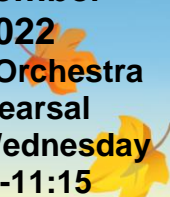



Monday	Tuesday	Wednesday	Thursday	Friday
November 2022 Senior Orchestra Rehearsal Every Wednesday 9:15-11:15 	9:30 Wii Bowling 10:00 Art Club 10:30 Geri-Fit Exercise 1:00 Tai Chi for Arthritis Level 1 <i>Must pre-register for this class</i>	9:30 Learn to Play Rummikub Game 11:00 Chair Dancing 1:00 Shuffle Board	9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy 1:00 Tai Chi for Arthritis Level 2-Pre-register: call OOA at 717-299-7979	9:00 Hot Chocolate Bar and Conversation (various gourmet flavors and toppings) 9:30 Prize Pokeno 10:30 Geri-Fit
9:30 Fundraiser Bingo 10:45 Indoor Bocce Ball 1:00 Ukulele Beginner 1 1:30 Corn Hole	Election Day 9:30 Wii Bowling 10:00 Art Club 10:30 Geri-Fit Exercise 1:00 Tai Chi for Arthritis Level 1	9:30 Create Two Dimensional Art with Lancaster Creative Art Factory 11:00 Chair Dancing 1:00 Shuffle Board	9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:30 Chair Dancing 1:00 Tai Chi for Arthritis Level 2-Pre-register: call OOA at 717-299-7979	Veteran's Day Lancaster Rec Senior Center Closed today <i>Thank you to all who have served our country</i> We honor you!
9:30 Fundraiser Bingo 10:45 Indoor Bocce Ball 1:00 Ukulele Beginner 1 1:30 Corn Hole	9:30 Lancaster Co. Library Bookmobile 9:30 Wii Bowling 10:00 Art Club 10:30 Geri-Fit Exercise 1:00 Tai Chi for Arthritis Level 1	Lancaster Rec Senior Center Closed Today Due to Training 	9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy 1:00 Tai Chi for Arthritis Level 2-Pre-register: call OOA at 717-299-7979	9:00 Hot Chocolate Bar and Conversation (various gourmet flavors and toppings) 9:30 Team Trivia with Bob 10:30 Geri-Fit
9:30 Fundraiser Bingo 10:45 Indoor Bocce Ball 1:00 Ukulele Beginner 1 1:30 Corn Hole	9:30 Wii Bowling 10:00 Art Club 10:30 Geri-Fit Exercise 1:00 Tai Chi for Arthritis Level 1	9:30 Canvas Painting with Joanne 10:30 Senior Birthday Celebration 1:00 Shuffle Board	Thanksgiving Lancaster Rec Senior Center Closed Today "We are thankful for our Senior friends!"	Lancaster Rec Senior Center Closed Today for the Holiday Weekend
9:30 Fundraiser Bingo 10:45 Indoor Bocce Ball 1:00 Ukulele Beginner 1 1:30 Corn Hole	9:30 Wii Bowling 10:00 Art Club 10:30 Geri-Fit Exercise 1:00 Tai Chi for Arthritis Level 1	9:30 Alicia Martinez Moss Performance 11:00 Chair Dancing 1:00 Shuffle Board	To arrange a meal or transportation, please call the Lancaster Rec Senior Center several days in advance at 717-399-7671 This program is partly funded under an agreement by the PA Dept of Aging and the Lanc. Co. Commissioners, through the Lanc. Co. Office of Aging	

Lancaster Rec Senior Center · 525 Fairview Avenue · Lancaster, PA 17603 · Phone: 717-399-7671 · Hours of Operation: 8:00a.m.-3:00p.m.

Elaine Campbell-Senior Center Manager Assistant Managers-Laurie Truluck, JoAnn Mentzer

