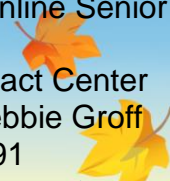





Monday	Tuesday	Wednesday	Thursday	Friday
<p>LCOA Virtual Connections Is a FREE online Senior Center. To join, contact Center Manager Debbie Groff 717-299-7991 dgroff@co.lancaster.pa.us</p> 	<p>1 9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Fantasy Woodland Elf" 1:30pm Family Face Off 4:00pm Boxing & Balance Exercise Class</p>	<p>2 9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Painting "Skull with Flower Halo for All Soul's Day"</p>	<p>3 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>4 8:00am Pilates 9:00am Technology Class: "Traveling with Technology" 11:00am Move Your Body Exercise Class 2:00pm Winter Word Bingo – must preregister</p>
<p>7 9:15am Exercise w/ Kathy 9:30am Parkinson's Fitness 10:30am Bingocize 1:00pm Beginner Ukulele 2:00pm Beginner 1+ Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Books"</p>	<p>8 9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Autumn Oak Leaves and Acorns" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p>	<p>9 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 Painting "Hot Cup of Tea"</p>	<p>10 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>Veterans Day 11 8:00am Pilates 9:00am Technology Class: "Understanding Anti Virus Protection" 11:00am Move Your Body Thank-you Veterans!</p>
<p>14 9:15am Exercise w/ Kathy 9:30am Parkinson's Fitness 10:30am Bingocize 1:00pm Beginner Ukulele 2:00pm Beginner 1+ Ukulele 6:00pm Creative Factory Art, Acrylic Paint "House Plant"</p>	<p>15 9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Thanksgiving Still Life" 1:30pm The Missing Link 4:00pm Boxing & Balance Exercise Class</p>	<p>16 9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Painting "Solitude at Lititz Springs"</p>	<p>17 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>18 8:00am Pilates 9:00am Technology Class: "Digital Estate Planning" 11:00am Move Your Body Exercise Class</p>
<p>21 9:15am Exercise w/ Kathy 9:30am Parkinson's Fitness 1:00pm Beginner Ukulele 2:00pm Beginner 1+ Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Paint Brushes"</p>	<p>22 9:00am Yoga w/ Deb 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p>	<p>23 9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Painting "Ring-Necked Pheasant"</p>	<p>24 </p>	<p>25 </p>
<p>28 9:15am Exercise w/ Kathy 9:30am Parkinson's Fitness 1:00pm Beginner Ukulele 2:00pm Beginner 1+ Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Indian Corn"</p>	<p>29 9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Winter Stargazers" 1:30pm Words of Fortune 4:00pm Boxing & Balance Exercise Class</p>	<p>30 9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Painting "Chrysanthemums"</p>	<p></p>	