



LEBANON COUNTY SENIOR COMMUNITY CENTER PROGRAM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>Center Closed</u> <i>Happy Labor Day!</i> 	2 8:00 Walking at Fairlane & Breakfast 10:00 Activity calendar distribution 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study	3 10:00-10:30 Stretch Resistance Exercise 12:00 Happy September Luncheon at Heisey's* (sign up by 8/27)	4 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 1:00-2:00 Planning Meeting	5 10:30-11:30 collect for Events & Trips 10:30-11:45 Bingo* 12:00-12:30 Lunch
8 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)	9 8:00 Walking at Fairlane Park & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch	10 10:00 Nutrition Ed Flyer Distribution 10:30-11:00 Stretch Resistance Exercise 12:00 Lunch 1:00-1:30 Chair Tai-Chi Fit for Seniors (DVD)	11 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 4:00 Mini Golf & Dinner at Kauffman's* (sign up by 9/4)	12 10:30-11:30 Collect for Events & Trips 10:00-2:00 Pinochle* 10:30-11:45 Bingo* 12:00-12:30 Lunch
15 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)	16 8:00 Walking at Fairlane Park & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study	17 10:00-10:30 Stretch Resistance Exercise 10:30-12:00 Craft Club 12:00 Lunch 1:00-1:30 Chair Tai-Chi Fit for Seniors (DVD)	18 10:30-2:00 Pickleball 10:30-11:00 Chair Exercise 12:00 Soup & Sandwich Special Meal* (Order by 9/11)	19 10:30-11:30 collect for Events & Trips 10:30-11:45 Bingo* 12:00-12:30 Lunch
22 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)	23 8:00 Walking at Fairlane Park & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch	24 10:00-10:30 Stretch Resistance Exercise 11:30 Welcome Autumn Celebration at Ozgood's* (Sign up by 9/17) 	25 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 4:00 Mini Golf & Dinner at Wetlands* (sign up by 9/18)	26 10:30-11:30 Collect for Events & Trips 10:30-11:45 Quarter Bingo* 12:00-12:30 Lunch
29 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)	30 8:00 Walking at Fairlane Park & Breakfast 10:30-12:30 Pickleball 10:00-11:00 Games 11:00 "PA Medi" (Medicare) presentation by T. Hilderbrandt 12:00-12:30 Picnic Bag Lunch*	Upcoming Events 10/1- Lunch @ Knight & Day 10/9- Bus trip to Magic Show Dinner Theatre 10/23- Everybody's Birthday Party at Heidelberg	Announcement New Copilot Check-In System for All Programs (See center manager to get your ID Card)	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