




LEBANON COUNTY SENIOR COMMUNITY CENTER PROGRAM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Upcoming Events</b></p> <p>5/6- Mother's Day Luncheon At Knight &amp; Day</p> <p>5/12 – Day trip to Gretna Glen "Spring Fling"</p> <p>5/14 – 50+ Festival at LCAAA</p>	<p><b>4/16 special meal menu</b></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 <b>12:00 Happy April Luncheon at Cedar Grill*</b></p>	<p>2 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch <b>1:00-2:00 Planning Meeting</b></p>	<p>3 <b>Center Closed</b></p> 
<p>6 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch <b>1:00-1:30 Chair Yoga (DVD)</b></p>	<p>7 8:00 Indoor Walking &amp; Breakfast 10:30-12:30 Pickleball 10:30-12:00 Game 12:00-12:30 Lunch <b>1:00-2:00 Bible Study</b></p>	<p>8 10:00 Nutrition Ed Flyer Distribution 10:30-12:30 Pickleball 10:30-11:00 Stretch Resistance Exercise 12:00 Lunch <b>1:00-1:30 Chair Tai-Chi (DVD)</b></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 &amp; Trips <b>10:00-2:00 Pinochle*</b> 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 <b>1:00-1:30 Chair Yoga (DVD)</b></p>	<p>14 8:00 Indoor Walking &amp; 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 <b>10:30-12:00 Own Craft Club</b> 12:00 Lunch <b>1:00-1:30 Chair Tai-Chi (DVD)</b></p>	<p>16 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise <b>12:00-12:30 Soup &amp; Sandwich Special Meal*</b> (Order by 4/9)</p>	<p>17 10:30-11:30 Collect for Events &amp; Trips <b>10:30-11:45 Bingo*</b> 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 <b>1:00-1:30 Chair Yoga (DVD)</b></p>	<p>21 8:00 Indoor Walking &amp; Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch <b>1:00-2:00 Bible Study</b></p>	<p>22 10:30-12:30 Pickleball <b>10:00-2:00 HSOA Workshop</b> (Fall Prevention Program with Free Pizza Lunch) (25 seats &amp; 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 &amp; Trips <b>10:30-11:45 Quarter Bingo*</b> 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 <b>1:00-1:30 Chair Yoga (DVD)</b></p>	<p>28 8:00 Indoor Walking &amp; Breakfast 10:30-12:30 Pickleball <b>10:30 "Dementia" presented by Seniors Helping Seniors</b> 12:00-12:30 Lunch</p>	<p>29 <b>ALL CENTERS CLOSED FOR Volunteer Appreciation Banquet</b> <b>Doors open at 10am</b> <b>By Invitation ONLY</b></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.</p> <p>Suggested donation per meal is \$4.50</p>

\*Program w/ cost & reservation required