

Monday

Tuesday

Wednesday

Thursday

Friday

# January 2021

## LCOA Virtual Connections- Virtual Senior Center

Happy New Year!!!

Good-Bye 2020  
Hello 2021!

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<p>9:15 Exercise- Kathy 10:30 Get moving chair exercise 11:00 Bingocize 1pm Ukulele 2pm Ukulele</p>	<p>4</p> <p>9am Yoga 1:00 Family Face Off</p>	<p>5</p> <p>9am Tai Chi 9am Zumba 9:30 Body Percussion 1pm Trivia 5:30 Barre Class</p>	<p>6</p> <p>9:15 Exercise- Kathy 9:30 Advanced Ukulele 11am Bingocize 1:30 Bingo</p>	<p>7</p> <p>11am Move your body with Wendy</p>	<p>8</p>
<p>9:15 Exercise- Kathy 10:30 Get moving chair exercise 11:00 Bingocize 1pm Ukulele 2pm Ukulele</p>	<p>11</p> <p>9am Yoga 1:00 Family Face Off</p>	<p>12</p> <p>9am Tai Chi 9am Zumba 9:30 Body Percussion 1pm Who AM I? 5:30 Barre Class</p>	<p>13</p> <p>9:15 Exercise- Kathy 9:30 Advanced Ukulele 10am Acrylic Paint -must pre-register 11am Bingocize 1:30 Bingo</p>	<p>14</p> <p>10am Acrylic Paint -must pre-register</p>	<p>15</p>
<p>9:15 Exercise- Kathy 10:30 Get moving chair exercise 11:00 Bingocize 1pm Ukulele 2pm Ukulele</p>	<p>18</p> <p>9am Yoga 10:15 Make your wishes Known- Hospice &amp; Community Care 1:00 Family Face Off</p>	<p>19</p> <p>9am Tai Chi 9am Zumba 9:30 Body Percussion 10:30 Hand Drumming 1pm PA Council on Aging-SOLO program 5:30 Barre Class</p>	<p>20</p> <p>9:15 Exercise- Kathy 9:30 Advanced Ukulele 11am Bingocize 1:30 Bingo</p>	<p>21</p> <p>11am Move your body with Wendy 1pm Lets Chat with Lisa and Debbie from Office of Aging</p>	<p>22</p>
<p>9:15 Exercise- Kathy 10:30 Get moving chair exercise 11:00 Bingocize 1pm Ukulele 2pm Ukulele</p>	<p>25</p> <p>9am Yoga 1:00 Family Face Off</p>	<p>26</p> <p>9am Tai Chi 9am Zumba 9:30 Body Percussion 10:30 Hand Drumming 3pm Make Greeting Cards 5:30 Barre Class</p>	<p>27</p> <p>9:15 Exercise- Kathy 9:30 Advanced Ukulele 11am Bingocize 1:30 Bingo</p>	<p>28</p> <p>11am Move your body with Wendy 1pm Trivia</p>	<p>29</p>

To join the center- you must be 55+ and live in Lancaster County. Call to register 717-299-7979