



THE LCAAA ADVOCATE

APRIL 2026 EDITION OF THE LCAAA ADVOCATE NEWSLETTER

COMMUNITY ANNOUNCEMENT

Lebanon County Senior Community Center Programs are pleased to announce that the group, Senior Center of Lebanon Valley (SCLV) has merged with the Maple Street Senior Community Center!

Please join the members of the Lebanon County Senior Community Center Programs in welcoming the former SCLV members to the busy county senior center(s). This addition adds another layer of engagement for the 60+ population of not only Lebanon County but Southern Schuylkill, Eastern Dauphin, Northern Lancaster, & Western Berks Counties. Please join us at one of our four centers for meals, card games, board games, billiards, shuffleboard, corn hole, pickleball, exercise programs, day trips, socializing at local restaurants, and so much more.

The Maple Street Center is open weekdays 9am – 3pm. Annville Center, Myerstown Center, & Palmyra Center are open weekdays from 10am – 2pm. Four locations with a variety of activities!

FREE! SEASONS OF WISDOM FESTIVAL for Older Adults

Thursday, May 14th

10 AM – 4 PM

710 Maple Street, Lebanon, PA 170446



Food & Resource Tables • Fun Activities!

10-11 AM: Joe Grillo on the Saxophone

11-12 PM: FBI Special Agent Angela Strause – Fraud Prevention

12-1 PM: Senior Center Activity Showcase

1-2 PM: Leancy Marquez: “Medicare 101”

2-4 PM: The Lowery Blues Band

Contact LCAAA at 717-273-9262 for more info!

Food & Drinks Available for Purchase

SPONSORED BY



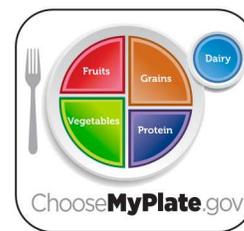
Lebanon County
Area Agency on Aging

10 tips

Nutrition Education Series

be active adults

10 tips to help adults include physical activity into their lifestyle



Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1 start activities slowly and build up over time

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.

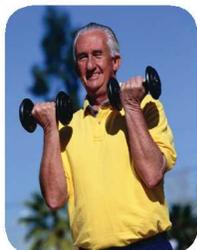


2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3 strength-train for healthy muscles and bones

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.



4 make active choices throughout the day

Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5 be active your way

Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6 use the buddy system

Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.



7 set goals and track your progress

Plan your physical activity ahead of time and keep records. It's a great way to meet your goals. Track your activities with the Physical Activity Tracker on **SuperTracker**.* Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

8 add on to your active time

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9 increase your effort

Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.



10 have fun!

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

*Find the SuperTracker at <https://www.supertracker.usda.gov>.

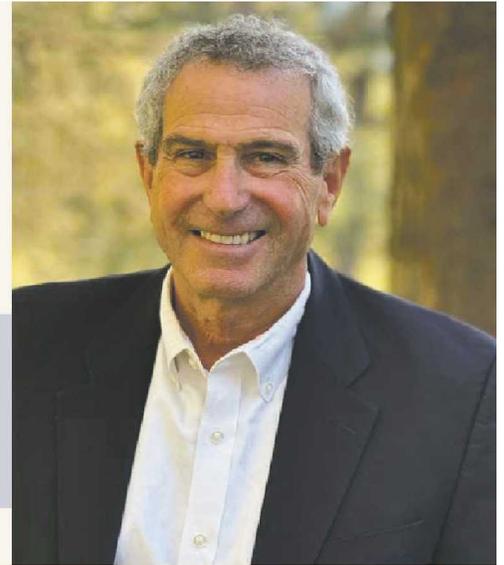


Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 30
April 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

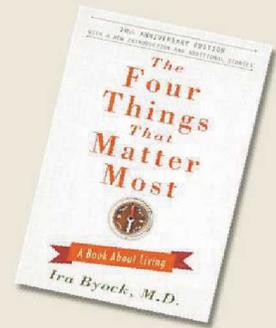
Living Well by Planning Ahead

A community conversation:
What Mortality Can Teach Us
About Living Fully.



What matters most to you?

