

PROGRAM CALENDAR



MYERSTOWN






OCTOBER 2025

LEBANON COUNTY SENIOR COMMUNITY CENTER PROGRAM

Manager: Anne Kim 101 S. Railroad St, Myerstown, PA 17067

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	<u>Upcoming Events</u> 11/5- Monthly Luncheon at Cedar Grill 11/13-Thanksgiving Banquet at Neptune Banquet Hall (subject to change)	1 10:00 Activity Calendar Distribution 10:00-10:30 Stretch Resi Exercise 12:00 Happy October Luncheon at Knight & Day* 	2 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 1:00-2:00 Planning Meeting	3 10:30-11:30 collect for Events & Trips (Payment due for 12/4 trip to AMT) 10:30-11:45 Bingo* 12:00-12:30 Lunch
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 for Seniors (DVD)	7 8:00 Walking at Fairlane & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study	8 10:00 Nutrition Ed Flyer Distribution 10:30-11:00 Stretch Resistance Exercise 12:00 Lunch 1:00-1:30 Chair Tai-Chi Fit for Seniors (DVD)	9 50+ Festival at the Fair 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 4:00 Mini Golf & Dinner at Kauffman's* (sign up by 10/2)	10 10:30-11:30 Collect for Events & Trips 10:00-2:00 Pinochle* 10:30-11:45 Bingo* 12:00-12:30 Lunch
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 for Seniors (DVD)	14 8:00 Walking at Fairlane Park & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch	15 10:00-10:30 Stretch Resistance Exercise 12:00 Lunch 1:00-1:30 Chair Tai-Chi Fit for Seniors (DVD)	16 10:30-2:00 Pickleball 10:30-11:00 Chair Exercise 12:00 Soup & Sandwich Special Meal* (Order by 10/9)	17 10:30-11:30 collect for Events & Trips 10:30-11:45 Bingo* 12:00-12:30 Lunch
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 for Seniors (DVD)	21 8:00 Walking at Fairlane Park & Breakfast 10:30-12:30 Pickleball 11:30 Everybody's Birthday Party & Boom Box Bingo Heidelberg*(SU by 10/14) 	22 10:00-10:30 Stretch Resistance Exercise 12:00 Lunch 1:00-1:30 Chair Tai-Chi Fit for Seniors (DVD)	23 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 4:00 Mini Golf & Dinner at Wetlands* (SU by 10/16)	24 10:30-11:30 Collect for Events & Trips 10:30-11:45 Bingo* 12:00-12:30 Lunch
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 for Seniors (DVD)	28 8:00 Walking at Fairlane Park & Breakfast 10:30-12:30 Pickleball 10:00-11:00 Games 11:00 "Protecting assets before going to nursing home" Presented by Ed Coyle 12:00-12:30 Picnic Bag Lunch* (Order by 10/21)	29 10:00-10:30 Stretch Resistance Exercise 10:30-12:00 Own Craft/ Scrapbooking Club 12:00 Lunch 1:00-1:30 Chair Tai-Chi Fit for Seniors (DVD)	30 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch	31 10:30-11:30 Collect for Events & Trips 10:30-11:45 Harvest Theme Quarter Bingo* 

*Program w/ cost & reservation required