



MYERSTOWN SENIOR COMMUNITY CENTER

101 S. Railroad St, Suite 217

Myerstown, PA 17067

© 717-675-9546

Myerstown.SeniorCenter@lebanoncountypa.gov



NEWSLETTER SEPTEMBER 2025

Myerstown Senior Center is located at 101 S. Railroad St within the Myerstown Borough Hall on the 2nd floor and is open to all Lebanon County seniors 60 years of age and over.

We offer both on and off-site activities such as day trips, social events, exercise programs, consumer education, bingo and daily meals offered 5 days a week. Meal reservations need to be made by 11:00 AM on the previous business day. Suggested donation for meals is \$4.50. No membership fee to join us. We are open weekdays from 10:00 AM to 2:00 PM.

COMMUNITY PHONE NUMBERS

Lebanon County Area Agency on Aging:
717-273-9262

Social Security Office: 1-800-772-1213

PACE-PACENET: 1-800-225-7223

Rent Rebate Office: 1-888-728-2937

Medicare: 1-800-633-4227

Anti-Fraud Hotline: 1-855-303-9470

NEW PROGRAM INFORMATION

- Chair Yoga for Seniors/Beginners DVD: Monday, 1:00-1:30 PM
- Chair Tai-Chi Fit for Seniors DVD: Wednesday, 1:00-1:30 PM
- Quarter Bingo: last Friday of the month, 10:30-11:45 AM



SPECIAL PROGRAM INFORMATION

- **Happy September Luncheon at Heisey's***
Wednesday, 9/3 - 12:00 PM (Sign up by 8/27)
- **Chair Yoga for Seniors (DVD)**
Monday 1:00 – 1:30 PM
- **Chair Tai-Chi Fit for Seniors (DVD)**
Wednesday 1:00 – 1:30 PM
- **Mini Golf & Dinner at Kauffman's***
Thursday, 9/11 - 4:00 PM
- **Soup & Sandwich Special Meal***
Thursday, 9/18 - 12:00 PM
Menu: Chili, Cheesy Cauliflower Soup, Chicken Breast Sandwich, Coleslaw, Apple Crumb Pie, Milk (order by 9/11)
- **Welcome Autumn Celebration at Ozgood's***
Wednesday, 9/24 - 11:30 AM. Lunch order off the menu. Sign up by 9/17.
- **"PA Medi" (Medicare) Presentation by Terri Hilderbrandt**
Tuesday, 9/30 - 11:00 AM
- **Picnic Bag Lunch***
Tuesday, 9/30 - 12:00 PM
Menu: Ham Sandwich, Potato Salad, 3-beans Salad, Chips, Cookie, Milk. Order by 9/23

UPCOMING EVENTS

- 10/1 – Lunch at Knight & Day
 - 10/9 – Bus Trip to Magic Show Dinner Theatre
 - 10/23 – Everybody's Birthday Party, Heidelberg
- *Program w/cost & reservation required
**All information subject to change