

# ST. JOE'S AT THE MALL October 2022



Mon	Tue	Wed	Thu	Fri
<p><b>3</b> 8:30 Cardio Jam-Hallway 9:30-Chair Yoga- 25 limit- classroom 10-SilverSneaker Cardio-Exercise Rm. 11:15-Easy Yoga- 15 limit-Exercise rm.- \$2-SS or \$6 w/o 11:30-Parkinson's Exercise- limit 15-classroom</p>	<p><b>4</b> 8:15- Zumba- \$3 w/o SS Hallway 8:45- Easy Yoga-15 limit-Exercise rm.- \$2-SS or \$6 w/o 9:30-Silversneaker classic- limit 25- classroom 10:45-Silversneaker classic- limit 25-classroom 11-Beginning Balance- limit 20- exercise rm.</p>	<p><b>5</b> 8:30-Cardio Jam- Hallway 9AM- 60UP BALANCE CLASS- exercise rm-limit 14 10-Chair Yoga-limit 25- classroom 10:15- SilverSneakers Cardio-exercise room 11:30-Parkinson's class- limit 15- Exercise room</p>	<p><b>6</b> 8:15- Zumba-\$3 w/o SS- Hallway 9:30-SilverSneaker classic- classroom- limit 20 10- Easy Yoga- \$2 SS / \$6 w/o Exercise rm-limit 16 10:45- SilverSneaker Classic- classroom- limit 25 11:15-Advance Balance-exercise room- limit 20</p>	<p><b>7 7:45- Walk with a Doc - Join will be walking with us for this walk! Register</b> <b>8:45-Cardio Jam-Hallway</b> 9- 60UP BALANCE CLASS- exercise rm-limit 14 10- Easy Yoga- \$2 SS / \$6 w/o Exercise rm-limit 10- Chair Yoga- classroom- 25 limit 11:30- Parkinson's exercise-exercise room</p>
<p><b>10</b> 8:30 Cardio Jam-Hallway 9:30-Chair Yoga- 25 limit- classroom 10-SilverSneaker Cardio-Exercise Rm. 11:15-Easy Yoga- 15 limit-Exercise rm.- \$2-SS or \$6 w/o 11:30-Parkinson's Exercise- limit 15-classroom</p>	<p><b>11</b> 8:15- Zumba- \$3 w/o SS Hallway 8:45- Easy Yoga-15 limit-Exercise rm.- \$2-SS or \$6 w/o 9:30-Silversneaker classic- limit 25- classroom <b>9-12- FREE BONE DENSITY SCREENING -Walk in</b> 10:45-Silversneaker classic- limit 25-classroom 11-Beginning Balance- limit 20- exercise room <b>1- Pre-Diabetes Program- register Taught by MH Diabetes Dept.</b></p>	<p><b>12</b> 8:30-Cardio Jam- Hallway 9AM- 60UP BALANCE CLASS- exercise rm-limit 14 <b>9-12 -Free Advance directives Living Will &amp; Durable Power of Attorney for Healthcare- Walk in</b> 10-Chair Yoga-limit 25- classroom 10:15- SilverSneakers Cardio-exercise room 11:30-Parkinson's class- limit 15- Exercise room</p>	<p><b>13</b> 8:15- Zumba-\$3 w/o SS- Hallway 9:30-SilverSneaker classic- classroom- limit 20 10- Easy Yoga- \$2 SS / \$6 w/o Exercise rm-limit 16 10:45- SilverSneaker Classic- classroom- limit 25 11:15-Advance Balance-exercise room- limit 20</p>	<p><b>14</b> 8:30-Cardio Jam-Hallway <b>9- 60UP BALANCE CLASS- exercise rm-limit 14</b> 10- Easy Yoga- \$2 SS / \$6 w/o Exercise rm-limit 15 10- Chair Yoga- classroom- 25 limit 11:30- Parkinson's exercise-exercise room</p>
