

Monday

Tuesday

Wednesday

Thursday

Friday



<p>To access these free classes call the Center Manager: Debbie Groff dgroff@co.lancaster.pa.us Phone: 717-299-7991</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Goofy Goat" 1:30pm Family Face Off 4:00pm Boxing & Balance Exercise Class</p>	<p>9:00am Tai Chi 1:00pm Creative Factory Art, Watercolor Paint "Cape Pogue Light House"</p>	<p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates 9:00am Technology Class: "Understanding Google Drive and Storage" 11:00am Move Your Body Exercise Class 2:00pm Understanding Medicare w/ Office of Aging</p>
<p>9:15am Exercise w/ Kathy 10:30am Bingocize 6:00pm Creative Factory Art, Acrylic Paint "Mondrian Geometric"</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Look Out My Window" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p>	<p>9:00am Tai Chi 11:00am In-Person Drumming Jam – must preregister with Debbie at dgroff@co.lancaster.pa.us 1:00pm Creative Factory Art, Watercolor Paint "Koi Fish"</p>	<p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 10:30am Bingocize 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates 9:00am Technology Class: "Home Entertainment Technology" 11:00am Move Your Body Exercise Class</p>
<p>9:15am Exercise w/ Kathy 9:30am Parkinson's Fitness Class 10:30am Bingocize 1:00pm Beginner Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Colorful Wine Bottles"</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Peaceful Water" 1:30pm The Missing Link 4:00pm Boxing & Balance Exercise Class</p>	<p>9:00am Tai Chi 1:00pm Creative Factory Art, Watercolor Paint "Greetings from Lancaster PA"</p>	<p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 10:30am Bingocize 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates 9:00am Technology Class: "Do I Need a VPN?" 11:00am Move Your Body Exercise Class 2:00pm Football Bingo</p>
<p>9:15am Exercise w/ Kathy 9:30am Parkinson's Fitness Class 10:30am Bingocize 1:00pm Beginner Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Red Flower"</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Sparrow on a Teacup" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p>	<p>9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Painting "Great Blue Heron"</p>	<p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 10:30am Bingocize 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates 9:00am Technology Class: "Smartphone Photography" 11:00am Move Your Body Exercise Class</p>