

MAPLE NEWS

TIPS & TIDBITS @ MS SCC!

NEW EXERCISE OPPORTUNITIES

Beginning in September,
10:00am every Thursday

Qigong!

Each session will be \$5, this is a
reduced rate for Maple Street
SCC Members!



HEAT WAVE

During this extreme heat
Please keep hydrated and
take frequent breaks!



Needle Arts has expanded to other Lebanon County Senior Centers!

All are welcome, work on charity projects or personal projects, join
the fun with fellow fiber artists!

Contact Michele, Center Manger at Annville for dates, times,
& group name: 717-867-1796

Contact Helene, Center Manager at Northern Lebanon for
dates, times, & group name: 717-675-9548



**Congratulations to several MSSCC
members who have won fitness awards
locally and nationally!**

**Staying active and competitive will keep
you young.**



**AUGUST
2024**

MAPLE STREET

LEBANON COUNTY
SENIOR COMMUNITY CENTER PROGRAM



JOIN IN WITH GOOD FOOD & CONVERSATION!

SOUP & SALAD BAR LUNCHES

 **THURSDAYS @ 12:00PM** 
AUG. 22ND IS CANCELLED

RSVP NEEDED AT LEAST ONE WEEK IN ADVANCE!
SUGGESTED DONATION IS \$4.50 PER MEAL

SOLE SUPPORTERS

WALKING GROUP



AUGUST WALKING LOCATIONS

8/7

Coleman Memorial Park #4

8/14

Snitz Creek Park #10

8/21

N Lebanon HS Trail #22

8/28

Ebenezer Elementary Trail #21

Meet at 5pm each week

The Missing Apron Lunch Group is scheduled to
have lunch at

DoGood's Tavern

2 E Main St Myerstown
August 28, 2024—4pm



August Missing Apron group Has a new time—4pm!



**Eating later gives more time
for harvesting and puttering
around gardens!**

Keeping you social, active,
healthy & independent!



**Eat Healthy, Stay Active,
Be Positive, YOU GOT THIS!**

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Christ Church UCC

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Area Agency on Aging

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