

# PROGRAM CALENDAR



# MYERSTOWN



OCTOBER 2026

## LEBANON COUNTY SENIOR COMMUNITY CENTER PROGRAM

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| MONDAY                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                        | THURSDAY                                                                                                                                           | FRIDAY                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Lunch is available Mon-Fri<br>Orders need to be placed by<br>10:30 AM on the previous<br>business day.<br>Suggested donation per meal<br>is \$4.50 | <u>Upcoming Events</u><br>11/4 – Monthly Luncheon at<br>Knight & Day<br>11/10 – Thanksgiving Banquet at<br>Neptune (subject to change)<br>11/24 – Presentation                                                                                                       | <u>10/15 Special Meal Menu</u><br>Loaded Potato Soup<br>Beef Vegetable<br>Ham Sandwich<br>Coleslaw<br>Apple Pie<br>Milk                                                                                          | 1 10:00 Activity Calendar<br>Distribution<br>10:30-11:30 Chair Exercise<br>12:00-12:30 Lunch<br><b>1:00-2:00 Planning Meeting</b>                  | 2<br>10:30-11:30 Collect for<br>Events & Trips<br><b>10:30-11:45 Bingo*</b><br>12:00-12:30 Lunch                                |
| <b>5</b><br>10:15-11:15 Coupon Clipping<br>for Troops<br>10:30-11:30 Line Dancing<br>12:00-12:30 Lunch<br><b>1:00-1:30 Chair Yoga (DVD)</b>        | <b>6</b><br>8:00 Walking Club at Fairlane<br>Park & Breakfast<br>10:30-12:30 Pickleball<br>10:30-12:00 Games<br>12:00-12:30 Lunch<br><b>1:00-2:00 Bible Study</b>                                                                                                    | <b>7</b><br>10:00 Nutrition Ed Flyer Distribution<br>10:30-11:00 Stretch Resistance<br>Exercise<br><b>12:00 Happy October<br/>Luncheon at Esther's*</b>                                                          | <b>8</b><br>10:30-2:00 Pickleball<br>10:30-11:00 Chair Exercise<br><b>11:30 Myerstown Heritage<br/>Center &amp; Museum Tour</b>                    | <b>9</b><br>10:30-11:30 Collect for<br>Events & Trips<br><b>10:00-2:00 Pinochle*</b><br>10:30-11:45 Bingo*<br>12:00-12:30 Lunch |
| <b>12</b><br>10:15-11:15 Coupon Clipping<br>for Troops<br>10:30-11:30 Line Dancing<br>12:00-12:30 Lunch<br><b>1:00-1:30 Chair Yoga (DVD)</b>       | <b>13</b><br>8:00 Walking Club at Fairlane<br>Park & Breakfast<br>10:30-12:30 Pickleball<br>10:30-12:00 Games<br>12:00-12:30 Lunch                                                                                                                                   | <b>14</b> 10:30-12:30 Pickleball<br>10:30-11:00 Stretch<br>Resistance Exercise<br><b>11:00-12:00 Hand Bell Choir</b><br>12:00 Lunch<br>1:00–1:30 Chair Tai-Chi (DVD)                                             | <b>15</b><br>10:30-2:00 Pickleball<br>10:30-11:30 Chair Exercise<br><b>12:00-12:30 Soup &amp;<br/>Sandwich Special Meal*</b><br>(Order by 9/10)    | <b>16</b><br>10:30-11:30 Collect for<br>Events & Trips<br><b>10:30-11:45 Bingo*</b><br>12:00-12:30 Lunch                        |
| <b>19</b><br>10:15-11:15 Coupon Clipping<br>for Troops<br>10:30-11:30 Line Dancing<br>12:00-12:30 Lunch<br><b>1:00-1:30 Chair Yoga (DVD)</b>       | <b>20</b><br>8:00 Walking Club at Fairlane<br>Park & Breakfast<br>10:30-12:30 Pickleball<br><b>9:30-3:00 "Autumn Leaves<br/>Senior Day" @ Gretna Glen*</b><br>(Sign up by 10/13)  | <b>21</b><br>10:30-12:30 Pickleball<br>10:30-11:00 Stretch<br>Resistance Exercise<br><b>11:00-12:00 Hand Bell Choir</b><br>12:00 Lunch<br>1:00–1:30 Chair Tai-Chi (DVD)                                          | <b>22</b><br>10:30-2:00 Pickleball<br>10:30-11:30 Chair Exercise<br><b>10:00-12:30 Acrylic Paint<br/>Class with Brandon*</b><br>(Sign up by 10/15) | <b>23</b><br>10:30-11:30 Collect for<br>Events & Trips<br><b>10:30-11:45 Bingo*</b><br>12:00-12:30 Lunch                        |
| <b>26</b><br>10:15-11:15 Coupon Clipping<br>for Troops<br>10:30-11:30 Line Dancing<br>12:00-12:30 Lunch<br><b>1:00-1:30 Chair Yoga (DVD)</b>       | <b>27</b><br>8:00 Walking Club at Fairlane<br>Park & Breakfast<br>10:30-12:30 Pickleball<br><b>11:00 "Lunch &amp; Learn<br/>Program" by Snyder Bean<br/>Funeral Home</b><br>12:00-12:30 Lunch                                                                        | <b>28</b> 10:30-12:30 Pickleball<br>10:30-11:00 Stretch<br>Resistance Exercise<br><b>10:30-12:00 Own Craft Club</b><br><b>11:00-12:00 Hand Bell Choir</b><br>12:00 Lunch<br><b>1:00–1:30 Chair Tai-Chi (DVD)</b> | <b>29</b><br>10:30-2:00 Pickleball<br>10:30-11:00 Chair Exercise<br>12:00 Lunch                                                                    | <b>30</b><br>10:30-11:30 Collect for<br>Events & Trips<br><b>10:30-11:45 Quarter Bingo*</b><br>12:00-12:30 Lunch                |

\*Program w/ cost & reservation required