



# MYERSTOWN SENIOR COMMUNITY CENTER

101 S. Railroad St, Suite 217

Myerstown, PA 17067

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Myerstown.SeniorCenter@lebanoncountypa.gov



## NEWSLETTER OCTOBER 2025

Myerstown Senior Center is located at 101 S. Railroad St within the Myerstown Borough Hall on the 2<sup>nd</sup> 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 10:30 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



### ANNOUNCEMENT

As of September 1<sup>st</sup>, meal donations will no longer be collected at Senior Centers. A donation statement will be sent out to meal consumers at the end of the month.

### SPECIAL PROGRAM INFORMATION

- **Happy October Luncheon at Knight & Day\***  
Wednesday, 10/1 - 12:00 PM (Sign up by 9/24)
- **Chair Yoga for Seniors (DVD)**  
Mondays 1:00 – 1:30 PM
- **Chair Tai-Chi Fit for Seniors (DVD)**  
Wednesday 1:00 – 1:30 PM
- **Soup & Sandwich Special Meal\***  
Thursday, 10/16 - 12:00 PM  
Menu: Italian Wedding, Tomato Soup, Turkey Sandwich, Coleslaw, Pumpkin Pie, Milk (order by 10/9)
- **Everybody's Birthday Party & Boom Box Bingo Heidelberg\***  
Tuesday, 10/21- 11:30 AM. Lunch order off the menu. Sign up by 10/14.
- **"Protecting Assets before going to Nursing Home" Presentation by Edward Coyle from MidPenn Legal**  
Tuesday, 10/28 -11:00 AM
- **Picnic Bag Lunch\***  
Tuesday, 10/28 - 12:00 PM  
Menu: Chicken Salad Sandwich, Potato Salad, 3-beans Salad, Chips, Cookie, Milk.  
Order by 10/21

### UPCOMING EVENTS

- 11/5 – Luncheon at Cedar Grill
- 11/13- Thanksgiving Banquet Neptune  
\*Program w/cost & reservation required  
\*\*All information subject to change