

April 2019

Lancaster Rec Senior Center

525 Fairview Avenue, Lancaster PA 17603
 Phone: 717-399-7671 Email: sdavis@LancasterRec.org
 Center Staff: Susan Davis, Manager
 Hours: 8:30am -3pm

LancasterREC
 Get Active. Live Healthy.

www.LancasterRec.org

Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes	
1 9:30 Exercise Class 10:30 Bible Study 10:30 Ukulele Lessons 1:30 Shuffleboard	2 9:30 Geri-Fit Exercise Class 10:30 Fundraiser Bingo 10:30 Recycle Art 1:00 Art Class	3 9:30 -12 noon Pinochle 9:30 Shuffle Board 10:45 Learn how to Compare Medicare medical plans with a Broker 1:30 Shuffle Board	4 9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:45 Canvas Painting with Pottery Works	5 9:30 Geri-Fit Exercise Class 10:30 Fund Raiser Bingo 12:30 Party Bridge 12:30 Walk With Ease	Important: To arrange for a <u>meal</u> or <u>transportation</u> please call the center before <u>10am</u> at least one day in advance. Phone: 399-7671 <i>Thank You!</i>	
8 9:30 Exercise Class 10:30 Bible Study 10:30 Ukulele Lessons 12:30 Walk with Ease 1:30 Shuffleboard	9 9:30 Geri-Fit Exercise Class 10:30 Fundraiser Bingo 10:30 Recycle Art 1:00 Art Class	10 9:30--12 noon Pinochle 9:30 Shuffle Board 10:45 Volunteer Recognition 12:30 Walk with Ease 1:30 Shuffle Board	11 9:30 Chi Gung 9:30 Indoor Bocce 10:45 Ukulele Lessons 10:45 Stress Awareness by Albright Life and KPETS	12 9:30 Geri-Fit Exercise Class 10:30 Fund Raiser Bingo 12:30 Party Bridge 12:30 Walk With Ease		
15 9:30 Exercise Class 10:30 Bible Study 10:30 Ukulele Lessons 12:30 Walk with Ease 1:30 Shuffleboard	16 9:30 Geri-Fit Exercise Class 10:30 Fundraiser Bingo 10:30 Recycle Art	17 9:30-12 noon Pinochle 9:30 Shuffle Board 10:45 Spring Craft 12:30 Walk with Ease 1:30 Shuffle Board	18 9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:00 Hair cuts & Manicures by School of Cosmetology	19 Good Friday  Senior Center Closed		Giant Yard Sale Sat., April 27 7am -1pm Old Hamilton Watch Parking Lot Rain Date: May 4 Vendor Spaces available \$12.50 To register call 717- 392-2115
22 9:30 Exercise Class 10:30 Bible Study 10:30 Ukulele Lessons 12:30 Walk with Ease 1:30 Shuffleboard	23 9:30 Geri-Fit Exercise Class 10:30 Fundraiser Bingo 10:30 Recycle Art 1:00 Art Class	24 9:30-12 noon Pinochle 9:30 Shuffle Board 10:45 Ceramics with Pottery Works 12:30 Walk with Ease 1:30 Shuffle Board	25 9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:45 Penn State Nutrition Program	26 9:30 Geri-Fit Exercise Class 10:30 Fund Raiser Bingo 12:30 Party Bridge 12:30 Walk With Ease		
29 9:30 Exercise Class 10:30 Bible Study 10:30 Ukulele Lessons 12:30 Walk with Ease 1:30 Shuffleboard	30 9:30 Geri-Fit Exercise Class 10:30 Fundraiser Bingo 10:30 Recycle Art 1:00 Art Class	Walk With Ease Mon., Wed. & Fri. at 12:30pm For those over 60 & have pain walking. Receive Instruction & a book		Sr Orchestra Rehearsal Wednesdays at 9:30am On upper level of Rec Center in Terrace Room		
						