

PROGRAM CALENDAR



MYERSTOWN



NOVEMBER 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> 12/3 – Christmas Luncheon at Country Fare* 12/4 –Bus Trip to AMT & King’s* 12/16 – Christmas Carol Sing Along & Catered by Heisey’s*		<u>11/20 Special Meal Menu</u> NE Clam Chowder Turkey Noodle Ham Sandwich Cole Slaw Pecan Pie Milk	Open gym access for walking when it is not in use. Monday, Wednesday, Friday 10:00 – 2:00 PM (check in required)
3 10:00 Activity Calendar Distribution 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)	4 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study	5 10:00-10:30 Stretch Resistance Exercise 12:00 Happy November Lunch at DoGood’s*	6 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 1:00-2:00 Planning Meeting	7 10:30-11:30 collect for Events & Trips 10:30-11:45 Bingo* 12:00-12:30 Lunch
10 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 (DVD)	11 <u>Center Closed</u> 	12 10:00 Nutrition Ed Flyer Distribution 10:30-11:00 Stretch Resistance Exercise 12:00 Lunch 1:00–1:30 Chair Tai-Chi (DVD)	13 10:30-2:00 Pickleball 10:30-11:00 Chair Exercise 12:00 Thanksgiving Banquet at Neptune Banquet Hall* (Sign up by 11/6)	14 10:30-11:30 Collect for Events & Trips 10:00-2:00 Pinochle* 10:30-11:45 Bingo* 12:00-12:30 Lunch
17 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 (DVD)	18 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study	19 10:30-11:00 Stretch Resistance Exercise 12:00 Lunch 1:00–1:30 Chair Tai-Chi (DVD)	20 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Soup & Sandwich Special Meal* (Order by 11/13)	21 10:30-11:30 Collect for Events & Trips 10:30-11:45 Bingo* 12:00-12:30 Lunch
24 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)	25 8:00 Indoor Walking & Breakfast 10:30-12:30 Pickleball 10:00-11:00 Games 11:00 “Diabetes” Nutrition Education by Barbara Goll 12:00-12:30 Picnic Bag Lunch* (Order by 11/18)	26 10:00-10:30 Stretch Resistance Exercise 10:30-12:00 Own Craft Club 12:00 Lunch 1:00–1:30 Chair Tai-Chi Fit for Seniors (DVD)	27 <u>Center Closed</u> 	28 <u>Center Closed</u> May your feast be plentiful and your blessings abundant. Wishing you a Thanksgiving full of love and blessings.

*Program w/ cost & reservation required