

September is National Senior Center Month

Let's Celebrate at

MAPLE STREET'S MEET 'N' MOVE!

THURSDAY, SEPTEMBER 12TH

10:00am – 1pm

710 Maple Street, Lebanon, PA 17046

- ❖ Meet new people!
- ❖ Move with our fantastic instructors!
- ❖ Mingle with other motivated Seniors!

Sign up today for a great day
at

Maple Street Senior Community Center!

SIGN UP BY THURSDAY, 9-5-24

JULIA – 717-273-1048 OR MAPLESTREET.SENIORCENTER@LEBANONCOUNTYGOV.PA

MEET 'N' MOVE ITINERARY

Auditorium

- 10:00 – 10:15 – Qigong
- 10:20 – 10:35 – Toning w/ Weights
- 10:40 – 10:55 – Line Dancing
- 11:00 – 11:15 – BEATS: Drumming
- 11:20 – 11:35 – Band Together
- 11:40 – 11:55 – It's a Ball



Dining Room

- 12:00 – 12:30 – Picnic Lunch
- 12:30 – 1:00 – Balance & Coordination Activity

Join us today for a chance to sample some of the programs available at Maple Street Senior Community Center.

Picnic Lunch will include:
Chicken Salad, Wheat Bun, Italian Pasta Salad, Coleslaw, Juice, Cookie, & Milk