

Monday	Tuesday	Wednesday	Thursday	Friday
Lancaster Senior Games 2 May 2-6 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Splatter Flowers"	9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Spring Forest" 1:30pm Wheel of Fortune 4:00pm Boxing & Balance	9:00am Tai Chi 1:00pm Creative Factory Art, Watercolor paint "Rainy Night in the City" 4:00pm Chair Yoga	9:15am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo	8:00am Pilates 11:00am Move Your Body To access these free online classes call 717-299-7979 to register
9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele	9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Dragonflies" 1:30pm Chain Reaction 4:00pm Boxing & Balance	9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor paint "When Life Gives you Lemons" 4:00pm Chair Yoga	9:15am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo	8:00am Pilates 9:00am Technology Class: "Understanding Google Drive" 11:00am Move Your Body 2:00pm Springtime Bingo
9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Mushrooms"	9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Landscape with Sheep" 1:30pm Family Face Off 4:00pm Boxing & Balance	9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor paint "View from Window: Lilacs and Robin" 4:00pm Chair Yoga	9:15am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo	8:00am Pilates 9:00am Technology Class: "Health and Technology" 2:00pm America Says Game
9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Sailboat Silhouette"	9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Vegetable Still Life" 1:30pm Outburst 4:00pm Boxing & Balance	9:00am Tai Chi 10:00am Hand Drumming 11:00am Penn State Nutrition "Whole Grains" 1:00pm Creative Factory Art, Watercolor paint "Pink Poppies with Katydid" 4:00pm Chair Yoga	9:15am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo	8:00am Pilates 9:00am Technology Class: "Open Forum Q & A" 11:00am Move Your Body
9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele	9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Toadstool" 1:30pm Wheel of Fortune 4:00pm Boxing & Balance	 <p><i>May 2022</i> LCOA Virtual Connections</p>		