## Community Room Schedule

Join us for upcoming wellness and social events!

**In case of inclement weather, please call ahead.**

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### FEBRUARY

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td><strong>Open Gym Day</strong></td>
<td><strong>Hearts &amp; Glass Craft</strong></td>
<td><strong>Open Gym Day</strong></td>
<td><strong>Circuit Training</strong></td>
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<tr>
<td><strong>Strength &amp; Stretch</strong></td>
<td><strong>10 - 11 a.m.</strong></td>
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<td><strong>9 - 9:45 a.m.</strong></td>
<td><strong>Chair Yoga</strong></td>
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<tr>
<td><strong>3 - 3:45 p.m.</strong></td>
<td><em><em>Matter of Balance Session 1</em> 1 - 3 p.m.</em>*</td>
<td></td>
<td><strong>(limit 8 participants)</strong></td>
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<tr>
<td><strong>Open Gym Day</strong></td>
<td><strong>New Patient Orientation</strong>*</td>
<td><strong>Open Gym Day</strong></td>
<td><strong>Coffee &amp; Convo: Topic - Exercise Myths</strong></td>
<td><strong>Open Gym Day</strong></td>
</tr>
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<tr>
<td><strong>3 - 3:45 p.m.</strong></td>
<td><em><em>Matter of Balance Session 2</em> 1 - 3 p.m.</em>*</td>
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<td><strong>10 - 11 a.m.</strong></td>
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</tr>
<tr>
<td><strong>Open Gym Day</strong></td>
<td><strong>Button Canvas Craft</strong></td>
<td><strong>Open Gym Day</strong></td>
<td><em><em>Healthy Heart Seminar</em> 1 - 2 p.m.</em>*</td>
<td><strong>Open Gym Day</strong></td>
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<td><strong>Strength &amp; Stretch</strong></td>
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<tr>
<td><strong>3 - 3:45 p.m.</strong></td>
<td><em><em>Matter of Balance Session 3</em> 1 - 3 p.m.</em>*</td>
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*In case of inclement weather, please call ahead.

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**Event location:** Geisinger 65 Forward

499 Wyoming Avenue

Kingston, PA 18704

570-714-3050

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**Join us for upcoming wellness and social events!**

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In case of inclement weather, please call ahead.

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**Community Room Schedule**

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**Open Gym Day**

**Strength & Stretch**

3 - 3:45 p.m.

(limit 8 participants)

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**Hearts & Glass Craft**

10 - 11 a.m.

---

**Matter of Balance Session 1**

1 - 3 p.m.

---

**Open Gym Day**

**Circuit Training**

9 - 9:45 a.m.

(limit 8 participants)

---

**Chair Yoga**

10 - 10:45 a.m.

(limit 8 participants)

---

**New Patient Orientation**

10 - 11 a.m.

---

**Matter of Balance Session 2**

1 - 3 p.m.

---

**Open Gym Day**

**Circuit Training**

9 - 9:45 a.m.

(limit 8 participants)

---

**Chair Yoga**

10 - 10:45 a.m.

(limit 8 participants)

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**New Patient Orientation**

10 - 11 a.m.

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**Matter of Balance Session 2**

1 - 3 p.m.

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**Open Gym Day**

**Circuit Training**

9 - 9:45 a.m.

(limit 8 participants)

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**Chair Yoga**

10 - 10:45 a.m.

(limit 8 participants)

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**New Patient Orientation**

10 - 11 a.m.

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**Matter of Balance Session 2**

1 - 3 p.m.

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**Open Gym Day**

**Circuit Training**

9 - 9:45 a.m.

(limit 8 participants)

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**Chair Yoga**

10 - 10:45 a.m.

(limit 8 participants)
# February Events Schedule

Join us for upcoming wellness and social events!

**In case of inclement weather, please call ahead.

<table>
<thead>
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<td>26 <strong>Open Gym Day</strong></td>
<td>27 <strong>Low Sodium Diet Seminar</strong></td>
<td>28 <strong>Open Gym Day</strong></td>
</tr>
<tr>
<td><strong>Strength &amp; Stretch</strong> 3 – 3:45 p.m. (limit 8 participants)</td>
<td><strong>I “LOVE” Gaming Meetup</strong> 10 – 11 a.m.</td>
<td><strong>Circuit Training</strong> 9 – 9:45 a.m. (limit 8 participants)</td>
<td><strong>Open House</strong> 2 – 4 p.m.</td>
<td><strong>Strength &amp; Stretch</strong> 3 – 3:45 p.m. (limit 8 participants)</td>
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<td><strong>Matter of Balance Session 4</strong> 1 – 3 p.m.</td>
<td><strong>Chair Yoga</strong> 10 – 10:45 a.m. (limit 8 participants)</td>
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<td><strong>Strength &amp; Stretch</strong> 3 – 3:45 p.m. (limit 8 participants)</td>
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<td><strong>Matter of Balance Session 5</strong> 1 – 3 p.m.</td>
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Event location: Geisinger 65 Forward
499 Wyoming Avenue
Kingston, PA 18704
570-714-3050

*In case of inclement weather, please call ahead.*
What you need to know:

• Mondays, Wednesdays and Fridays will be open gym days in the community room. Come in anytime during normal business hours (8am-5pm) to use the fitness equipment.

• Tuesday and Thursdays will be reserved for meetings, social activities and educational classes/seminars.

• If you see an (*) next to a class, registration is required. Please call us at 570-714-3050 to get on the class list.

Class Descriptions:

• **New Patient Orientation (Registration required)** – Meet the doctor! Learn why 65-Forward was started and what makes it a unique healthcare experience! Patients will have an opportunity to ask questions, meet the staff and tour the facility. Please call to register.

• **Matter of Balance (Registration required)** – this award-winning, eight-week program was designed by MaineHealth to manage falls and increase activity levels. Participants meet once a week for two hours to learn how to view falls as controllable, set realistic goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Please call or sign up with wellness coordinator to register.

• **Circuit Training (Sign up at front desk)** – 45-minute exercise class that includes cardio and strength exercise stations to improve strength, cardiovascular fitness and agility. Beginner to intermediate level. Limit 10 participants per class. Please sign up with Joan.

• **Chair Yoga (Registration Required)** – 45-minute exercise class to improve strength, flexibility, and reduce overall stress, all while sitting on a chair! This class is designed for beginners.

• **Coffee and Convo (Registration required)** – Join us for a cup of coffee and conversation about all different topics; This month we’ll be talking about exercise myths. See something interesting in the newspaper or on the internet? Bring the articles in to share!

• **Crafts (Sign up at front desk)** – In February, we’ll be making stained glass hearts for windows and heart shaped button canvas art!

• **Open Gaming Meetup (Sign up at front desk)** – Our games, you pick your favorite and play!

• **Healthy Heart and Low Sodium Seminar (Sign up at front desk)** - Come join our dietician as she discusses healthy eating and heart failure. The seminars will focus on the important role that good nutrition plays on our health as well as which foods are high in sodium and ways to decrease the sodium in your diet without decreasing the taste of your food! Please register with Pam.