

October 2019

Lancaster Rec Senior Center

525 Fairview Avenue
Lancaster PA 17603
Hours: 8:30am-3pm

Phone: 717-399-7671
Email: sdavis@LancasterRec.org
Center Staff: Susan Davis, Manager



www.LancasterRec.org

Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes
	1 9:30 Geri-Fit 10:45 Fundraiser Bingo 10:45 Recycle Art Project 11:00 Walk with Ease 1:00 Art Class 1:00 Ukulele Lessons	2 9:15-12pm Pinochle 9:30 Sr Orchestra Practice 9:30 Shuffle Board 11 Sing A Long with Bonita on Piano 1:30 Shuffle Board	3 9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:45 Penn State Nutrition Program 11:00 Walk with Ease	4 9:30 Geri-Fit 10:45 Fundraiser Bingo 11:00 Walk with Ease	Inter generational Nutrition Program Held Thursdays 9:30 –11:15 Terrace Room
7 9:30 Exercise Class 10:30 Bible Study 11:15 Cross Train Your Brain 1:30 Shuffle Board	8 9:30 Geri-Fit 10:45 Fundraiser Bingo 10:45 Recycle Art Project 11:00 Walk with Ease 1:00 Art Class 1:00 Ukulele Lessons	9 9:15-12pm Pinochle 9:30 Sr Orchestra Practice 9:30 Shuffle Board 10:45 Canvas Painting With Pottery Works 1:30 Shuffle Board	10 9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:45 Make it, Take it Craft 11:00 Walk with Ease	11 9:30 Geri-Fit 10:45 Fundraiser Bingo 11:00 Walk with Ease	
14 Columbus Day Holiday Center is Closed	15 9:30 Geri-Fit 10:45 Fundraiser Bingo 10:45 Recycle Art Project 11:00 Walk with Ease 1:00 Art Class 1:00 Ukulele Lessons	16 9:15-12pm Pinochle 9:30 Sr Orchestra Practice 9:30 Shuffle Board 10:45 Helpful info about about Incontinence By Cigna	17 9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:00 Hair Cuts & Manicures by School of Cosmetology	18 9:30 Geri-Fit 10:45 Fundraiser Bingo 11:30 Town Meeting	Important: To arrange for a meal or transportation please call the center before 10:00 am at least one day in advance. Thank You!
21 9:30 Exercise Class 10:30 Bible Study 11:15 Cross Train Your Brain 1:30 Shuffle Board	22 9:30 Geri-Fit 10:45 Fundraiser Bingo 10:45 Recycle Art Project 1:00 Art Class 1:00 Ukulele Lessons	23 9:15-12pm Pinochle 9:30 Sr Orchestra Practice 9:30 Shuffle Board 10:45 Jonny Apple Seed By Lanc Co Parks Naturalists	24 9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons 10:45 Team Trivia	25 9:30 Geri-Fit 10:45 Fundraiser Bingo	
28 9:30 Exercise Class 10:30 Bible Study 11 Cross Train Your Brain 1:30 Shuffle Board	29 9:30 Geri-Fit 10:45 Fundraiser Bingo 10:45 Recycle Art Project 1:00 Art Class 1:00 Ukulele Lessons	30 9:15-12pm Pinochle 9:30 Sr Orchestra Practice 9:30 Shuffle Board 10:45 Ceramics with Pottery Works 1:30 Shuffle Board	31 9:30 Chi Gung 9:30 Indoor Bocce 10:30 Ukulele Lessons Halloween Party Bring a Trick or Treat. Wear a Costume or the color orange or black		