

ST. JOE'S AT THE MALL FEBRUARY 2025 MERCYHEALTH

Mon	Tue	Wed	Thu	Fri
<p>3 8:30 Cardio Jam- 9:45-SilverSneakerCardio- 10-Chair Yoga- 10-Chair Volleyball 11:15-Easy Yoga- 11:30-Parkinson's exercise 12:15 Strength Class</p>	<p>4 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker clas- sic- 10:45-Silversneaker classic</p>	<p>5 8:30-Cardio Jam 9AM- 60UP BALANCE 9:45 Silver Sneakers Cardio 10 Chair Yoga- 10:00 Chair Volleyball 11:30-Parkinson's class</p>	<p>6 8:15- Zumba- 9:30-SilverSneaker classic 10- Easy Yoga- 10:45- SilverSneaker Classic- 11:15-Advance Balance- 12:15 Strength Class 3:00-4 GRIEF 101- Kim Calhoun Bereave- ment counselor register 330-549-5901</p>	<p>7 <u>7:45 Walk With the Doc</u> SPECIAL GO RED DAY !!Dr. Charlotte Gardiner DNP,RN,MBA, President, Mercy Health St Joseph Warren Hospital"Healthy Hearts-at Mercy Health! Target Hallway- All welcome!! 8:45-Cardio Jam- 9- 60UP BALANCE CLASS- 10- Chair Yoga- classroom- 11:30- Parkinson's exercise</p>
<p>10 8:30 Cardio Jam 9:45-SilverSneaker Cardio- 10:00-Chair Yoga- 10:00 Chair Volleyball 11:15-Easy Yoga- 11:30-Parkinson's Exercise 12:15 Strength Class</p>	<p>11 8:15- Zumba- 8:45 Easy Yoga 9:30-SilverSneaker classic- 9-12 BONE DENSITY walk- ins 10:45- SilverSneaker Clas- sic- 11:00 Beginner Balance</p>	<p>12 8:30-Cardio Jam- 9AM- 60UP BALANCE CLASS- 9-12 -Free Advance directives Living Will & Durable Power of Attorney walk-in 9:15Chair Yoga- 9:45- SilverSneakers Cardio 10:00 Chair Volleyball 11:30-Parkinson's class-</p>	<p>13 8:15- Zumba- 9:30-SilverSneaker classic- 10- Easy Yoga- - 10:45- SilverSneaker Classic- 11:15-Advance Balance- 12:15 Strength Class</p>	<p>14 8:30-Cardio Jam- 9- 60UP BALANCE CLASS- 10- Chair Yoga- 11:30- Parkinson's exercise 11:30-12:30- "Healthy Eating Hands on Cooking Demo" with Jessica Romeo, Dietician/Chief- register 2:00-3 VALENTINE BINGO!! TARGET HALL- WAY! -Everyone Welcome! PRIZES!! Bring Friends, Have Fun!! FREE!!</p>
<p>17 8:30-Cardio Jam- 8:30-11 BLOOD SUGAR 10 hr. fast walk-in 8:30-10 Behavioral Health Services- see Alana MacKenzie,LSW no appt. 9:45- SS Cardio 10- Chair Yoga- 10- Chair Volley Ball 11:15 Easy Yoga 11:30- Parkinson's exercise 12:15 Strength class</p>	<p>18 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker clas- sic- 10:45-Silversneaker classic 11-Beginning Balance-</p>	<p>19 8:30 Cardio Jam- 9AM- 60UP BALANCE CLASS- 9:15- Chair Yoga 9:45- SilverSneakers Cardio- 10:00 Chair Volleyball 11:30-Parkinson's class- 12-Talk with the Doctor- Dr Jennifer Lamanna"Beating the Winter Blues" \$5 lunch Register 330652-7542</p>	<p>20 8-11- Mammogram Bus here- call 330-652-7542 for appt 8:15- Zumba- - 9:30-SilverSneaker classic- 10- Easy Yoga- 10:45- SilverSneaker Classic- - 11:15-Advance Balance- 12:15 Strength Class</p>	<p>21 8:30-Cardio Jam- 9- 60UP BALANCE CLASS- 9:30-2:00 Mercy Health Behavioral Health Regional Tobacco Treatment Center Keith Huff Jr. CTTS. M.S. Katy Birtalan, Aol Counselor in Target Hallway with Information and Carbon Monoxide Test- ing! ALL Welcome! In Target Hallway 10- Chair Yoga- 11:30- Parkinson's exercise</p>
<p>24 8:30 Cardio Jam- 9:45SilverSneaker Cardio 10-Chair Yoga- 10 -Chair Volley Ball 11:15-Easy Yoga- 11:30-Parkinson's Exercise 12:15 Strength Class REGISTER TODAY FOR March Classes!!</p>	<p>25 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker clas- sic- 10:45-Silversneaker classic 11-Beginning Balance-</p>	<p>26 8:30-Cardio Jam 9AM- 60UP BALANCE - 9:15- Chair Yoga 9:45 SilverSneakers Cardio- 10:00 Chair volleyball 11:30-Parkinson's class 1-3:30 Hearing Screening Mer- cy Health Audiology Alyssa Miller AuD Register 330-652- 7542</p>	<p>27 8:15- Zumba- 9:30-SilverSneaker classic- - 10- Easy Yoga- 10:45- SilverSneaker Classic- 11:15-Advance Balance-l 12:15 Strength Class 1-4-Peripheral Vascular Disease screening by appt. 1-4 -Advance directives Living Will & Durable Power of Attorney Walk in</p>	<p>28 8:30-1:30 Mobile Dental Van Here! ALL WELCOME! By appt. 330-652-7542 8:30-Cardio Jam- 9- 60UP BALANCE CLASS- 10- Chair Yoga- 11:30- Parkinson's exercise</p>

Open M-F-8-4:30PM Phone: 330-652-7542 WWW.mercy.com/Yountown/locations-Parking by Target or Dental Works

BLOOD PRESSURES-Mon & Fri. 9-11am, Tues- Wed- Thurs...9AM-12PM- Tues. 1:30-3:30pm

DIETICIAN ON FRIDAY BY APPOINTMENT-NO COST!

REGISTER for MARCH on February 24th

