

# Lancaster Rec Senior Center

## September 2022

525 Fairview Avenue  
Lancaster PA 17603  
Hours: 8:30am-3pm  
www.LancasterRec.org

Phone: 717-399-7671  
Email: to be announced  
Center Manager: Elaine Campbell  
Assistant Manager: JoAnn Mentzer



Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes
<p><b>New to Medicare Presentation</b> By PA MEDI Program through OOA Tuesday, Sept 20; 10am –12noon Must Pre-register; Call 717-299-7979</p>		<p>Sr Orchestra Rehearsal Begins Wed. Sept 7 9:15-11:15am Upper Level in Terrace Room</p>	<p>9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:30 Chair Dancing</p>	<p><b>Labor Day Holiday</b> <b>Weekend</b> Center is closed</p>	 <p>To arrange for a <u>meal</u> or <u>transportation</u> please call the center several days in advance!</p> <p>This program is funded, in part, under an Agreement with money allocated by the Pa Dept. of Aging and the Lanc County Commissioners, through the Lanc County Office of Aging.</p>
<p><b>LABOR DAY</b>  Center is closed</p>	<p>9:30 Wii Bowling 10:00 Art Club 10:30 Geri-Fit</p>	<p>9: 30 Upcycle Craft with Lanc Creative Reuse 11:00 Chair Dancing 1pm Shuffle Board</p>	<p>9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy</p>	<p>9:30 Butterflies &amp; Moths presentation by Lanc Co Naturalists 10:30 Geri-Fit</p>	
<p>9:30 Fundraiser Bingo 10:45 Indoor Bocce 1:30 Corn Hole</p>	<p>9:30 Wii Bowling 10:00 Art Club 10:30 Geri-Fit 1pm Tai Chi for Arthritis Level 1 - Pre-register; call OOA at 717-299-7979</p>	<p>9: 30 Create Two Dimensional Art with Lanc Creative Art Factory 11:00 Chair Dancing 1pm Shuffle Board</p>	<p>9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy 1pm Tai Chi for Arthritis Level 2 - Pre-register; call OOA at 717-299-7979</p>	<p>9:30 Team Trivia with Bob 10:30 Geri-Fit</p>	
<p>9:30 Fundraiser Bingo 10:45 Indoor Bocce 1:00pm Ukulele Beg 1 1:30 Corn Hole</p>	<p>9:30 Wii Bowling 10:00 Art Club 10:30 Geri-Fit 1pm Tai Chi for Arthritis Level 1 Must pre-register</p>	<p>9:15 Ceramics with Pottery Works 10:30 Celebration with Entertainment 1pm Shuffle Board</p>	<p>9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy 1pm Tai Chi for Arthritis Level 2 Must Pre-register</p>	<p>9:30 Sing A-Long with Wayne on piano 10:30 Geri-Fit</p>	
<p>9:30 Fundraiser Bingo 10:45 Indoor Bocce 1:00pm Ukulele Beg 1 1:30 Corn Hole</p>	<p>9:30 Wii Bowling 10:00 Art Club 10:30 Geri-Fit 1pm Tai Chi for Arthritis Level 1 Must pre-register</p>	<p>9:30 Canvas Painting with Joanne 11:00am Town Meeting 1pm Shuffle Board</p>	<p>9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy 1pm Tai Chi for Arthritis Level 2 Must Pre-register</p>	<p>9:30 Prize Pokeno 10:30 Geri-Fit</p>	