<p><b>17 8:30-11- Free Blood Sugar screening- 8hr. fast- walk in</b> 8:30 Cardio Jam-Hallway 9:30-Chair Yoga- 25 limit- classroom 10-SilverSneaker Cardio-Exercise Rm. 11:15-Easy Yoga- 15 limit-Exercise rm.- \$2-SS or \$6 w/o 11:30-Parkinson's Exercise- limit 15 <b>1-STEPPIN ON 7 week program- Fall proofing your life. Register</b></p>	<p><b>18</b> 8:15- Zumba- \$3 w/o SS Hallway 8:45- Easy Yoga-15 limit-Exercise rm.- \$2-SS or \$6 w/o <b>9-11:30 &amp; 1-2:30-SENIOR dose FLU SHOTS -Given by TCMD. Walk in</b> 9:30-Silversneaker classic- limit 25- classroom 10:45-Silversneaker classic- limit 25-classroom 11-Beginning Balance- limit 20- exercise</p>	<p><b>19</b> 8:30-Cardio Jam- Hallway 9AM- 60UP BALANCE CLASS-exercise rm-limit 14 10- Chair Yoga-limit 25- classroom 10:15- SilverSneakers Cardio-exercise room 11:30-Parkinson's class- limit 15- Exercise room <b>12:30- TALK WITH THE DOC- Psoriasis &amp; other skin conditions. Dr. TBA Lunch \$2</b></p>	<p><b>20 8-11- Mammogram Bus here-call 330-652-7542 for appt</b> 8:15- Zumba-\$3 w/o SS- Hallway 9:30-SilverSneaker classic- classroom- limit 20 10- Easy Yoga- \$2 SS / \$6 w/o Exercise rm-limit 16 10:45- SilverSneaker Classic- classroom- limit 25 11:15-Advance Balance-exercise</p>	<p><b>21 8:30-Cardio Jam-Hallway</b> <b>9- 60UP BALANCE CLASS- exercise rm-limit 14</b> 10- Easy Yoga- \$2 SS / \$6 w/o Exercise rm-limit 15 10- Chair Yoga- classroom- 25 limit 11:30- Parkinson's exercise-exercise room</p>
<p><b>24</b> 8:30 Cardio Jam-Hallway 9:30-Chair Yoga- 25 limit- classroom <b>9:30-3:30- MEDICARE CHECKUP-by appt. with Direction Homes staff.</b> 10-SilverSneaker Cardio-Exercise Rm. 11:15-Easy Yoga- 15 limit-Exercise rm.- \$2-SS or \$6 w/o 11:30-Parkinson's Exercise- limit 15-classroom <b>1-STEPPIN ON 7 week program- Fall proofing your life. Week 2</b></p>	<p><b>25</b> 8:15- Zumba- \$3 w/o SS Hallway 8:45- Easy Yoga-15 limit-Exercise rm.- \$2-SS or \$6 w/o 9:30-Silversneaker classic- limit 25- classroom 10:45-Silversneaker classic- limit 25-classroom 11-Beginning Balance- limit 20- exercise rm. 2- Car Seat classes-TCMD- Call 330-675-2489 to register.</p>	<p><b>26</b> 8:30-Cardio Jam- Hallway 9AM- 60UP BALANCE CLASS- exercise rm-limit 14 10-Chair Yoga-limit 25- classroom 10:15- SilverSneakers Cardio-exercise room 11:30-Parkinson's class- limit 15- Exercise room</p>	<p><b>27</b> 8:15- Zumba-\$3 w/o SS- Hallway 9:30-SilverSneaker classic- classroom- limit 20 10- Easy Yoga- \$2 SS / \$6 w/o Exercise rm-limit 16 10:45- SilverSneaker Classic- classroom- limit 25 11:15-Advance Balance-exercise room- limit 20 <b>1-4-Peripheral Vascular Disease screening by appt.</b> <b>1-4 Free Advance directives Living Will &amp; Durable Power of Attorney for Healthcare- Walk in</b></p>	<p><b>28 8:30-Cardio Jam-Hallway</b> <b>9- 60UP BALANCE CLASS- exercise rm-limit 14</b> 10- Easy Yoga- \$2 SS / \$6 w/o Exercise rm-limit 15 10- Chair Yoga- classroom- 25 limit 11:30- Parkinson's exercise-exercise room</p>
<p><b>31</b> 8:30 Cardio Jam-Hallway 9:30-Chair Yoga- 25 limit- classroom 10-SilverSneaker Cardio-Exercise Rm. 11:15-Easy Yoga- 15 limit-Exercise rm.- \$2-SS or \$6 w/o 11:30-Parkinson's Exercise- limit 15-classroom <b>1-STEPPIN ON 7 week program- Fall proofing your life. Week 3</b></p>	<p style="text-align: center;"><b>Located in the Eastwood Mall</b> <b>next to JC PENNEY'S www.mercy.com/Youngstown/locations</b> <b>Open M-F-8-4:30PM-Parking by Target or Dental Works</b> <b>Phone: 330-652-7542 Shirley_lisk@mercy.com BLOOD PRESSURES-Tues- Wed- Thurs...9AM-12PM- Tues. 1:30-3:30pm</b></p>			