Join us for an uplifting evening in a welcoming space with **Dr. Ira Byock**, nationally recognized physician and author, as we explore how reflecting on what matters most can help us live with intention and plan ahead with confidence.



April 16, 2026

7:00–8:30 PM

Church of the Good Shepherd
1500 Quentin Road, Lebanon, PA

Free & open to the public

Register to learn more:

nhcdd2026evening.eventbrite.com

Hosted by the Lebanon County Aging
Inspired Advance Care Planning Coalition



Brought to you by:



HELLO SPRING

PROGRAM CALENDAR



MYERSTOWN



APRIL 2026

LEBANON COUNTY SENIOR COMMUNITY CENTER PROGRAM

Manager: Anne Kim 101 S. Railroad St, Myerstown, PA 17067 (717) 675-9546 myerstown.seniorcenter@lebanoncountypa.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Upcoming Events</p> <p>5/6- Mother's Day Luncheon At Knight & Day</p> <p>5/12 – Day trip to Gettysburg Glen "Spring Fling"</p> <p>5/14 – 50+ Festival at LCAA</p>	<p>4/16 special meal menu</p> <p>Loaded Potato Soup Turkey Noodle Chicken Breast Sandwich Coleslaw Lemon Meringue Milk</p>	<p>1 10:00 Calendar/Nutrition Ed Flyer Distribution 10:30-11:00 Stretch Resistance Exercise 12:00 Happy April Luncheon at Cedar Grill*</p>	<p>2 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 1:00-2:00 Planning Meeting</p>	<p>3 Center Closed</p> 
<p>6 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-1:30 Chair Yoga (DVD)</p>	<p>7 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Game 12:00-12:30 Lunch 1:00-2:00 Bible Study</p>	<p>8 10:00 Nutrition Ed Flyer Distribution 10:30-12:30 Pickleball 10:30-11:00 Stretch Resistance Exercise 12:00 Lunch 1:00-1:30 Chair Tai-Chi (DVD)</p>	<p>9 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch</p>	<p>10 10:30-11:30 Collect for Events & Trips 10:00-2:00 Pinochle* 10:30-11:45 Bingo* 12:00-12:30 Lunch</p>
<p>13 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-1:30 Chair Yoga (DVD)</p>	<p>14 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch</p>	<p>15 10:30-12:30 Pickleball 10:30-11:00 Stretch Resistance Exercise 10:30-12:00 Own Craft Club 12:00 Lunch 1:00-1:30 Chair Tai-Chi (DVD)</p>	<p>16 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Soup & Sandwich Special Meal* (Order by 4/9)</p>	<p>17 10:30-11:30 Collect for Events & Trips 10:30-11:45 Bingo* 12:00-12:30 Lunch</p>
<p>20 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-1:30 Chair Yoga (DVD)</p>	<p>21 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study</p>	<p>22 10:30-12:30 Pickleball 10:00-2:00 HSOA Workshop (Fall Prevention Program with Free Pizza Lunch) (25 seats & sign up by 4/15)</p>	<p>23 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch</p>	<p>24 10:30-11:30 Collect for Events & Trips 10:30-11:45 Quarter Bingo* 12:00-12:30 Lunch</p>
<p>27 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-1:30 Chair Yoga (DVD)</p>	<p>28 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30 "Dementia" presented by Seniors Helping Seniors 12:00-12:30 Lunch</p>	<p>29 ALL CENTERS CLOSED FOR Volunteer Appreciation Banquet Doors open at 10am By Invitation ONLY</p>	<p>30 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch</p>	<p>Lunch is available Mon-Fri. Orders need to be placed by 10:30 AM on the previous business day. Suggested donation per meal is \$4.50</p>

*Program w/ cost & reservation required

Annaville
717.867.1796
Michele Allen
200 S. White Oak St.
Annaville, PA 17003
Christ Church UCC

Maple Street
717.273.1048
Barbara Yeagley
710 Maple St
Lebanon, PA 17046
Area Agency on Aging

Myerstown
717.675.9546
Anne Kim
101 S Railroad St
Myerstown, PA 17067

Palmyra
717.838.8237
101 S. Railroad St.
Palmyra
Interfaith Manor