


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lancaster Senior Games 1</p> <p>11:30am Tai Chi w/Suzanne 1:00pm Beginner II Ukulele 2:00pm Beginner Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Hex Sign"</p>	<p>Lancaster Senior Games 2</p> <p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Tiger Face" 1:30pm Bingo w/ Matt</p>	<p>Lancaster Senior Games 3</p> <p>9:00am Parkinson's Fitness 10:00am Hand Drumming 12:00pm Beginner Piano 1:00pm Creative Factory Art, Watercolor Paint, "Cinco de Mayo Dancer"</p>	<p>Lancaster Senior Games 4</p> <p>9am Drumbeats & Movement 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>Lancaster Senior Games 5</p> <p>8:00am Pilates 11:00am Move Your Body Exercise Class</p> 
<p>8</p> <p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 1:00pm Beginner II Ukulele 2:00pm Beginner Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Quilt on Fence"</p>	<p>9</p> <p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Pie on a Plate" 1:30pm Words of Fortune 4:00pm Boxing & Balance Exercise Class</p>	<p>10</p> <p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Paint, "Mary Cassatt's Mother Playing with Child"</p>	<p>11</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>12</p> <p>8:00am Pilates 9:00am Technology Class: "What is in my Digital Wallet?"</p> <p>Older Americans Month</p> 
<p>15</p> <p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 1:00pm Beginner II Ukulele 2:00pm Beginner Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Rooster"</p>	<p>16</p> <p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Sunlit Building with Poppies" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p>	<p>17</p> <p>Older Americans Day at Barnstormer's Game 9:00am Parkinson's Fitness 10:00am Hand Drumming 12:00pm Beginner Piano 1:00pm Creative Factory Art, Watercolor, "Bluebird and Nest"</p>	<p>18</p> <p>9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>19</p> <p>8:00am Pilates 9:00am Technology Class: "Improving our Skills with Text Messaging"</p>
<p>22</p> <p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 1:00pm Beginner II Ukulele 2:00pm Beginner Ukulele 3:00pm Emotional Wellness and Relationships with MHA 6:00pm Creative Factory Art, Acrylic Paint, "Flying Eagle"</p>	<p>23</p> <p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Beach Scene" 1:30pm Call-Out Game 4:00pm Boxing & Balance Exercise Class</p>	<p>24</p> <p>9:00am Parkinson's Fitness 10:00am Hand Drumming 12:00pm Beginner Piano 1:00pm Creative Factory Art, Watercolor Mushrooms & Ferns 3:30pm Health Programs with the PA Dept. Of Health</p>	<p>25</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>26</p> <p>8:00am Pilates 9:00am Technology Class: "Digital News" 11:00am Move Your Body Exercise Class</p>
<p>29</p> <p>MEMORIAL DAY Remember and Honor</p> <p>Classes continue year-round. Manager: Debbie Groff Call to register: 717-299-7991 dgroff@lanastercountypa.gov</p>	<p>30</p> <p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Lancaster County Fields" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p>	<p>31</p> <p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 12:00pm Beginner Piano 1:00pm Creative Factory Art, Watercolor Paint, "Rainbow Carrots"</p>	 <p>May 2023 LCOA Virtual Connections</p>	