


# February 2012

# Lancaster Rec Senior Center

Address: 525 Fairview Avenue, Lancaster PA 17603 Phone: 399-7671  
Center Staff: Susan Davis, Manager and Christina Henry, Assistant Manager



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Special Notes   |
|--|---|--|---|--|---|
| <b>Bad Weather Center Closing Public Announcement</b>      | See this listing on WGAL TV starting at 5:30am.<br>Or listen for the information on FM 97-WLAN AM 1390-WLAN | 8:30 Wii Games<br>9:00-11:30 Pinochle<br>10:00 Shuffle Board                                 | 9:15 Chi Gung<br>10:15 Singing with Conestoga View Singers<br>12:30 Shopping at "WEIS"  | <b>Shuffle Board Tourney</b><br>9:00 "Heart Health" By Manor Care<br>9:45 Bingo & Card Games<br>11:00 Nutrition Tips | <br><b>Shuffle Board Tourney</b><br><br>Friday, Feb 3<br>Overlook Activity Center<br>Snow Date: Feb 10<br>Transportation provided.<br><br>Coffee, snacks & Bag lunch offered.<br><br>Prizes awarded by age group.<br>Fee: \$5<br><br>Must preregister at Center.<br><br><b>A Senior Games Fundraiser</b> |
| 8:30 Wii Games<br>9:30 Exercise Class<br>10:30 Bible Study | 9:00 "Scams-What to look for & know" by Visiting Angels<br>9:45 Bingo & Card Games                          | 8:30 Wii Games<br>9:00-11:30 Pinochle<br>9:30 Shuffle Board with Conestoga                   | 8:30 Wii Games<br>9:15 Chi Gung<br>10:00 Craft with Preschool class<br>10:15 Singing group  | 9:00 Wii Games<br>9:45 Bingo & Card Games<br>11:00 Nutrition Tips  |   |
| 8:30 Wii Games<br>9:30 Exercise Class<br>10:30 Bible Study | <b>Happy Valentine's Day</b><br><br>Valentine Party<br>Bring something to share!                            | 8:30 Wii Games<br>9:00-11:30 Pinochle<br>10:00 Shuffle Board (Snow date for Valentine Party) | 8:30 Wii Games<br>9:15 Chi Gung<br>10:15 Singing group<br>12:30 Shopping at "WEIS"  | 9:00 Penn State Nutrition Program<br>9:45 Bingo & Card Games<br>11:00 Nutrition Tips                                 |   |
| <b>President's Day</b><br><br><b>Center is closed.</b>     | 9:00 Presentation by Acera Care<br>9:45 Bingo & Card Games  | 8:30 Wii Games<br>9:00-11:30 Pinochle<br>10:00 Shuffle Board                                 | 8:30 Wii Games<br>9:15 Chi Gung<br>10:15 Singing group<br>11:00 Town Meeting  | 9:00 "Where are we now?" by Golden Living Centers<br>9:45 Bingo & Card Games<br>11:00 Nutrition Tips                 |   |
| 8:30 Wii Games<br>9:30 Exercise Class<br>10:30 Bible Study | 9:00 "Foot Care & Happy Feet" by Gentiva Home Health<br>9:45 Bingo & Card Games                             | 8:30 Wii Games<br>9:00-11:30 Pinochle<br>10:00 Shuffle Board                                 | <b>Community Service Project Pennies for Hospice</b><br>Help fill our jar full of pennies for hospice!<br>Periodically we will wrap them and donate them! |  |   |

Daily choice of activities include:  
Breakfast snacks, open computer time, walking in the gym, ride exercise bike, play cards or table games, read a book and newspaper, find a brain teaser or color a picture on the activity cart, make a stamping craft card, make a necklace and bracelet with our new beads!

**Important:**  
To arrange for a meal or transportation please call the center before **10 am** at least one day in advance.  
**Thank You!**