


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00am Bingocize</p> <p>Free Online Senior Center Debbie Groff, Manager 717-299-7991 dgroff@co.lancaster.pa.us</p>	<p>3</p> <p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "No Stress Self Portrait" 1:30pm The Missing Link 4:00pm Boxing & Balance Exercise Class</p>	<p>4</p> <p>9:30am Parkinson's Fitness 10:00am Hand Drumming 10:00am In-Person Craft Day – must preregister 1:00pm Creative Factory Art, Watercolor, "Vermeer, Girl with the Pearl Earring"</p>	<p>5</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 10:00am Bingocize 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>6</p> <p>8:00am Pilates 9:00am Technology Class: "Using Digital Calendars" 11:00am Move Your Body Exercise Class</p>
<p>9</p> <p>9:15am Exercise w/ Kathy 10:00am Bingocize 11:30am Tai Chi w/Suzanne 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic, "Elephant Head w/ Butterfly Ears"</p>	<p>10</p> <p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Lancaster County Scene" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p>	<p>11</p> <p>9:30am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Oil Pastel "King Fisher"</p>	<p>12</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 10:00am Bingocize 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>13</p> <p>8:00am Pilates 9:00am Technology Class: "Understanding Social Media" 11:00am Move Your Body Exercise Class</p>
<p>16</p> <p>9:15am Exercise w/ Kathy 10:00am Bingocize 11:30am Tai Chi w/Suzanne 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic, "Cityscape"</p>	<p>17</p> <p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Snowman Construction Site" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p>	<p>18</p> <p>9:30am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor, "Moon with Forrest and Butterfly"</p>	<p>19</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 10:00am Bingocize 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>20</p> <p>8:00am Pilates 9:00am Technology Class: "Help with Smartphone Settings and Accessibility" 11:00am Move Your Body Exercise Class</p>
<p>23</p> <p>9:15am Exercise w/ Kathy 10:00am Bingocize 11:30am Tai Chi w/Suzanne 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic, "Silberzweig-inspired Abstract Portrait"</p>	<p>24</p> <p>10:00am Creative Factory Art, Acrylic Paint "River Landscape" 1:30pm Words of Fortune 4:00pm Boxing & Balance Exercise Class</p>	<p>25</p> <p>9:30am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Oil Pastel "Two Cats by Van Gogh"</p>	<p>26</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 10:00am Bingocize 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>27</p> <p>8:00am Pilates 9:00am Technology Class: "Tips and Tricks for Surfing the Internet" 11:00am Move Your Body Exercise Class</p>
<p>30</p> <p>9:15am Exercise w/ Kathy 10:00am Bingocize 11:30am Tai Chi w/Suzanne 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic, "Teacup Still Life"</p>	<p>31</p> <p>10:00am Creative Factory Art, Acrylic Paint "Colorful Clown" 1:30pm Call-Out Game 4:00pm Boxing & Balance Exercise Class</p>	 <p><i>January 2023</i> LCOA Virtual Connections</p>		