




## LEBANON COUNTY SENIOR COMMUNITY CENTER PROGRAM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Upcoming Events</b> <b>8/5</b> – Happy August Luncheon at Cedar Grill* <b>8/20</b> – Indoor Summer Picnic* <b>8/25</b> – “Fixed Route Workshop” by Lebanon Transit	<b>7/16 Special Meal Menu</b> American Sub Chilli Vegetable Soup Coleslaw Apple Crumb Pie Milk	1 10:00 Calendar/Nutrition Ed Flyer Distribution 10:30-11:00 Stretch Resistance Exercise <b>11:30 Happy 250<sup>TH</sup> Anniversary Party at Country Fare*</b> (Sign up by 6/24)	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> <b>4:00 Dinner &amp; Mini Golf at Kauffman’s*</b>	3 <b>Center Closed</b> 
6 10:00 Nutrition Ed Flyer Distribution 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>	7 8:00 Walking Club at Fairlane Park & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Game 12:00-12:30 Lunch <b>1:00-2:00 Bible Study</b>	8 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>	9 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch <b>4:00 Dinner &amp; Mini Golf at Wetlands*</b>	10 10:30-11:30 Collect for Events & Trips <b>10:00-2:00 Pinochle*</b> 10:30-11:45 Bingo* 12:00-12:30 Lunch
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>	14 8:00 Walking Club at Fairlane Park & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Game 12:00-12:30 Lunch	15 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>	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 7/9) <b>4:00 Dinner &amp; Mini Golf at Kauffman’s*</b>	17 10:30-11:30 Collect for Events & Trips <b>10:30-11:45 Bingo*</b> 12:00-12:30 Lunch
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>	21 8:00 Walking Club at Fairlane Park & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch <b>1:00-2:00 Bible Study</b>	22 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>	23 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00 – Lunch Quentin Haus* <b>2:00 “Hair” Musical at Gretna Theatre*</b>	24 10:30-11:30 Collect for Events & Trips <b>10:30-11:45 Bingo*</b> 12:00-12:30 Lunch
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>	<b>28 Lebanon Fair Day</b> 8:00 Walking at Fairlane & Breakfast 10:30-12:30 Pickleball <b>10:30-12:00 “Dementia” presentation by Seniors Helping Seniors</b> 12:00 Lunch	29 10:30-12:30 Pickleball 10:30-11:30 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>	30 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch <b>4:00 Dinner &amp; Mini Golf at Wetlands*</b>	31 10:30-11:30 Collect for Events & Trips <b>10:30-11:45 Quarter Bingo*</b> 12:00-12:30 Lunch

\*Program w/ cost &amp; reservation required