

## Celebrate Older Americans Month at a Center for Healthy Aging

If you are over 60 celebrate those milestones! Engage at any age! You can find something to do at STEP's centers for healthy aging. There are exercise programs to improve your balance, aerobic activity, strength and flexibility. Offerings include tai chi, Healthy Steps in Motion, Zumba Gold, Yoga, square dancing, line dancing and more. You can borrow a bike and take a ride on the RiverWalk or use the LifeTrail station path in the South Williamsport Park.

STEP offers technology classes on how to learn to use new applications, computers, tablets, smart phones or expand what you already know. Do you own an instrument or want to sing, or want to enjoy others making music? There are jam sessions. Want to learn to draw? Attend Artpost Awareness drawing classes.

Come to Master Gardener-led Get the Dirt on Gardening classes, where participants learn how to compost, plant for pollinators and general gardening tips. You can find wood carving, knitting, crocheting, crafting, and quilting programs for all levels.

Games are available, including bingo, pinochle, setback, 500, dominoes and Rumikub. At the centers for healthy aging, there are celebrations and socialization.

All centers offer a hot meal at lunch Monday through Friday. Want something lighter like a salad or sandwich? That is available too!

The centers also have volunteer opportunities. Whether it is delivering meals on wheels to our homebound consumers, leading a program, helping with an event or being an APPRISE counselor, there are volunteer opportunities available! Remember to "Engage at Any Age" and come to one of the centers for healthy aging. For more information contact one of the centers at 570.323.3096) or visit us on Facebook at [facebook.com/STEP Office of Aging](https://www.facebook.com/STEP-Office-of-Aging). STEP Office of Aging is part of the Independent Living Pathway to Success.