

May
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



www.LancasterRec.org

Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes
	Senior Orchestra Rehearsals held Wednesdays at 9:30am	9:15-12noon Pinochle 9:30 Shuffle Board 10:45 Decluttering tips by Next Step Downsizing 12:30 Walk with Ease 1:30 Shuffle Board	9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:30 Canvas Painting 11:30 What is IPF by GeneTech	9:30 Geri-Fit 10:30 Fundraiser Bingo 12:30 Party Bridge	Senior Day at the Barnstormers Game Thurs., May 23 Gate opens at 9:30am
Senior Games at Spooky Nook Sports Complex Center is closed.	9:30 Geri-Fit 10:30 Fundraiser Bingo 10:30 Recycle Art 1:00 Art Class	9:15-12noon Pinochle 9:30 Shuffle Board 10:45 Flower Pot decorating & planting 12:30 Walk with Ease 1:30 Shuffle Board	9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:45 Nature Stroll & Learn in Park by Lanc Co Naturalist	9:30 Geri-Fit 10:30 Fundraiser Bingo 12:30 Party Bridge 12:30 Walk with Ease	Free admission ticket and Concession Voucher Receive ticket and voucher at Senior Center with proof of age 60 years or older Sponsored by Lanc Co Office of Aging
9:30 Exercise Class 10:30 Bible Study 1:30 Pickle Ball	9:30 Geri-Fit 10:30 Fundraiser Bingo 10:30 Recycle Art 1:00 Art Class	9:15-12noon Pinochle 9:30 Shuffle Board 10:45 Importance of Drinking Fluids by CAP Nutrition Intern 12:30 Walk with Ease 1:30 Shuffle Board	9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:45 Team Trivia	9:30 Geri-Fit 10:30 Fundraiser Bingo 12:30 Party Bridge 12:30 Walk with Ease	
9:30 Exercise Class 10:30 Bible Study 1:30 Pickle Ball	9:30 Geri-Fit 10:30 Fundraiser Bingo 10:30 Recycle Art 1:00 Art Class	9:15-12noon Pinochle 9:30 Shuffle Board 10:45 Spotted Lanternfly by Penn State Master Gardener Apprentice 12:30 Walk with Ease 1:30 Shuffle Board	Senior Day at the Barnstormers Game Transportation Provided	9:30 Geri-Fit 10:30 Fundraiser Bingo 12:30 Party Bridge 12:30 Walk with Ease	Important: To arrange for a meal or transportation please call the center before 10 am at least one day in advance. Thank You!
 MEMORIAL DAY Center is closed.	9:30 Geri-Fit 10:30 Fundraiser Bingo 10:30 Recycle Art 1:00 Art Class	9:15-12noon Pinochle 9:30 Shuffle Board 10:45 Ceramics with Pottery Works 1:30 Shuffle Board	9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:45 Price Ele School Spring Concert	9:30 Geri-Fit 10:30 Fundraiser Bingo 12:30 Party Bridge	