:30 p.m.</p>	<p>10</p> <p>Group Strength via Skype 11 – 11:45 a.m.</p>	<p>11</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p> <p>Healthy Convo Series via Skype 1 – 2 p.m.</p>	<p>12</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p>
<p>15</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p> <p>Open Clinic Day – Memory Lane + Time – TBD by patient</p>	<p>16</p> <p>Outdoor Chair Yoga* 10:30 – 11:30 a.m.</p> <p>Chronic Disease Self-Management – Skype (Session 2) 1 – 3:30 p.m.</p>	<p>17</p> <p>Group Strength via Skype 11 – 11:45 a.m.</p>	<p>18</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p> <p>Healthy Convo Series via Skype 1 – 2 p.m.</p> <p>National Picnic Day Virtual Picnic via Skype 12 p.m.</p>	<p>19</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p> <p>National Gardening Week – Q Tip Flowers IN CLINIC+ 12, 1, 2, and 3 p.m.</p>

Outdoor walking program and chair yoga has a Limit of 6 Participants - Please sign up with Wellness Coordinator; Social Activities marked with (+) designated as IN CLINIC are limited to 1 participant, 2 if sharing a household.

3 West Olive Street,
Scranton, PA

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p>	<p>23</p> <p>Outdoor Chair Yoga* 10:30 – 11:30 a.m.</p> <p>Chronic Disease Self-Management – Skype (Session 3) 1 – 3:30 p.m.</p>	<p>24</p> <p>Group Strength via Skype 11 – 11:45 a.m.</p>	<p>25</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p> <p>Healthy Convo Series via Skype* 1 – 2 p.m.</p>	<p>26</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p> <p>Global Beatles Day Musical Bingo via Skype 12 p.m.</p>
<p>29</p> <p>Outdoor Walking Program* 10 – 11 a.m.</p>	<p>30</p> <p>Outdoor Chair Yoga* 10:30 – 11:35 a.m.</p> <p>Chronic Disease Self-Management – Skype (Session 4) 1 – 3:30 p.m.</p> <p>World Social Media Day in Clinic + 10, 11 a.m. and 12 p.m.</p>			

Outdoor walking program and chair yoga has a Limit of 6 Participants - Please sign up with Wellness Coordinator

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

Event Information

What you need to know:

- As of 5/2020 the fitness center will remain closed for exercise until July. Social activities will be held with limited number of participants while following social distancing and masking rules.
 - All other exercise activities will take place virtually or outdoors.
 - 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**. Please call us at 570-207-5970 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 ½ Marathon Pavilion (on West Olive Street – across from the Fresh Food Farmacy)

Class Descriptions:

- [Chair Yoga \(Outdoors/Skype\)](#) – 45-minute exercise class to improve strength, flexibility, and reduce overall stress. This class is designed for beginners. The class will be held outdoors.
- [Healthy Convo Series](#) – Half-hour class focused on good nutrition, healthy eating, exercise and other tips to improve your lifestyle. The class will be held via Skype.
- [Chronic Disease Self-Management](#) - Join us for our 6 – week self-management program, Chronic Disease Self-Management, as we tackle different ways to manage and improve your health. Registration is required.
- [Outdoor Walking Program](#) - 45-minute walking program where we will begin with a warmup, 30-minute walk at your own pace and a cool down.

Patients will meet under the ½ Marathon Pavilion (located directly across the street from the Fresh Food Farmacy (West Olive Street)
- [Strength and Stretch Program \(Skype\)](#)- 45-minute exercise class that includes light resistance training and stretching to improve strength and flexibility. Beginner to intermediate level.
- [Open Clinic Day – Memory Lane +-](#) Talk about current events/memories. You can choose a year and talk about notable events that happened! Registration Required.
- [National Picnic Day](#) – Pack a snack & meet us on Skype for a virtual picnic!
- [National Gardening Week +-](#) Come join us as we make Q Tip Flowers. Registration is required.
- [Musical Bingo Beatles Edition via Skype](#) – Join us on Skype as we play musical bingo to celebrate the Beatles! Registration 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.