

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Free online senior center  <b>Lancaster County Office of Aging</b>  <b>Virtual Connections</b>            Manager: Debbie Groff  <a href="mailto:dgroff@co.lancaster.pa.us">dgroff@co.lancaster.pa.us</a></p>		<p>9:30am Parkinson's Fitness Class            10:00am Hand Drumming            1:00pm Creative Factory Art, Oil Pastels, "Giuseppe Arcimboldo's Reimagined Portraiture"</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>8:00am Pilates            9:00am Technology Class: "Using Notes and Voice Memos"            11:00am Move Your Body Exercise Class</p>
<p>9:15am Exercise w/ Kathy            10:00am Bingocize            11:30am Tai Chi w/Suzanne  <b>1pm Dynamic Aging Book Club</b>            1:00pm Beginner Ukulele            2:00pm Beginner II Ukulele            6:00pm Creative Factory Art, Acrylic Paint, "Street Scene"</p>	<p>9:00am Yoga w/ Deb            10:00am Creative Factory Art, Acrylic Paint, "Birch Trees"            1:30pm Bingo w/ Matt            4:00pm Boxing &amp; Balance Exercise Class</p>	<p>9:30am Parkinson's Fitness Class            10:00am Hand Drumming  <b>11:00am In-Person Game Day Celebrating Friendship – must preregister by Feb 1</b>            1:00pm Creative Factory Art, Oil Pastels, "Purple Crocus"</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>8:00am Pilates            9:00am Technology Class: "Understanding Google Maps in GPS"            11:00am Move Your Body Exercise Class  <b>1:00pm Nutrition and Heart Health with Giant Dietitian</b></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 Paint, "Floral Heart"</p>	<p>9:00am Yoga w/ Deb            10:00am Creative Factory Art, Acrylic Paint, "Sweet Fairy"  <b>2 – 4 pm Healthy Steps for Older Adults Workshop</b>            4:00pm Boxing &amp; Balance Exercise Class</p>	<p>9:30am Parkinson's Fitness Class            10:00am Hand Drumming            1:00pm Creative Factory Art, Watercolor Paint, "Loones"  <b>2 – 4 pm Healthy Steps for Older Adults Workshop</b></p>	<p>9:00am Drumbeats and Movement w/ Wendy            10:00am Ukulele Play Along            10:00am Bingocize            1:30pm Bingo w/ Matt            4:00pm Chair Yoga w/ AIM</p>	<p>8:00am Pilates            9:00am Technology Class: "How to Safely Use Financial Apps"            11:00am Move Your Body Exercise Class</p>
<p>10:00am Bingocize            11:30am Tai Chi w/Suzanne            1:00pm Beginner Ukulele            2:00pm Beginner II Ukulele            6:00pm Creative Factory Art, Acrylic Paint, "Penguins"</p>	<p>9:00am Yoga w/ Deb            10:00am Creative Factory Art, Acrylic Paint, "Blue Heron with Reflection"            1:30pm Bingo w/ Matt            4:00pm Boxing &amp; Balance Exercise Class</p>	<p>9:30am Parkinson's Fitness Class            10:00am Hand Drumming            1:00pm Creative Factory Art, "Cedar Waxwings Intelligent Behavior Drawing"</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>8:00am Pilates            9:00am Technology Class: "Online Scams Targeting Seniors"            11:00am Move Your Body Exercise Class</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  <b>3:00pm Becoming Mentally Healthier in 2023 with MHA</b>            6:00pm Creative Factory Art, Acrylic, "Instrument &amp; Music"</p>	<p>9:00am Yoga w/ Deb            10:00am Creative Factory Art, Acrylic Paint, "Life in the Tree of Life"            1:30pm The Missing Link            4:00pm Boxing &amp; Balance Exercise Class</p>	 <p><b>February 2023</b>  <i>Connecting our community</i></p>		