

# Lancaster Rec Senior Center

## March 2023

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
	<b>National Women's Month Display</b>	9:30 Pound Drumming Exercise Class 11:00 Chair Dancing	9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy	9:15 Geri-Fit 10:00 Flu and Covid-19 Vaccination Clinic 10:15 Prize Pokeno	<b>Sr. Orchestra Rehearsal 9:15-11:15a.m. Upper Level in Terrace Room</b>  <div style="background-color: yellow; padding: 5px; border: 1px solid black;"> <b>To arrange for a <u>meal</u> or <u>transportation</u> please call the center several days in advance!</b> </div>
9:30 Fundraiser Bingo 10:45 Indoor Bocce And Cornhole	9:30 Mental Health Myths and Facts 9:30 Wii Bowling 10:00 Art Club 10:15 Geri-Fit	9:30 Create Two Dimensional Art with Lanc Creative Art Factory 11:00 Chair Dancing	9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy	9:15 Geri-Fit 10:15 Butterflies & Moths presentation by Lanc Co Naturalists	
9:30 Fundraiser Bingo 10:45 Indoor Bocce And Cornhole Game	<b>Bookmobile</b> 9:30 Lancaster County Bookmobile 9:30 Wii Bowling 10:00 Art Club 10:15 Geri-Fit	9:15 Ceramic Class by The Pottery Works 10:30 Monthly Celebration with Entertainment	9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Chair Dancing	9:15 Irish Fairy Mocktails and St. Patrick's Day Celebration 10:15 Team Trivia with Bob	
 10:00 Paloma School of Irish Dance Performance 10:45 Fundraiser Bingo	9:00 Bagel Schmegel *Assorted bagels and toppings 9:30 Wii Bowling 10:00 Art Club 10:15 Geri-Fit	9:00 History Hounds-The Story of the Alaskan Iditarod Race 9:30 Canvas Painting with Joanne 11:00 Town Meeting	9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy	9:15 Geri-Fit 10:30 Sing A-Long with Wayne on piano	
9:30 Fundraiser Bingo 10:45 Indoor Bocce and Cornhole Game	9:30 Cherry Blossom History and Craft 9:30 Wii Bowling 10:00 Art Club 10:15 Geri-Fit	9:00 Herb and Garden Group-The Folklore of Parsley 9:30 Chair Dancing 10:30 Dave Wilson Music Performance	9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy	9:15 Geri-Fit 10:30 Prize Pokeno Ameri-Health to visit our seniors today	